

The Kingsley Association's May 2025 | Program Schedule

<u>Activity/Class</u>	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	5:30pm-6:15pm 6:30pm-7:15pm	5:30pm-6:15pm		10am-10:15am
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				11am-12pm		
Teen L.E.A.D. (Last Day May 15)	3pm-6pm		3pm-6pm	3pm-6pm		

PLEASE NOTE:

MOVEMENT FOR HEALTH WILL NO LONGER HAVE THE MAT CLASS ON TUESDAYS.

YOGA & BODY TONING CLASSES HAVE ALSO BEEN PUT ON HOLD.

KINGSLEY NOW CLOSES MONDAY-THURSDAY @7PM & FRIDAY @6PM.

POOL

Schedule

April 28th - May 2nd

Monday 9:30a-1:30p (closed 1:30-4) reopens 4p-7:45p

Tuesday 9:30a-1:30p (closed 1:30-4) reopens 4p-7:45p

Wednesday **CLOSED**

Thursday 9:30a-1:30p (closed 1:30-4) reopens 4p-6:45p

Friday 9:30a-1:30p

Saturday 9a-3:45p

Programming

FFISH-

May 1st 5p-6

British Swim School-

Wednesday 4p-7:30p

Friday 4p-7:30p

Saturday 9a-12p



the kingsley association *