

THE KINGSLEY ASSOCIATION'S NOVEMBER 2022 PROGRAM SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
11:30 am – 12:30 pm Silver Sneakers CARDIO/M.S.R.O.M. <i>Chris Howard</i>	10:00 -11:00 Gentle Yoga <i>Debra Gloster</i> <i>(Yoga studio)</i>	11:30 am – 12:30 pm Silver Sneakers CARDIO/M.S.R.O.M. <i>Chris Howard</i>	9:00 -10:00 Gentle Yoga <i>Debra Gloster</i> <i>(Yoga studio)</i>	12:00 pm to 1:00 pm Rhythmic Movement Dance & Chair <i>Christina Josephson</i> <i>(Gym)</i>	
12:45 – 1:45 Latin Dance Rhythmic Movement <i>Christina Josephson</i> <i>(gym)</i>	10:15 – 11:15 Movement Matters-Seniors <i>Gia Cacalano</i> <i>(Dance studio)</i>	12:45 – 1:45 Latin Dance Rhythmic Movement <i>Christina Josephson</i> <i>(gym)</i>	10:15 am – 11:15 am Movement -Matters- Seniors <i>Gia Cacalano</i> <i>(Dance studio)</i>	2:30 – 3:30 Teen Hour of Power <i>(Gym time)</i>	
2:30 – 3:30 Teen Hour of Power <i>(Gym time)</i>	11:00 – 12:00 Water Aerobics	2:30 – 3:30 Teen Hour of Power <i>(Gym time)</i>	11:00 – 2:00 Giant Eagle Food Truck (Side of KA)	4:00 – 5:00 ECS Basketball Practice	
5:00 – 6:00 Youth Places	11:30 – 1:30 N-Motion Line Dancing <i>Tonette Stewart</i> <i>(Dance studio)</i>	Community Open Gym 5:30 – 7:30	11:00 – 12:00 Water Aerobics	5:00 – 6:00 Youth Places	
5:30 – 6:30 Gentle Yoga Breath, Movement, Meditation & Relaxation <i>Shelley Sims</i> <i>(Yoga Studio)</i>	11:30 – 12:30 Embodied Pilates <i>Gia Cacalano</i> <i>(Dance studio)</i>	5:00 – 6:00 Youth Places	11:30 – 1:30 N-Motion Line Dancing <i>Tonette Stewart</i> <i>(Dance studio)</i>	5:30 -7:00 Taekwondo	
	12:00 to 1:30 NA Meeting		11:30 – 12:30 Embodied Pilates <i>Gia Cacalano</i> <i>(Dance studio)</i>	Community Open Gym 5:30 – 7:30	
	2:30 – 3:30 Teen Hour of Power <i>(Gym time)</i>		12:00 – 1:00 NA Meeting		
	5:00 – 6:00 Youth Places		2:30 – 3:30 Teen Hour of Power <i>(Gym time)</i>		
	5:30 – 6:30 Body Toning by Blaire		5:00 – 6:00 Youth Places		
	5:30 – 7:00 Taekwondo (Yoga Room)		5:30 – 6:30 Body Toning by Blaire		

NOVEMBER POOL HOURS

Monday Open Swim: 8 am – 7:45 pm

Tuesday Open Swim: 8 am – 11 am; 12 pm – 7:45 pm
Water Aerobics: 11 am – 12 pm

Wednesday Open Swim: 8 am – 7:45 pm

Thursday Open Swim: 8 am – 11 am; 12 pm – 7:45 pm
Water Aerobics: 11 am – 12 pm

Friday Open Swim: 8 am – 5:30 pm

Saturday Reserve Lap Swim – 9 am – 10:30 am

Ask Front Desk for Reservations

Open Swim: 10:30 am – 3:45 pm