













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@twpoceanj.gov

TRIPS: SEPT. 24TH MIAMI DOLPHINS V NY JETS \$100pp...NOV 29TH HOLIDAY LIGHTS TOUR OF PHILADELPHIA \$92pp...JAN. 12TH NY CITY TRAIN SHOW AT THE BOTANICAL GARDENS \$70pp
MARCH 9 PHILADELPHIA FLOWER SHOW....APRIL 12 HUNTERDON HILLS—STEEL MAGNOLIAS \$ 96pp A \$40 deposit is required for all trips

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 9 am Chair Exercise 1p Maj Jong 6p-9p NATIONAL NIGHT OUT free event at Fire-house 	2 9am Quilting 845am Zumba Gold 12 Move Today 1pm WII bowling 	3 9am Zumba Dance Party 9:50 Toning 10am Sit & Be Fit	4 9am Line Dancing 10:15 "Your Choice" 	5 Barnegat Dock Concert 7pm Sounds of the Street
6	79am ZUMBA GOLD 10am Sit and Be Fit 6pm POUND CLASS 6PM Crocheting 	8 9 am Chair Exercise 9:50 Toning 1230p Dance n Tone 1pm Maj Jong	9 9am Quilting 845am Zumba Gold 12 Move Today 1pm WII bowling 	10 9am Zumba Dance Party 9:50 Toning 10am Sit & Be Fit	11 9am Line Dancing 10:15 "Your Choice" ZUMBA! 	12 Barnegat Dock Concert 7pm ReUnited
13	149am ZUMBA GOLD 10am Sit and Be Fit 6pm POUND CLASS	15 9 am Chair Exercise 9:50 Toning 1230p Dance n Tone 1pm Maj Jong 	16 9am Quilting 845am Zumba Gold 12 Move Today 1pm WII bowling	17 9am Zumba Dance Party 9:50 Toning 10am Sit & Be Fit	18 9 line dancing 10:15 "Your Choice" 	19 Barnegat Dock Concert 7pm Jersey Sure Cats
20	219am ZUMBA GOLD 10am Sit and Be Fit 6pm POUND CLASS 6PM Crocheting	22 9 am Chair Exercise 9:50 Toning 1230p Dance n Tone 1pm Maj Jong	23 9am Quilting 845am Zumba Gold 12 Move Today 1pm WII bowling	24 9am Zumba Dance Party 9:50 Toning 10am Sit & Be Fit 	25 9am Line Dancing 10:15 "your Choice"	26 Barnegat Dock Concert 7pm Kootz Band
27	289am ZUMBA GOLD 10am Sit and Be Fit 6pm POUND CLASS	29 9 am Chair Exercise 9:50 Toning 1230p Dance n Tone 1pm Maj Jong	30 9am Quilting 845am Zumba Gold 12 Move Today 1pm WII bowling 	31 9am Zumba Dance Party 9:50 Toning 10am Sit & Be Fit		