
















**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

**NEW PROGRAM: ADULT PICKLEBALL** indoors at Brackman Middle School  
Thursday April 12 to May 31 630-9pm Cost \$24 prepaid for all weeks or \$5 pay as you go

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>1</p> 	<p>2 9A ZUMBA GOLD 9:50A TONING 10A SIT N BE FIT 6P POUND CLASS ZUMBA! </p>	<p>3 830A CARDS 9A CHAIR EXERCISE 9:50A DANCE &amp; TONE </p>	<p>4 9A QUILTING 9A ZUMBA GOLD 12 SIT n BE FIT 1 CARDS/ GAMES/WI BOWLING</p>	<p>5 9A ZUMBA DANCE PARTY 9:50A TONING 10A SIT N BE FIT</p>	<p>6 9:30A LINE DANCING 10:15 BALANCE &amp; FLEXIBILITY</p>	7
8	<p>9 9A ZUMBA GOLD 9:50A TONING 10A SIT N BE FIT 6P POUND CLASS</p>	<p>10 830A CARDS 9A CHAIR EXERCISE 9:50A DANCE &amp; TONE </p>	<p>11 9A QUILTING 9A ZUMBA GOLD 12 SIT n BE FIT 1 CARDS/ GAMES/WI BOWLING</p>	<p>12 9A ZUMBA DANCE PARTY 9:50A TONING 10A SIT N BE FIT </p>	<p>13 9:30A LINE DANCING 10:15 BALANCE &amp; FLEXIBILITY</p>	14
15	<p>16 <b>SENIOR ADV.</b> Meeting 10:30 WELLS FARGO IS THE SPEAKER 9A ZUMBA GOLD 9:50A TONING 10A SIT N BE FIT</p>	<p>17 830A CARDS 9A CHAIR EXERCISE 9:50A DANCE &amp; T </p>	<p>18 9A QUILTING 9A ZUMBA GOLD 12 SIT n BE FIT 1 CARDS/ GAMES/WI BOWLING</p>	<p>19 9A ZUMBA DANCE PARTY 9:50A TONING 10A SIT N BE FIT</p>	<p>20 9:30A LINE DANCING 10:15 BALANCE &amp; FLEXIBILITY Freehold Mall Call Michele 693-3302 x 221 to register </p>	21
22	<p>23 9A ZUMBA GOLD 9:50A TONING 10A SIT N BE FIT 6P POUND CLASS</p>	<p>24 830A CARDS 9A CHAIR EXERCISE 9:50A DANCE &amp; TONE </p>	<p>25 9A QUILTING 9A ZUMBA GOLD 12 SIT n BE FIT 1 CARDS/ GAMES/WI BOWLING</p>	<p>26 9A ZUMBA DANCE PARTY 9:50A TONING 10A SIT N BE FIT </p>	<p>27 CHERRY HILL MALL TRIP 9:30A LINE DANCING 10:15 BALANCE &amp; FLEXIBILITY</p>	<p>28 WARETOWN WINE FESTIVAL 12-5P AT THE WARETOWN LAKE RTE 532 </p>
<p>29 WARETOWN WINE FESTIVAL 12-5P AT THE WARETOWN LAKE RTE 532 </p>	<p>30 9A ZUMBA GOLD 9:50A TONING 10A SIT N BE FIT 6P POUND CLASS</p>	<p>EVERY TUESDAY </p>	<p>EVERY WEDNESDAY WI BOWLING &amp; </p>	<p>UPCOMING TRIPS JUNE 6 LONGWOOD GARDENS \$71 AUG 16 NY METS V PHILLIES \$54</p>	<p>OCT. 1 CAPE MAY DAY OF SHOPPING \$38 OCT. 4 PHILADELPHIA HISTORICAL TOUR \$81</p>	<p>NOV. 27 TROPICANA HOLIDAY SHOW \$59 DEC. 5 RESORTS Broadway Holiday Show \$25</p>