

# Program Schedule

Effective December 19, 2016

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Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:30am-8pm Member Swim	7:30am-8pm Member Swim	7:30am-8pm Member Swim	7:30am-8pm Member Swim	7:30am-8pm Member Swim	9am-4pm Member Swim
7:30am-8:30pm 3rd Floor Fitness Room	7:30am-8:30pm 3rd Floor Fitness Room	7:30am-8:30pm 3rd Floor Fitness Room	7:30am-8:30pm 3rd Floor Fitness Room	7:30am-8pm Member Gym	9am-10:30am Gentle Yoga
7:30am-8pm Member Gym	7:30am-8pm Member Gym	7:30am-8pm Member Gym	7:30am-8pm Member Gym	7:30am-8:30pm 3rd Floor Fitness Room	9am-4:30pm Fitness Room
11am-12pm SilverSneakers CARDIO/M.S.R.O.M	10am-11am Gentle Yoga	11am-12pm SilverSneakers M.S.R.O.M	10am-11am Gentle Yoga		9am-4pm Member Gym
12pm-1pm Body Toning	11am-12pm Water Aerobics	12pm-1pm Body Toning	11am-12pm Water Aerobics		11am-12pm Zumba
5:30pm-6:15pm Power Yoga for The Athletic	11:30am-1:30pm Line Dancing		11:30am-1:30pm Line Dancing		11am-12pm Water Toning
6:30pm-7:30pm Men Only Yoga	6pm-7pm Body Toning		6pm-7pm Body Toning		
6:30pm-7:30pm Zumba	7:30pm-8:30pm Gentle Yoga		7:30pm-8:30pm Gentle Yoga		

# Program Guide

SILVERSNEAKERS®

**BODY TONING** – Includes the use of resistance bands, dumbbells, medicine balls and stability balls for a total body workout that strengthens and tones the body.

**GENTLE YOGA** – Yoga means to “yoke” or “join” the individual self back to our Creator. Doing yoga to smooth jazz and Motown sounds is a great way to relieve stress while also improving balance, flexibility and coordination. And yes....real men do yoga too.

**LINE DANCING** – Line Dancing is a great way to strengthen your heart, improve your Diabetic A1C, tone your muscles, and lose some weight. It will, also, make you king or queen of the dance floor.

**POWER YOGA FOR THE ATHLETIC** - This yoga class is not for the faint of heart. Kingsley members will engage in an intense yoga fitness class that assists with developing: kinesthetic awareness, strength and flexibility, balance and coordination, cardiovascular and circulatory health, and relaxation and renewal. Bring water, a towel and be prepared to sweat!

**WATER TONING** Take advantage of the water's liquid resistance power with directional changes and multidimensional movement while working your heart, toning your muscles and Strengthening your core. Water buoyancy belts are provided so participants do not have to be swimmers in order to enjoy the class. This non-impact water workout provides a great option for obtaining maximum calorie burn without pressure on your feet, knees, hips and joints. Come join us in the water!

**ZUMBA** - A combination of Latin and international music with a fun and effective workout system, classes are adaptable for all skill and fitness levels. They feature dance and other fitness techniques.

**CARDIO CIRCUIT** - This more intense workout includes standing non-impact choreography alternating with standing upper body strength, using hand-held weights, tubing bands and a ball. Note: This class is for people who are comfortable standing to exercise for 30-40 minutes at a time. A chair is used for standing support.

**MUSCULAR STRENGTH AND RANGE OF MOVEMENT (MSROM)** - This class is designed to increase muscular strength, range of movement, and activity for daily living skills. A chair is used for seated and/or standing support.

## Contact Us:

(412) 661-8751 ext. 121  
[info@kingsleyassociation.org](mailto:info@kingsleyassociation.org)  
6435 Frankstown Avenue  
Pittsburgh, PA 15206

## Kingsley Center Hours:

Mon - Fri 7:30am-9pm  
Saturday 8:30am-5pm

## Office/Registration Hours:

Mon-Fri: 8:30am-5:00pm