

Point Pleasant Beehive December 2025

Mon-Rec Center	Tue-St. Martha's	Wed-Rec Center	Thu-St. Martha's	Fri-Rec Center
1 9:00- Chair Yoga 10:00- Lite & Fit 11:00- Balance Class 11:30- Sit & Be Fit (Arthritis)	2 10:00 am—2:00 pm: Cards, Mahjong and Sociali- zation	3 9:00- Chair Yoga w/weights 10:00 Tai Chi 11:00 Lite & Flexible	4 10:00am—2:00 pm: Knit- ting, Crocheting, Mahjong and Socialization	5 9:00—Core and More * 10:00— Balance 10:30—Lite & Fit 11:30—Stretching Class
8 9:00- Chair Yoga 10:00- Lite & Fit 11:00- Balance Class 11:30- Sit & Be Fit (Arthritis)	9 10:00 am—2:00 pm: Cards, Mahjong and Sociali- zation	10 9:00- Chair Yoga w/weights 10:00 Tai Chi 11:00 Lite & Flexible	11 10:00am—2:00 pm: Knit- ting, Crocheting, Mahjong and Socialization	12 9:00—Core and More * 10:00— Balance 10:30—Lite & Fit 11:30—Stretching Class
15 9:00- Chair Yoga 10:00- Lite & Fit 11:00- Balance Class 11:30- Sit & Be Fit (Arthritis)	16 10:00 am—2:00 pm: Cards, Mahjong and Sociali- zation	17 CLOSED	18 10:00am—2:00 pm: Knit- ting, Crocheting, Mahjong and Socialization	19 9:00—Core and More * 10:00— Balance 10:30—Lite & Fit 11:30—Stretching Class
22 CLOSED	23 CLOSED	24 CLOSED	25 Merry Christmas 	26 CLOSED
29 CLOSED	30 CLOSED	31 CLOSED	For more information, please call Aimee (fitness) or Kathy (St. Martha's): 732-892-5813	 Funded in part by a grant from the Ocean County Board of Commissioners

*Please bring a thick yoga mat to this class