

The Kingsley Association's April 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			
Body Toning By Blaire (Community Room)				5:30pm-6:30pm		
Gentle Yoga w/ Debra Gloster (Yoga Studio)		9am-10am		9am-10am		
IGIA-Movement for Health		10:15am-11:15am (Chair) 11:30am-12:30am (Mat)		10:15-11:15am (Chair) 11:30am-12:30pm (Mat)		10am-11am
Giant Eagle Mobile Market	1pm-2:30pm					
Yoga w/ Simone		5:30pm-6:30pm		5:30pm-6:30pm		
Teen L.E.A.D.	3pm-6pm		3pm-6pm	3pm-6pm		

PLEASE NOTE:

THE POOL IS SET TO OPEN APRIL 7TH!

POOL

Schedule

April 14th - April 19th

Monday 9:30a-8p

Tuesday 8a-4p

Wednesday 9:30a-8p

Thursday 9:30a-8p

Friday 9:30a-1:30p

Saturday **CLOSED**

Programming

Water Aerobics- April 17th 11a-Noon

FFISH- April 17th 5p-6p

British Swin School- Monday 4p-7:30p

Wednesday 4p-7:30p

Friday 4p-7:30p

Saturday 9a-12p



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the kingsley association