

# The Kingsley Association's November 2024 | 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-10:45am	8am-10am	8am-10:45am	8am-10am	
<b>JP Gym Time</b>	10am-11am	10am-11am	10am-11am	10am-11am	10am-11am	
<b>Christine Josephson</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) (Yoga Studio)</b>		11:30am-1:30pm		11:30am-1:30pm		
<b>M.S.S.P. Chris Howard</b>	11:30am-12:30pm		11:30am-12:30pm			
<b>Senior Fun Day</b>			2:00 pm - 3:30 pm			
<b>Body Toning By Blaire (Comm. Room)</b>		5:30pm-6:30pm				
<b>Gentle Yoga w/ Debra Gloster (Community Room)</b>		9am-10am		9am-10am		
<b>IGIA-Movement for Health</b>		10:15am-11:15am (Chair) 11:30am-12:30am (Mat)		10:15-11:15am (Chair) 11:30am-12:30pm (Mat)		
<b>Giant Eagle Mobile Market</b>	1-2:30pm					
<b>Digital Innovation Center Open Hours</b>	10am - 4pm	10am - 4pm	10am - 4pm	10am - 4pm	10am - 4pm	
<b>Teen L.E.A.D.</b>	3-6pm		3-6pm	3-6pm		

**PLEASE NOTE:**

**THE POOL AND 1ST FLOOR BATHROOMS ARE CLOSED FOR THE REMAINDER OF THE YEAR FOR RENOVATIONS.**