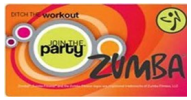
July 2016

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
					1 ***LINE DANCING 9a*** 	*2* BARNEGAT CONCERT SOUNDS OF THE STREET
3 BARNEGAT CONCNERT *CROSSTOWN*	*4* BARNEGAT FIREWORKS CONCERT REUNITED	5 BARNEGAT CONCERT TIMELESS SOUNDZ Chair Exercise 9am Zumba Gold 12:30p Maj Jong 1-4pm	6 Zumba Gold 9am Quilting 9a **MOVE TODAY 12** Wii 1p Cards 1p 	*7* Zumba 2classes 9,10, Sit & Be Fit 10a 	*8* ***LINE DANCING 9a*** 	*9* **BARNEGAT CONCERT** **STRICTLY 60'S** *ZUMBA 830a Barnegat*
10	11 Zumba Gold 9a Sit & Be Fit 10a ZUMBA wiith Nyomi 6p 	12 Chair Exercise 9am Zumba Gold 12:30p Maj Jong 1-4pm 	13 Zumba Gold 9am Quilting 9a **MOVE TODAY 12** Wii 1p Cards 1p	*14* Zumba 2classes 9,10, Sit & Be Fit 10a	*15* ***LINE DANCING 9a*** 	*16* **BARNEGAT CONCERT** **40 NORTH (COUNTRY)** *ZUMBA 830a Barnegat*
17	18 Zumba Gold 9a Sit & Be Fit 10a ZUMBA wiith Nyomi 6p	19 Chair Exercise 9am Zumba Gold 12:30p Maj Jong 1-4pm 	20 Zumba Gold 9am Quilting 9a **MOVE TODAY 12** Wii 1p Cards 1p 	*21* Zumba 2classes 9,10, Sit & Be Fit 10a 	*22**LINE DANCING*** ***t**rip to Ocean County* *Mall Call Michele 693-* *3302 x 122 to register*	*23* **TOWN WIDE YARD** **SALE 8A-2P** BARNEGAT CONCERT KOOTZ BAND *ZUMBA 830a Barnegat*
24 GARVEY RACES IN BARNEGAT NOON 	25 Zumba Gold 9a Sit & Be Fit 10a ZUMBA wiith Nyomi 6p 	26 Chair Exercise 9am Zumba Gold 12:30p Maj Jong 1-4pm	27 Zumba Gold 9am Quilting 9a **MOVE TODAY 12** Wii 1p Cards 1p	*28* Zumba 2classes 9,10, Sit & Be Fit 10a	*29**LINE DANCING 9a*** **Trip Freehold Mall** **$8pp register with** **Jeanne** ***9a***	*30* **BARNEGAT CONCERT** **ROUSTABOUTS** Flea Market Barnegat Docks 7a-2p *ZUMBA 830a Barnegat*
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