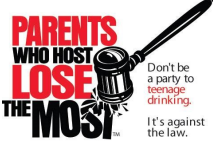















TOWNSHIP of OCEAN SENIOR EXERCISE CALENDAR

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
	7 9am ZUMBA GOLD 950 Toning 10am Sit and Be Fit 6pm POUND	2 9 am Chair Exercise 9:50 Dance n Toning 1pm Maj Jong 	3 9am Crocheting & Crafts 9am Zumba Gold 12 Sit n Be Fit & cards 7p Mahjong	4 9am Zumba Dance Party 9:50 Toning 10am Sit & Be Fit 	5 930 Line Dancing 10:15 Balance n Flexibility	6
7	8 9am ZUMBA GOLD 950 Toning 10am Sit and Be Fit 6pm POUND 	9 9 am Chair Exercise 9:50 Dance n Toning 1pm Maj Jong	10 9am Crocheting & Crafts 9am Zumba Gold 12 Sit n Be Fit & cards 7p Mahjong	11 9am Zumba Dance Party 9:50 Toning 10am Sit & Be Fit	12 930 Line Dancing 10:15 Balance n Flexibility	13
14 EASTER EGG HUNT AT THE LAKE 1PM AGES 6&UNDER 2pm AGES 7-12	15 9am ZUMBA GOLD 950 Toning 10am Sit and Be Fit 6pm POUND SENIOR ADVISORY MEETING 1030AM	16 9 am Chair Exercise 9:50 Dance n Toning 1pm Maj Jong 	17 9am Crocheting & Crafts 9am Zumba Gold 12 Sit n Be Fit & cards 7p Mahjong 	18 9am Zumba Dance Party 9:50 Toning 10am Sit & Be Fit	19 930 Line Dancing 10:15 Balance n Flexibility FREEHOLD MALL \$9PP 	20
21 	22 9am ZUMBA GOLD 950 Toning 9am Sit and Be Fit 6pm POUND 	23 9 am Chair Exercise 9:50 Dance n Toning 1pm Maj Jong	24 9am Crocheting & Crafts 9am Zumba Gold 12 Sit n Be Fit & cards 7p Mahjong	25 9am Zumba Dance Party 9:50 Toning 10am Sit & Be Fit	26 930 Line Dancing 10:15 Balance n Flexibility CHERRY HILL MALL \$9	27 WARETOWN WINE FESTIVAL 12-5P AT THE WARETOWN LAKE RTE 532 
28 WARETOWN WINE FESTIVAL 12-5P AT THE WARETOWN LAKE RTE 532 	29 9am ZUMBA GOLD 950 Toning 10am Sit and Be Fit 6pm POUND	30 9 am Chair Exercise 9:50 Dance n Toning 1pm Maj Jong TRIP TO PHILADELPHIA \$36PP		BASEBALL TRIPS 6/24 METS IN PHL \$54 9/14 RED SOX IN PHL \$69	JUNE 14 GROUNDS FOR SCULPTURE \$64	