

THE KINGSLEY ASSOCIATION  
 Program Schedule For September 2020



| Monday  | Tuesday   | Wednesday   | Thursday   | Friday  | Saturday   |
|---|---|---|--|---|--|
| 8:00 am – 8:00 pm<br>3 <sup>rd</sup> Floor Fitness Room   | 8:00 am – 8:00 pm<br>3 <sup>rd</sup> Floor Fitness Room                             | 8:00 am – 8:00 pm<br>3 <sup>rd</sup> Floor Fitness Room   | 8:00 am – 8:00 pm<br>3 <sup>rd</sup> Floor Fitness Room  | 8:00 am – 8:00 pm<br>3 <sup>rd</sup> Floor Fitness Room | 9:00am – 4:00 pm<br>3 <sup>rd</sup> Floor Fitness Room |
| 10:30 am – 12:00 pm<br><b>SilverSneakers</b><br><b>CARDIO/M.S.R.O.M.</b><br><i>Chris Howard</i> | 10:00 -11:00<br><b>Gentle Yoga</b><br>(beginning 9/22/2020)<br><i>Debra Gloster</i> | 10:30 am – 12:00 pm<br><b>SilverSneakers</b><br><b>CARDIO/M.S.R.O.M.</b><br><i>Chris Howard</i> | 10:15 am – 11:15 am<br><b>Movement -Matters-</b><br><b>Seniors</b><br>(beginning 9/24/2020)<br><i>Gia Cacalano</i> |   |  |
|   | 11:00 – 12:00<br><b>Water Aerobics</b><br><i>Barbara Dimeling</i>                   |   | 11:00 – 12:00<br><b>Water Aerobics</b><br><i>Barbara Dimeling</i>  |   |  |
|   | 5:30 pm – 6:30 pm<br><b>Body Toning</b><br><i>Troy McCune</i>                       |   | 5:30 pm – 6:30 pm<br><b>Body Toning</b><br><i>Troy McCune</i>  |   |  |
|   | 5:30 – 6:30<br><b>Water Aerobic</b><br><i>Barbara Dimeling</i>                      |   | 5:30 – 6:30<br><b>Water Aerobics</b><br><i>Barbara Dimeling</i>  |   |  |

## September 2020 Pool Schedule

| Sunday              | Monday                                       | Tuesday   | Wednesday                                   | Thursday  | Friday                                       | Saturday   |
|---------------------|--|---|---|---|--|--|
| <b>30</b><br>Closed | <b>31</b><br>Open Swim 8-3<br>BSS (Only) 4-8 | <b>1</b><br>Open Swim 8 – 10:30<br>Water Aerobics 11 -12<br>Open Swim 12:30 – 8<br>Water Aerobics 5:30 – 6:30   | <b>2</b><br>Open Swim 8-3<br>BSS (Only) 4-8 | <b>3</b><br>Open Swim 8 – 10:30<br>Water Aerobics 11 -12<br>Open Swim 12:30 – 8<br>Water Aerobics 5:30 – 6:30   | <b>4</b><br>Closed                           | <b>5</b><br>Closed                                 |
| <b>6</b><br>Closed  | <b>7</b><br>Closed                           | <b>8</b><br>Open Swim 8 – 10:30<br>Water Aerobics 11 -12<br>Open Swim 12:30 – 8<br>Water Aerobics 5:30 – 6:30   | <b>9</b><br>Open Swim 8-3<br>BSS (Only) 4-8 | <b>10</b><br>Open Swim 8 – 10:30<br>Water Aerobics 11 -12<br>Open Swim 12:30 – 8<br>Water Aerobics 5:30 – 6:30  | <b>11</b><br>Open Swim 8-3<br>BSS (Only) 4-8 | <b>12</b><br>BSS (Only) 9-12<br>Open Swim 12:30 -4 |
| <b>13</b><br>Closed | <b>14</b><br>Open Swim 8-8<br>BSS 4-8        | <b>15</b><br>Open Swim 8 – 10:30<br>Water Aerobics 11 -12<br>Open Swim 12:30 – 8<br>Water Aerobics 5:30 – 6:30<br>Team Pittsburgh Elite<br>Aquatics<br>6:30 -8  | <b>16</b><br>Open Swim 8-8<br>BSS 4-8       | <b>17</b><br>Open Swim 8 – 10:30<br>Water Aerobics 11 -12<br>Open Swim 12:30 – 8<br>Water Aerobics 5:30 – 6:30<br>Team Pittsburgh Elite<br>Aquatics<br>6:30 - 8 | <b>18</b><br>Open Swim 8-3<br>BSS (Only) 4-8 | <b>19</b><br>BSS (Only) 9-12<br>Open Swim 12:30 -4 |
| <b>20</b><br>Closed | <b>21</b><br>Open Swim 8-8<br>BSS 4-8        | <b>22</b><br>Open Swim 8 – 10:30<br>Water Aerobics 11 -12<br>Open Swim 12:30 – 8<br>Water Aerobics 5:30 – 6:30<br>Team Pittsburgh Elite<br>Aquatics<br>6:30-8   | <b>23</b><br>Open Swim 8-8<br>BSS 4-8       | <b>24</b><br>Open Swim 8 – 10:30<br>Water Aerobics 11 -12<br>Open Swim 12:30 – 8<br>Water Aerobics 5:30 – 6:30<br>Team Pittsburgh Elite<br>Aquatics<br>6:30 - 8 | <b>25</b><br>Open Swim 8-3<br>BSS (Only) 4-8 | <b>26</b><br>BSS (Only) 9-12<br>Open Swim 12:30 -4 |
| <b>27</b><br>Closed | <b>28</b><br>Open Swim 8-8<br>BSS 4-8        | <b>29</b><br>Open Swim 8 – 10:30<br>Water Aerobics 11 -12<br>Open Swim 12:30 – 8<br>Water Aerobics 5:30 – 6:30<br>Team Pittsburgh Elite<br>Aquatics<br>6:30 - 8 | <b>30</b><br>Open Swim 8-8<br>BSS 4-8       |   |  |  |