

Point Pleasant Beehive



May 2026

Mon-Rec Center	Tue-St. Martha's	Wed-Rec Center	Thu-St. Martha's	Fri-Rec Center
	 <p>Funded in part by a grant from the Ocean County Board of Commissioners</p>	<p>For more information, please call Aimee (fitness) or Kathy (St. Martha's): 732-892-5813</p>		<p>1 9:00—Core and More (Please bring a thick yoga mat) 10:00—Lite & Fit</p>
<p>4</p> <p>CLOSED</p>	<p>5 10:00 am—2:00 pm: Cards and Mahjong</p>	<p>6 9:00- Chair Yoga w/weights 10:00 Tai Chi <u>NO Lite & Flexible today</u></p>	<p>7 10:00am—2:00 pm: Knitting, Crocheting, Mahjong and BYO crafting</p>	<p>8 9:00—Core and More (Please bring a thick yoga mat) 10:00—Lite & Fit <u>NO Stretching Class today</u></p>
<p>11 9:00- Chair Yoga 10:00- Lite & Fit 11:00- Balance Class 11:30- Sit & Be Fit (Arthritis)</p>	<p>12 10:00 am—2:00 pm: Cards and Mahjong</p>	<p>13 9:00- Chair Yoga w/weights 10:00 Tai Chi 11:00 Lite & Flexible</p>	<p>14 10:00am—2:00 pm: Knitting, Crocheting, Mahjong and BYO crafting</p>	<p>15 9:00—Core and More (Please bring a thick yoga mat) 10:00—Lite & Fit 11:00—Stretching Class</p>
<p>18 9:00- Chair Yoga 10:00- Lite & Fit 11:00- Balance Class 11:30- Sit & Be Fit (Arthritis)</p>	<p>19 10:00 am—2:00 pm: Cards and Mahjong</p>	<p>20 9:00- Chair Yoga w/weights 10:00 Tai Chi 11:00 Lite & Flexible</p>	<p>21 10:00am—2:00 pm: Knitting, Crocheting, Mahjong and BYO crafting</p>	<p>22 9:00—Core and More (Please bring a thick yoga mat) 10:00—Lite & Fit 11:00—Stretching Class</p>
<p>25</p> <p>CLOSED</p>	<p>26 10:00 am—2:00 pm: Cards and Mahjong</p>	<p>27 9:00- Chair Yoga w/weights 10:00 Tai Chi 11:00 Lite & Flexible</p>	<p>28 10:00am—2:00 pm: Knitting, Crocheting, Mahjong and BYO crafting</p>	<p>29 9:00—Core and More (Please bring a thick yoga mat) 10:00—Lite & Fit 11:00—Stretching Class</p>