

Point Pleasant Beehive January 2026



Mon— Rec Center	Tue —St. Martha's	Wed-Rec Center	Thu-St. Martha's	Fri-Rec Center
			1 	2 CLOSED
5 9:00- Chair Yoga 10:00- Lite & Fit 11:00- Balance Class 11:30- Sit & Be Fit (Arthritis)	6 10:00 am—2:00 pm: Cards and Mahjong	7 9:00- Chair Yoga w/weights 10:00 Tai Chi 11:00 Lite & Flexible	8 10:00am—2:00 pm: Knit- ting, Crocheting, Mahjong and BYO crafting	9 9:00—Core and More (Please bring a thick yoga mat) 10:00—Lite & Fit 11:00—Stretching
12 9:00- Chair Yoga 10:00- Lite & Fit 11:00- Balance Class 11:30- Sit & Be Fit (Arthritis)	13 10:00 am—2:00 pm: Cards and Mahjong	14 9:00- Chair Yoga w/weights 10:00 Tai Chi 11:00 Lite & Flexible	15 10:00am—2:00 pm: Knit- ting, Crocheting, Mahjong and BYO crafting	16 9:00—Core and More (please bring a thick yoga mat) 10:00—Lite & Fit 11:00—Stretching Class
19 CLOSED	20 10:00 am—2:00 pm: Cards and Mahjong	21 9:00- Chair Yoga w/weights 10:00 Tai Chi 11:00 Lite & Flexible	22 10:00am—2:00 pm: Knit- ting, Crocheting, Mahjong and BYO crafting	23 9:00—Core and More (please bring a thick yoga mat) 10:00—Lite & Fit 11:00—Stretching Class
26 9:00- Chair Yoga 10:00- Lite & Fit 11:00- Balance Class 11:30- Sit & Be Fit (Arthritis)	27 10:00 am—2:00 pm: Cards and Mahjong	28 <u>No Chair Yoga today</u> 10:00 Tai Chi 11:00 Lite & Flexible	29 10:00am—2:00 pm: Knit- ting, Crocheting, Mahjong and BYO crafting	30 9:00—Core and More (please bring a thick yoga mat) 10:00—Lite & Fit 11:00—Stretching Class