


Point Pleasant Beehive



June 2026

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 and Mahjong	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 BYO crafting	5 9:00—Core and More (Please bring a thick yoga mat) 10:00—Lite & Fit 11:00—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 and Mahjong	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 BYO crafting	12 CLOSED
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 and Mahjong	17* 9:00- Chair Yoga w/ weights 10:00 Tai Chi 11:00 Lite & Flexible	18 10:00am—2:00 pm: Knit- ting, Crocheting, Mahjong and BYO crafting	19 CLOSED
22 CLOSED	23 CLOSED	24 CLOSED	25 CLOSED	26 CLOSED
29 CLOSED	30 10:00 am—2:00 pm: Cards and Mahjong	 Funded in part by a grant from the Ocean County Board of Commissioners	*Last day of fitness at the Rec Center for summer. Classes will resume July 6 th at Nellie Bennett	For more information, please call Aimee (fitness) or Kathy (St. Martha's): 732-892-5813