

# The Kingsley Association's September 2023 | Program Schedule

<b>Activity/Class</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>
<b>Pickle Ball (Gym)</b>	8am-10am	8am-10am 11am-12:30pm	8am-10am	8am-10am 11:00am-12:30pm	8am-10am	
<b>JP Gym Time</b>	10am-11am	10am-11am	10am-11am	10am-11am	10am-11am	
<b>Christine Josephson (Gym)</b>	Latin Dance 12:45am-1:45pm		Latin Dance 12:45am-1:45pm		Rhythmic Movement W/ Chair 12:00pm-1:00pm	
<b>N-Motion Line Dancing (Tonette Stewart)</b>		11:30am-1:30pm		11:30am-1:30pm		
<b>Silver Sneakers Cardio/M.S.R.O.M Chris Howard(Gym)</b>	11:30am-12:30pm		11:30am-12:30pm			
<b>Open Gym</b>	2:30pm-5:00pm Members/Day Pass	2:30pm-5:00pm Members/Day Pass	2:30pm-4:00pm Members/Day Pass		2:30pm-5:00pm Members/Day Pass	
<b>Gentle Yoga Shelley Sims</b>	5:30pm-6:30pm					
<b>Water Aerobics</b>				11:00am-12:00pm		
<b>Body Toning By Blaire (Comm. Room)</b>		5:30pm-6:30pm		5:30-6:30pm		
<b>Taekwondo (yoga)</b>					5:30-7:00pm	
<b>Gentle Yoga w/ Debra Gloster (Yoga Studio)</b>		10:00am-11:00am		9:00am-10:00am		
<b>IGIA-Movement for health</b>		10:15am-11:15am (Chair)  IGIA-Movement for Health (Mat) 11:30am-12:30am		10:15-11:15am (Chair)  IGIA-Movement for Health (Mat) 11:30am-12:30pm		

**PLEASE NOTE: NA MEETINGS ARE TUESDAYS AND THURSDAYS (COMM. ROOM) 12-1PM | GIANT EAGLE TRUCK (ON SIDE OF KA) ON THURSDAYS 12:30-2PM  
TEEN LEAD FALL STARTS SEPTEMBER 25TH--MON, WED, & THURS FROM 4PM-6PM| SENIOR FUN DAY 1ST AND 3RD WEDNESDAY FROM 2PM-3:30PM**

