

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

Point Pleasant Beehive August 2026

Mon-Nellie Bennett	Tue-St. Martha's	Wed-Nellie Bennett	Thu-St. Martha's	Fri-Nellie Bennett
3 9:00- Chair Yoga 10:00- Lite & Fit 11:00- Tai Chi	4 <u>CLOSED</u> <i>Due to building upgrades, St. Martha's will be closed until Sept. 1st. We apologize for any inconvenience.</i>	5 9:00- Chair Yoga w/weights 10:00 Lite & Fit 11:00 Lite & Flexible	6 <u>CLOSED</u> <i>Due to building upgrades, St. Martha's will be closed until Sept. 1st. We apologize for any inconvenience.</i>	7 9:00-Core and More (Please bring a thick yoga mat) 10:00-Lite & Fit 11:00-Stretching Class
10 9:00- Chair Yoga 10:00- Lite & Fit 11:00- Tai Chi	11 <u>CLOSED</u>	12 9:00- Chair Yoga w/weights 10:00 Lite & Fit 11:00 Lite & Flexible	13 <u>CLOSED</u>	14* 9:00-Core and More (Please bring a thick yoga mat) 10:00-Lite & Fit 11:00-Stretching Class
17 CLOSED	18 <u>CLOSED</u>	19 CLOSED	20 <u>CLOSED</u>	21 CLOSED
24 CLOSED	25 <u>CLOSED</u>	26 CLOSED	27 <u>CLOSED</u>	28 CLOSED
31 CLOSED	 Funded in part by a grant from the Ocean County Board of Commissioners	For more information, please call Aimee (fitness) or Kathy (St. Martha's): 732-892-5813	* Last day of Fitness at Nellie Bennett. Classes will resume Sept 9th at the Rec Center	

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