

THE KINGSLEY ASSOCIATION'S NOVEMBER PROGRAM SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:00 am – 8:00 pm 3 rd Floor Fitness Room	8:00 am – 8:00 pm 3 rd Floor Fitness Room	8:00 am – 8:00 pm 3 rd Floor Fitness Room	8:00 am – 8:00 pm 3 rd Floor Fitness Room	8:00 am – 8:00 pm 3 rd Floor Fitness Room	9:00am – 4:00 pm 3 rd Floor Fitness Room
11:30 am – 12:30 pm SilverSneakers CARDIO/M.S.R.O.M. <i>Chris Howard</i>	10:00 – 1:00 Officers at Kingsley Zone 5 Police Officers Youth Programming	11:30 am – 12:30 pm SilverSneakers CARDIO/M.S.R.O.M. <i>Chris Howard</i>	9:00 -10:00 Gentle Yoga <i>Debra Gloster</i> <i>(Yoga studio)</i>	11 – 12 Water Aerobics <i>Donna Morosky</i> <i>(pool)</i>	9:00 – 10:00 Yoga with Brittany Brittany Mobley
5:30 – 6:30 Gentle Yoga Breath, Movement, Meditation & Relaxation <i>Shelley Sims</i> <i>(Yoga Studio)</i>	10:00 -11:00 Gentle Yoga <i>Debra Gloster</i> <i>(Yoga studio)</i>	11 – 12 Water Aerobics Ashley Soske <i>(pool)</i>	10:15 am – 11:15 am Movement -Matters- Seniors <i>Gia Cacalano</i> <i>(Dance studio)</i>		11:30 – 12:30 Embodied Pilates <i>Gia Cacalano</i> <i>(Dance studio)</i>
6:30 – 7:30 Zumba with Nissa’a Nissa Stallworth <i>(Dance Studio)</i>	10:15 – 11:15 Movement Matters-Seniors <i>Gia Cacalano</i> <i>(Dance studio)</i>	6:00 – 7:00 Yoga with Brittany Brittany Mobley	11:30 – 1:30 N-Motion Line Dancing <i>Tonette Stewart</i> <i>(Dance studio)</i>		1:00 – 3:30 1st & 3rd Saturdays N-Motion Line Dancing Tonette Stewart <i>(Dance studio)</i>
	11:30 – 1:30 N-Motion Line Dancing <i>Tonette Stewart</i> <i>(Dance studio)</i>		11:00 – 12:00 Water Aerobics <i>Barbara Dimeling</i> <i>(pool)</i>		
	11:00 – 12:00 Water Aerobics <i>Barbara Dimeling</i> <i>(pool)</i>		5:30 – 6:30 Body Toning by Blaire <i>(fitness center)</i>		
	5:30 – 6:30 Body Toning by Blaire <i>(fitness center)</i>		5:30 – 6:30 Water Aerobics <i>Barbara Dimeling</i> <i>(pool)</i>		
	5:30 – 6:30 Water Aerobic <i>Barbara Dimeling</i> <i>(pool)</i>				

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