

Point Pleasant Beehive



March 2026

Mon-Rec Center Tue-St. Martha's Wed-Rec Center Thu-St. Martha's Fri-Rec Center

<p>2 * <u>Only class today</u>* 9:00- Chair Yoga</p>	<p>3 10:00 am–2:00 pm: Cards, Mahjong</p>	<p>4 9:00- Chair Yoga w/weights 10:00 Tai Chi 11:00 Lite & Flexible</p>	<p>5 10:00am–2:00 pm: Knitting, Crocheting, Mahjong and BYO crafting</p>	<p>6 9:00–Core and More **(Please bring a thick yoga mat) 10:00– Lite & Fit 11:00–Stretching Class</p>
<p>9 9:00- Chair Yoga 10:00- Lite &Fit 11:00- Balance Class 11:30- Sit & Be Fit (Arthritis)</p>	<p>10 10:00 am–2:00 pm: Cards, Mahjong</p>	<p>11 9:00- Chair Yoga w/ weights 10:00 Tai Chi 11:00 Lite & Flexible</p>	<p>12 10:00am–2:00 pm: Knit- ting, Crocheting, Mahjong and BYO crafting</p>	<p>13 <i>CLOSED</i></p>
<p>16 9:00- Chair Yoga 10:00- Lite &Fit 11:00- Balance Class 11:30- Sit & Be Fit (Arthritis)</p>	<p>17 10:00 am–2:00 pm: Cards, Mahjong</p>	<p>18 9:00- Chair Yoga w/ weights 10:00 Tai Chi 11:00 Lite & Flexible</p>	<p>19 10:00am–2:00 pm: Knit- ting, Crocheting, Mahjong and BYO crafting</p>	<p>20 9:00–Core and More ** (Please bring a thick yoga mat) 10:00–Lite & Fit 11:00–Stretching Class</p>
<p>23 <i>CLOSED</i></p>	<p>24 10:00 am–2:00 pm: Cards, Mahjong</p>	<p>25 9:00- Chair Yoga w/ weights 10:00 Tai Chi 11:00 Lite & Flexible</p>	<p>26 10:00am–2:00 pm: Knit- ting, Crocheting, Mahjong and BYO crafting</p>	<p>27 9:00–Core and More ** (Please bring a thick yoga mat) 10:00–Lite & Fit 11:00–Stretching Class</p>
<p>30 * <u>Only class today</u>* 9:00- Chair Yoga</p>	<p>31 <i>CLOSED</i></p>	 Funded in part by a grant from the Ocean County Board of Commissioners		<p><i>For more information, please call Aimee (fitness) or Kathy (St. Mar- tha's): 732-892-5813</i></p>