
















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 20 to May 25 6-9pm Cost \$5 pay as you go.**

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 9am ZUMBA GOLD 10am Sit and Be Fit 6pm POUND CLASS 6PM Crocheting 	2 9 am Chair Exercise 9:50 Toning 1230p Dance n Tone 1pm Maj Jong	3 9am Quilting 9am Zumba Gold 12 Move Today 1pm WII bowling & cards 	4 9am Zumba Dance Party 9:50 Toning 10am Sit & Be Fit	5 930 Line Dancing 10:15 "Your Choice" 	6
7	8 9am ZUMBA GOLD 10am Sit and Be Fit 6pm POUND CLASS	9 9am Chair Exercise 9:50 Toning 1230p Dance n Tone 1pm Maj J 	10 9am Quilting 9am Zumba Gold 12 Move Today 1pm WII bowling & cards	11 9am Zumba Dance Party 9:50 Toning 10am Sit & Be Fit	12 930 Line Dancing 10:15 "Your Choice" 	13
14	 15 9am ZUMBA GOLD 10am Sit and Be Fit 6pm POUND CLASS 6:30 Crocheting	16 9am Chair Exercise 9:50 Toning 1230p Dance n Tone 1pm Maj Jong 	17 9am Quilting 9am Zumba Gold 12 Move Today 1pm WII bowling & cards	18 9am Zumba Dance Party 9:50 Toning 10am Sit & Be Fit 	19 930 Line Dancing 10:15 "Your Choice" OCEAN COUNTY Mall Call Michele 693-3302 x 221 to register 	20
21	22 9am ZUMBA GOLD 10am Sit and Be Fit 6pm POUND CLASS	23 9am Chair Exercise 9:50 Toning 1230p Dance n Tone 1pm Maj Jong	24 9am Quilting NO ZUMBA 12 Move Today 1pm WII bowling & cards	25 COLUMBUS FLEA MARKET TRIP \$9PP ALL CLASSES AS LISTED ABOVE ARE STILL ON ZUMBA! 	26 930 Line Dancing 10:15 "Your Choice"	27 FOUNDERS DAY 9-3 PRIFF SCHOOL FIREWORKS AT 9PM - END OF BRYANT RD.
28	29 MEMORIAL DAY OFFICES 	30 9am Chair Exercise 9:50 Toning 1230p Dance n Tone 1pm Maj Jong 	31 9am Quilting 9am Zumba Gold 12 Move Today 1pm WII bowling & cards	To register for these trips you must send a \$30pp deposit and fill out the registration form	June 14th  at Bucks County Playhouse \$85pp	SAVE THE DATE: JUNE 3RD DRIVE IN MOVIE "SING" 9pm at the Priff School