

Point Pleasant Beehive



May 2025

Mon-Rec Center	Tue-St. Martha's	Wed-Rec Center	Thu-St. Martha's	Fri-Rec Center
For more information, please call Aimee (fitness) (732)892-5813 or Kathy (St. Martha's): (732) 810-5890	 Funded in part by a grant from the Ocean County Board of Commissioners		1 10 am–2 pm: Knitting, Crocheting, Mahjong and Socialization. <u>NEW</u> Papercraft class - 10:30	2 9:30 - Core & More (bring thick yoga mat) 10:30 - Balance Class 11:00 -Lite & Fit
5 9:00- Chair Yoga 10:00- Balance Class 10:30- Lite & Fit 11:30- Sit & Be Fit (Arthritis)	6 10 am–2 pm: Cards, Mahjong and Socialization	7 9:30- Chair Yoga w/weights 10:30 Tai Chi 11:30 Lite & Flexible	8 10 am–2 pm: Knitting, Crocheting, Mahjong and Socialization. <u>NEW</u> Papercraft class - 10:30	9 9:30 - Core & More (bring thick yoga mat) 10:30 - Balance Class 11:00 -Lite & Fit
12 9:00- Chair Yoga 10:00- Balance Class 10:30- Lite & Fit 11:30- Sit & Be Fit (Arthritis)	13 10 am–2 pm: Cards, Mahjong and Socialization	14 9:30- Chair Yoga w/weights 10:30 Tai Chi 11:30 Lite & Flexible	15 10 am–2 pm: Knitting, Crocheting, Mahjong and Socialization. <u>NEW</u> Papercraft class - 10:30	16 9:30 - Core & More (bring thick yoga mat) 10:30 - Balance Class 11:00 -Lite & Fit
19 9:00- Chair Yoga <u>**ONLY CLASS TODAY**</u>	20 10 am–2 pm: Cards, Mahjong and Socialization	21 9:30- Chair Yoga w/weights 10:30 Tai Chi 11:30 Lite & Flexible	22 10 am–2 pm: Knitting, Crocheting, Mahjong and Socialization. <u>NEW</u> Papercraft class - 10:30	23 9:30 - Core & More (bring thick yoga mat) 10:30 - Balance Class 11:00 -Lite & Fit
26 CLOSED	27 10 am–2 pm: Cards, Mahjong and Socialization	28 9:30- Chair Yoga w/weights 10:30 Tai Chi 11:30 Lite & Flexible	29 10 am–2 pm: Knitting, Crocheting, Mahjong and Socialization. <u>NEW</u> Papercraft class - 10:30	30 9:30 - Core & More (bring thick yoga mat) 10:30 - Balance Class 11:00 -Lite & Fit