

The Kingsley Association's November 2023 | Program Schedule

Activity/Class	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Pickle Ball (Gym)	8am-10am	8am-10am 11am-12:30pm	8am-10am	8am-10am 11:00am-12:30pm	8am-10am	
JP Gym Time	10am-11am	10am-11am	10am-11am	10am-11am	10am-11am	
Christine Josephson (Gym)	Latin Dance 12:45am-1:45pm		Latin Dance 12:45am-1:45pm		Rhythmic Movement W/ Chair 12:00pm-1:00pm	
N-Motion Line Dancing (Tonette Stewart)		11:30am-1:30pm		11:30am-1:30pm		
Silver Sneakers Cardio/M.S.R.O.M Chris Howard(Gym)	11:30am-12:30pm		11:30am-12:30pm			
Open Gym	2:30pm-4:00pm Members/Day Pass	2:30pm-4:00pm Members/Day Pass	2:30pm-4:00pm Members/Day Pass	2:30pm-4:00pm Members/Day Pass	2:30pm-4:00pm Members/Day Pass	
Gentle Yoga Shelley Sims	5:30pm-6:30pm					
Water Aerobics				11:00am-12:00pm		
Body Toning By Blaire (Comm. Room)		5:30pm-6:30pm		5:30-6:30pm		
Teen L.E.A.D.	4:00pm-6:00pm		4:00pm-6:00pm	4:00pm-6:00pm		
Gentle Yoga w/ Debra Gloster (Yoga Studio)		10:00am-11:00am		9:00am-10:00am		
IGIA-Movement for health		10:15am-11:15am (Chair) 11:30am-12:30am (Mat)		10:15-11:15am (Chair) 11:30am-12:30pm (Mat)		
Digital Innovation Center Open Hours		10am - 5pm	10am - 5pm	10am - 5pm		

PLEASE NOTE: TAEKWONDO EVERY FRIDAY (YOGA STUDIO) FROM 5:30-7:00PM

GIANT EAGLE TRUCK (ON SIDE OF KA) ON THURSDAYS 12:30-2PM | SENIOR FUN DAY 1ST AND 3RD WEDNESDAY FROM 2PM-3:30PM. MOVE ON CUE WITH TEEN LEAD AND MISS BREE WILL BE IN THE DANCE ROOM ON WEDNESDAYS 4:30PM-6:00PM

THE KINGSLEY ASSOCIATION'S November 2023 POOL SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>8:00 – 7:45 Open Swim</p>	<p>8:00 – 7:45 Open Swim</p> <p>12:30 – 5:00 PIVOT (One lane)</p>	<p>8:00 – 3:00 Open Swim</p> <p>5:00 – 6:00 YES Swim</p> <p>4:00 – 7:45 British Swim School <i>(Half of the pool)</i></p> <p>6:00 – 7:45 Open Swim <i>(Half the pool)</i></p>	<p>8:00 – 11:00 Open Swim</p> <p>11:00 – 12:00 Water Aerobics (exclusive)</p> <p>12:30 – 5:00 PIVOT (One lane)</p> <p>12:00 – 7:45 Open Swim</p>	<p>8:00 – 1:00 Open Swim</p> <p>3:00 – 7:45 Open Swim <i>(Half the pool)</i></p> <p>4:00 – 8:00 British Swim School <i>(Half the pool)</i></p>	<p>8:30 – 12:00 British Swim School <i>(Half the pool)</i></p> <p>9:00 – 3:45 Open Swim <i>(Half the pool)</i></p> <ul style="list-style-type: none"> <i>Pool closed from 8 to 10 the last Friday of every month for cleaning</i>