

Point Pleasant Beehive



October 2026

Mon-Rec Center	Tue-St. Martha's	Wed-Rec Center	Thu-St. Martha's	Fri-Rec Center
For more information, please call Aimee (fitness) or Kathy (St. Martha's): 732-892-5813	 Funded in part by a grant from the Ocean County Board of Commissioners		1 10:00am–2:00 pm: Knitting, Crocheting, Mahjong and BYO crafting	2 9:00–Core and More (Please bring a thick yoga mat) 10:00–Lite & Fit 11:00–Balance Class
5 9:00– Chair Yoga 10:00– Move and Grove (with Alison)	6 10:00 am-2:00pm Coffee, Cards, Games and Conversation, Mahjong	7 9:00–Arms & Abs (w/weights) 10:00 Tai Chi 11:00–Chair Yoga w/ weights	8 10:00am–2:00 pm: Knitting, Crocheting, Mahjong and BYO crafting	9 9:00–Core and More (Please bring a thick yoga mat) 10:00–Lite & Fit 11:00–Balance Class
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