

****PLEASE NOTE TIME AND DAY CHANGES FOR SEVERAL CLASSES****

Point Pleasant Beehive



July 2026

Mon-Nellie Bennett

Tue-St. Martha's

Wed-Nellie Bennett

Thu-St. Martha's

Fri-Nellie Bennett

 <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 CLOSED</p>	<p>2 CLOSED</p>	<p>3 CLOSED</p>
<p>6 9:00- Chair Yoga 10:00- Lite &Fit 11:00- Tai Chi</p>	<p>7 10:00 am-2:00 pm: Cards and Mahjong</p>	<p>8 9:00- Chair Yoga w/weights 10:00 Lite & Fit 11:00 Lite & Flexible</p>	<p>9 10:00am-2:00 pm: Knitting, Crocheting, Mahjong and BYO crafting</p>	<p>10 9:00-Core and More (Please bring a thick yoga mat) 10:00-Lite & Fit 11:00-Stretching Class</p>
<p>13 9:00- Chair Yoga 10:00- Lite &Fit 11:00- Tai Chi</p>	<p>14 10:00 am-2:00 pm: Cards and Mahjong</p>	<p>15 9:00- Chair Yoga w/weights 10:00 Lite & Fit 11:00 Lite & Flexible</p>	<p>16 10:00am-2:00 pm: Knitting, Crocheting, Mahjong and BYO crafting</p>	<p>17 9:00-Core and More (Please bring a thick yoga mat) 10:00-Lite & Fit 11:00-Stretching Class</p>
<p>20 9:00- Chair Yoga 10:00- Lite &Fit 11:00- Tai Chi</p>	<p>21 CLOSED</p>	<p>22 9:00- Chair Yoga w/weights 10:00 Lite & Fit 11:00 Lite & Flexible</p>	<p>23 CLOSED</p>	<p>24 9:00-Core and More (Please bring a thick yoga mat) 10:00-Lite & Fit 11:00-Stretching Class</p>
<p>27 9:00- Chair Yoga 10:00- Lite &Fit 11:00- Tai Chi</p>	<p>28 CLOSED</p>	<p>29 9:00- Chair Yoga w/weights 10:00 Lite & Fit 11:00 Lite & Flexible</p>	<p>30 CLOSED</p>	<p>31 9:00-Core and More (Please bring a thick yoga mat) 10:00-Lite & Fit 11:00-Stretching Class</p>