

The Kingsley Association's January 2025 | Program Schedule

Activity/Class	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			
Mat Pilates w/ Nia		5:30pm-6:30pm		5:30pm-6:30pm		10am-11am
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					
Digital Innovation Center Open Hours	10am - 4pm	10am - 4pm	10am - 4pm	10am - 4pm	10am - 4pm	
Teen L.E.A.D.	3pm-6pm		3pm-6pm	3pm-6pm		

PLEASE NOTE:

THE POOL AND 1ST FLOOR BATHROOMS ARE CLOSED UNTIL 02/03 --- IGIA CANCELLED JAN. 15-21