

The Kingsley Association's AUGUST 2025 | Program Schedule

Activity/Class	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Pickle Ball (Gym)	8am-10am	8am-10:45am	8am-10am	8am-10:45am	8am-10am	
JP Gym Time	10am-11am	10am-11am	10am-11am	10am-11am	10am-11am	
Rhythmic Movement w/ Cristina Josephson	12:45pm-1:45pm		12:45pm-1:45pm		W/ Chair Session 12:00pm-1:00pm	
N-Motion Line Dancing (Tonette Stewart) (Yoga Studio)		11:30am-1:30pm		11:30am-1:30pm		
M.S.S.P. Chris Howard	11:30am-12:30pm		11:30am-12:30pm			
Pilates	10am-10:45am	5:30pm-6:15pm (Mat)	5:30pm-6:15pm			10am-10:45am
Senior Fun Day			2:00pm - 3:30pm			
IGIA-Movement for Health		10:15am-11:15am (Chair)		10:15-11:15am (Chair) 11:30am-12:30pm (Mat)		10am-11am
Giant Eagle Mobile Market	1pm-2:30pm					
Water Aerobics <i>No Class 8/21 - 9/25</i>				11am-12pm		
Teen L.E.A.D. (Ends Aug. 7)	12-4pm		12-4pm	12-4pm		

PLEASE NOTE:

CHECK WEBSITE FOR POOL SCHEDULE AND SOCIAL MEDIA CHANNELS FOR WEEKLY UPDATE.

POOL

Schedule

August 2025

Monday: 8am - 6:45pm

Tuesday: 8am - 6:45pm

Wednesday: 8am - 6:45pm

Thursday: 8am - 6:45pm

Friday: 8 - 9:45am ... 12:15 - 5:45pm

Saturday: 9am - 3:45pm

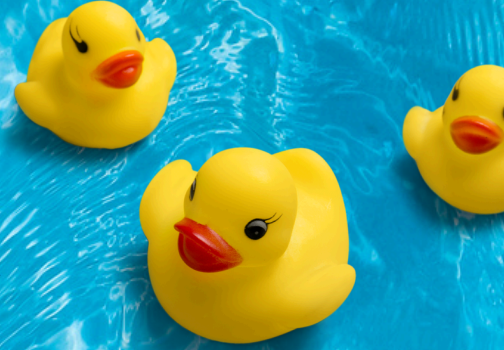
Programming

British Swim School

Wednesday 4pm - 7:30pm

Friday 4pm - 7:30pm

Saturday 9am - 12pm



the kingsley association