

Note new classes and times and please welcome our new fitness instructor, Alison!

Point Pleasant Beehive September 2026

Mon-Rec Center	Tue-St. Martha's	Wed-Rec Center	Thu-St. Martha's	Fri-Rec Center
	1	2 CLOSED	3	4 CLOSED
7 CLOSED	8 10:00 am-2:00pm Coffee, Cards, Games and Conversation	9 9:00- Arms and Abs (w/ weights) with Alison 10:00 Tai Chi	10 10:00am-2:00 pm: Knitting, Crocheting, Mahjong and BYO crafting	11 CLOSED <u>For Preschool Orientation</u>
14 9:00- Chair Yoga 10:00- Move and Grove (with Alison)	15 10:00 am-2:00pm Coffee, Cards, Games and Conversation	16 9:00- Arms and Abs (w/ weights) with Alison 10:00 Tai Chi	17 10:00am-2:00 pm: Knitting, Crocheting, Mahjong and BYO crafting	18 9:00-Core and More (Please bring a thick yoga mat) 10:00-Lite & Fit 11:00-Balance class
21 9:00- Chair Yoga 10:00- Move and Grove (with Alison)	22 10:00 am-2:00pm Coffee, Cards, Games and Conversation	23 9:00- Arms and Abs (w/ weights) with Alison 10:00 Tai Chi	24 10:00am-2:00 pm: Knitting, Crocheting, Mahjong and BYO crafting	25 9:00-Core and More (Please bring a thick yoga mat) 10:00-Lite & Fit 11:00-Balance Class
28 9:00- Chair Yoga 10:00- Move and Grove (with Alison)	29 10:00 am-2:00pm Coffee, Cards, Games and Conversation	30 9:00- Arms and Abs (w/ weights) with Alison 10:00 Tai Chi	 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

More classes to be added this FALL!