

**THE KINGSLEY ASSOCIATION'S MAY 2023 GYM SCHEDULE**

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>
8:00 am – 10:00 am <b>Pickle Ball</b>	8:00 am – 10:00 am <b>Pickle Ball</b>	8:00 am – 10:00 am <b>Pickle Ball</b>	8:00 am – 10:00 am <b>Pickle Ball</b>	8:00 am – 10:00 am <b>Pickle Ball</b>	
11:30 am – 12:30 pm <b>Silver Sneakers</b> <b>CARDIO/M.S.R.O.M.</b> <i>Chris Howard</i>	10:00 -11:00 <b>Gentle Yoga</b> <i>Debra Gloster</i> <i>(Yoga studio)</i>	11:30 am – 12:30 pm <b>Silver Sneakers</b> <b>CARDIO/M.S.R.O.M.</b> <i>Chris Howard</i>	9:00 -10:00 <b>Gentle Yoga</b> <i>Debra Gloster</i> <i>(Yoga studio)</i>	<b>10:00 – 3:00</b> <b>Senator Williams</b> <i>(2<sup>nd</sup> Friday of each month)</i>	
12:45 – 1:45 <b>Latin Dance</b> <b>Rhythmic Movement</b> <i>Christina Josephson</i> <i>(gym)</i>	10:15 – 11:15 <b>Movement Matters-Seniors</b> <i>Gia Cacalano</i> <i>(Dance studio)</i>	12:45 – 1:45 <b>Latin Dance</b> <b>Rhythmic Movement</b> <i>Christina Josephson</i> <i>(gym)</i>	10:15 am – 11:15 am <b>Movement -Matters- Seniors</b> <i>Gia Cacalano</i> <i>(Dance studio)</i>	12:00 pm to 1:00 pm <b>Rhythmic Movement</b> <b>Dance &amp; Chair</b> <i>Christina Josephson</i> <i>(Gym)</i>	
5:30 – 6:30 <b>Gentle Yoga</b> <b>Breath, Movement, Meditation</b> <b>&amp; Relaxation</b> <i>Shelley Sims</i> <i>(Yoga Studio)</i>	11:00 am – 12:30 pm <b>Pickle Ball</b>	4:00 – 7:00 <b>Skills &amp; Drills</b> <b>Boxing</b> <i>(every other week)</i>	11:00 – 2:00 Giant Eagle Food Truck (Side of KA)	5:30 -7:00 <b>Taekwondo</b>	
	11:00 12:00 <b>Water Aerobics</b>		11:00 am – 12:30 pm <b>Pickle Ball</b>		
	11:30 – 1:30 <b>N-Motion Line Dancing</b> <i>Tonette Stewart</i> <i>(Dance studio)</i>		11:00 – 12:00 <b>Water Aerobics</b>		
	11:30 – 12:30 <b>Embodied Pilates</b> <i>Gia Cacalano</i> <i>(Dance studio)</i>		11:30 – 1:30 <b>N-Motion Line Dancing</b> <i>Tonette Stewart</i>		
	12:00 to 1:30 <b>NA Meeting</b>		12:00 – 1:00 <b>NA Meeting</b>		
	3:00 – 6:00 <i>(Gym 4-6)</i> <b>Youth Places</b>		3:00 – 6:00 <i>(Gym 4-6)</i> <b>Youth Places</b>		
	5:30 – 6:30 <b>Body Toning by Blaire</b>		5:30 – 6:30 <b>Body Toning by Blaire</b>		

# MAY 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

**British Swim School** 4 pm - 7 pm

Thursday

**Open Swim** 8 am - 11 am; 12 pm - 7:45 pm

**Water Aerobics** 11 am - 12 pm

Friday

**Open Swim** 8 am - 7:45 pm

**British Swim School** 4 pm - 7 pm

Saturday

**Open Swim** 10:30 am - 3:45 pm

**Reserve Lap Swim** 9 am - 10:30 am

**British Swim School** 8:30 am - 12 pm

\*Inquire about Reserve Lap Swim at the Membership Desk\*

\*\*Only 3 Lap Lanes Available During British Swim School\*