











TOWNSHIP of OCEAN SENIOR EXERCISE CALENDAR

All exercise classes are held in the Waretown Community Center 239 11th St
all bus trips depart from this location unless otherwise noted

For more information call Jeanne 609-548-6319 or email recreation@twpoceannj.gov



Sun	Mon	Tue	Wed	Thu	Fri	Sat
TRIPS LONGWOOD GARDENS June 6 \$71 METS V PHILLIES AUG 16TH \$54 OCT 4 PHILLY TOUR \$81	EVERY MONDAY 	EVERY TUESDAY 	EVERY WEDNESDAY WI BOWLING & 	1 9A ZUMBA DANCE PARTY 9:50A TONING 10A SIT N BE FIT 	2 9:30A LINE DANCING 10:15 BALANCE & FLEXIBILITY	3
4	5 9A ZUMBA GOLD 9:50A TONING 10A SIT N BE FIT 6P POUND CLASS	6 830A CARDS 9A CHAIR EXERCISE 9:50A DANCE & TONE 1230P ZUMBA DANCE & TONE	7 9A QUILTING 9A ZUMBA GOLD 12 MOVE TODAY 1 CARDS/GAMES/WI BOWLING	8 9A ZUMBA DANCE PARTY 9:50A TONING 10A SIT N BE FIT	9 9:30A LINE DANCING 10:15 BALANCE & FLEXIBILITY	10
11	12 9A ZUMBA GOLD 9:50A TONING 10A SIT N BE FIT 6P POUND CLASS	13 830A CARDS 9A CHAIR EXERCISE 9:50A DANCE & TONE 1230P ZUMBA DANCE & TONE 	14 9A QUILTING 9A ZUMBA GOLD 12 MOVE TODAY 1 CARDS/GAMES/WI BOWLING	15 9A ZUMBA DANCE PARTY 9:50A TONING 10A SIT N BE FIT	16 OCEAN COUNTY- <i>Mall trip \$9</i> 9:30A LINE DANCING 10:15 BALANCE & FLEXIBILITY	17 
TOMORROWS SPEAKER IS WELLS FARGO BANK	19 SENIOR ADV. Meeting 10:30 9A ZUMBA GOLD 9:50A TONING 10A SIT N BE FIT	20 830A CARDS 9A CHAIR EXERCISE 9:50A DANCE & TONE 1230P ZUMBA DANCE & TONE 	21 NO ZUMBA 12 MOVE TODAY 1 CARDS/GAMES/WI BOWLING	22 9A ZUMBA DANCE PARTY 9:50A TONING 10A SIT N BE FIT 	23 CHERRYHILL MALL TRIP \$9 9:30A LINE DANCING 10:15 BALANCE & FLEXIBILITY	24 CHAMBER HOME AND FAMILY EXPO 10-2 PM IN THE BARNEGAT REC CENTER
25 EASTER EGG HUNT AT THE LAKE 1PM AGES 6&UNDER 215 AGES 7-12	26 9A ZUMBA GOLD 9:50A TONING 10A SIT N BE FIT 6P POUND CLASS	27 830A CARDS 9A CHAIR EXERCISE 9:50A DANCE & TONE 1230P ZUMBA DANCE & TONE	28 9A QUILTING 9A ZUMBA GOLD 12 MOVE TODAY 1 CARDS/GAMES/WI BOWLING	29 9A ZUMBA DANCE PARTY 9:50A TONING 10A SIT N BE FIT	30 9:30A LINE DANCING 10:15 BALANCE & FLEXIBILITY	31