

The Kingsley Association's SEPTEMBER 2024 | 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	
Christine Josephson	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) (Yoga Studio)		11:30am-1:30pm		11:30am-1:30pm		
M.S.S.P. Chris Howard	11:30am-12:30pm		11:30am-12:30pm			
Senior Fun Day			2:00 pm - 3:30 pm			
Body Toning By Blaire (Comm. Room)		5:30pm-6:30pm				
Gentle Yoga w/ Debra Gloster (Community Room)		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)		
Giant Eagle Mobile Market	1-2:30pm					
Digital Innovation Center Open Hours		10am - 6pm	10am - 6pm	10am - 6pm	10am - 6pm	

PLEASE NOTE:

THE POOL IS CLOSED FOR THE REMAINDER OF THE YEAR.