

Point Pleasant Beehive



July 2025

Mon - Nellie Bennett

Tue - St. Martha's

Wed - Nellie Bennett

Thu -St. Martha's

Fri- Nellie Bennett

 <p>Funded in part by a grant from the Ocean County Board of Commissioners</p>	<p>1 10:00 am—2:00 pm: Cards, Mahjong and Socialization</p>	<p>2</p> <p>CLOSED</p>	<p>3 10:00am—2:00 pm: Knitting, Crocheting, Mahjong and Socialization</p>	<p>4 HAPPY 4th! </p> <p>CLOSED</p>
<p>7 9:00- Chair Yoga 10:00- Balance Class 10:30- Lite & Fit 11:30- Sit & Be Fit (Arthritis)</p>	<p>8 10:00 am—2:00 pm: Cards, Mahjong and Socialization</p>	<p>9 9:30- Chair Yoga w/weights 10:30 Tai Chi 11:30 Lite & Flexible</p>	<p>10 10:00am—2:00 pm: Knitting, Crocheting, Mahjong and Socialization</p>	<p>11 9:30 - Core & More (bring thick yoga mat) 10:30 - Balance Class 11:00 -Lite & Fit</p>
<p>14 9:00- Chair Yoga 10:00- Balance Class (<u>only two classes today</u>)</p>	<p>15 10:00 am—2:00pm: Cards, Mahjong and Socialization</p>	<p>16 9:30- Chair Yoga w/weights 10:30 Tai Chi (<u>no Lite & Flexible today</u>)</p>	<p>17 10:00 am—2:00pm: Knitting, Crocheting, Mahjong and Socialization</p>	<p>18 9:30 - Core & More (bring thick yoga mat) (<u>only class today</u>)</p>
<p>21 9:00- Chair Yoga 10:00- Balance Class 10:30- Lite & Fit 11:30- Sit & Be Fit (Arthritis)</p>	<p>22</p> <p>CLOSED</p>	<p>23 9:30- Chair Yoga w/weights 10:30 Tai Chi 11:30 Lite & Flexible</p>	<p>24</p> <p>CLOSED</p>	<p>25 9:30 - Core & More (bring thick yoga mat) 10:30 - Balance Class 11:00 -Lite & Fit</p>
<p>28 9:00- Chair Yoga 10:00- Balance Class 10:30- Lite & Fit 11:30- Sit & Be Fit (Arthritis)</p>	<p>29</p> <p>CLOSED</p>	<p>30 9:30- Chair Yoga w/weights 10:30 Tai Chi 11:30 Lite & Flexible</p>	<p>31</p> <p>CLOSED</p>	<p><i>For more information, please call Aimee (fitness) (732)892-5813 or Kathy (St. Martha's): (732) 810-5890</i> <i>Rec Center: (732)892-5813</i></p>