

****August 15th Last Day for Summer Fitness at Nellie Bennett****

Point Pleasant Beehive August 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><i>For more information, please call Aimee (fitness) or Kathy (St. Martha's): (732) 892-5813</i></p>			<p>1 9:30 - Core & More (bring thick yoga mat)</p> <p>**Only class today**</p>
<p>4 9:00- Chair Yoga 10:00- Balance Class 10:30- Lite & Fit 11:30- Sit & Be Fit (Arthritis)</p>	<p>5</p> <p>CLOSED</p>	<p>6 9:30- Chair Yoga w/weights 10:30 Tai Chi 11:30 Lite & Flexible</p>	<p>7</p> <p>CLOSED</p>	<p>8 9:30 - Core & More (bring thick yoga mat) 10:30 - Balance Class 11:00 -Lite & Fit</p>
<p>11 9:00- Chair Yoga 10:00- Balance Class 10:30- Lite & Fit 11:30- Sit & Be Fit (Arthritis)</p>	<p>12</p> <p>CLOSED</p>	<p>13 9:30- Chair Yoga w/weights 10:30 Tai Chi 11:30 Lite & Flexible</p>	<p>14</p> <p>CLOSED</p>	<p>15 9:30 - Core & More (bring thick yoga mat) 10:30 - Balance Class 11:00 -Lite & Fit</p>
<p>18</p> <p>CLOSED</p>	<p>19 10:00 am—2:00pm: Cards, Mahjong and Socialization</p>	<p>20</p> <p>CLOSED</p>	<p>21 10:00am—2:00 pm: Knitting, Crocheting, Mahjong and Socialization</p>	<p>22</p> <p>CLOSED</p>
<p>25</p> <p>CLOSED</p>	<p>26 10:00 am—2:00pm: Cards, Mahjong and Socialization</p>	<p>27</p> <p>CLOSED</p>	<p>28 10:00am—2:00 pm: Knitting, Crocheting, Mahjong and Socialization</p>	<p>29 CLOSED</p> <p><i><u>Fitness Classes will resume at The Rec Center on Monday Sept. 8th</u></i></p>