

September

2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2 CLOSED	3 CLOSED	4 CLOSED
5 CLOSED	6 CLOSED	7 Open Swim 8am-11am & 12-5:30pm Aqua Fit- 11am-12pm & 5:30pm-6:30pm SASC-6:30-8:00	8 Open Swim- 8am-4pm Aqua S&C- 11am – 12pm B.S.S.- 4PM-7PM SASC- 6:30pm-8pm	9 Open Swim 8am-11am & 12-5:30pm Aqua Fit- 11am-12pm & 5:30pm-6:30pm SASC-6:30-8:00	10 Open Swim- 8am-4pm B.S.S.- 4pm-7pm SASC- 6:30PM -8PM	11 B.S.S. -9AM-12pm Reserved Swim 9am-12pm Family Swim 12pm-2pm
12 CLOSED	13 Open Swim- 8am -4pm B.S.S.- 4PM-7PM SASC- 6:30pm-8pm	14 Open Swim 8am-11am & 12-5:30pm Aqua Fit- 11am-12pm & 5:30pm-6:30pm SASC-6:30-8:00	15 Open Swim- 8am-4pm Aqua S&C- 11am – 12pm B.S.S.- 4PM-7PM SASC- 6:30pm-8pm	16 Open Swim 8am-11am & 12-5:30pm Aqua Fit- 11am-12pm & 5:30pm-6:30pm SASC-6:30-8:00	17 Open Swim- 8am-4pm B.S.S.- 4pm-7pm SASC- 6:30PM -8PM	18 B.S.S. -9AM-12pm Reserved Swim 9am-12pm Family Swim 12pm-2pm
19 CLOSED	20 Open Swim- 8am - 4pm B.S.S.- 4PM-7PM SASC- 6:30pm-8pm	21 Open Swim 8am-11am & 12-5:30pm Aqua Fit- 11am-12pm & 5:30pm-6:30pm SASC-6:30-8:00	22 Open Swim- 8am-4pm Aqua S&C- 11am – 12pm B.S.S.- 4PM-7PM SASC- 6:30pm-8pm	23 Open Swim 8am-11am & 12-5:30pm Aqua Fit- 11am-12pm & 5:30pm-6:30pm SASC-6:30-8:00	24 Open Swim- 8am-4pm B.S.S.- 4pm-7pm SASC- 6:30PM -8PM	25 B.S.S. -9AM-12pm Reserved Swim 9am-12pm Family Swim 12pm-2pm
26 CLOSED	27 Open Swim- 8am-4pm B.S.S.- 4PM-7PM SASC- 6:30pm-8pm	28 Open Swim 8am-11am & 12-5:30pm Aqua Fit- 11am-12pm & 5:30pm-6:30pm SASC-6:30-8:00	29 Open Swim- 8am-4pm Aqua S&C- 11am – 12pm B.S.S.- 4PM-7PM SASC- 6:30pm-8pm	30 Open Swim 8am-11am & 12-5:30pm Aqua Fit- 11am-12pm & 5:30pm-6:30pm SASC-6:30-8:00		

THE KINGSLEY ASSOCIATION PROGRAM SCHEDULE – FOR SEPTEMBER 2021

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>		9:00 – 10:00 Yoga with Brittany Brittany Mobley <i>(Yoga Studio)</i> <i>Beginning 9/8/21</i>
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>	6:00 – 7:00 Yoga with Brittany Brittany Mobley <i>(Yoga studio)</i> <i>Beginning 9/8/21</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>		11:30 – 1:30 N-Motion Line Dancing <i>Tonette Stewart</i> <i>(Dance studio)</i>		1:00 – 3:30 <i>1st & 3rd Saturdays</i> 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 Water Aerobics <i>Barbara Dimeling</i> <i>(pool)</i>		
	5:30 – 6:30 Water Aerobic <i>Barbara Dimeling</i> <i>(pool)</i>				

- **Body Toning will resume with another Instructor later in September**
- **Yoga with Brittany will not resume until the week of September 7th**