

NOVEMBER 2008

SUN MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY



Healthy Black Family Project™ at The Kingsley Association

1
Power Yoga
8-8:45am

Gentle Yoga
9-10am






African Dance
10-11am

Splash Dance
11am – 12pm

Rhythm &
Movement 4 Youth
11:30am – 12:30pm

Yoga Class 4
Children
12:30-1:30pm

2	<p>3 Body Toning 12:15-1:00pm Walking Class 5:45-6:30pm Yoga Meditation 6-7pm</p>	<p>4 Yoga Meditation 9-9:45am Gentle Yoga 10-11am Walking Class 11:45am-12:30pm Nutrition 4-5pm Rhythm & Movement 5-5:45pm Body Toning 6-6:45pm Modern Movement & Stretch 6-6:45pm Yoga: Community Class 6:30-7:30pm</p>	<p>5 Yoga Meditation 8-9am Body Toning 12:15-1pm Walking Class 5:45-6:30pm African Dance 6-6:45pm Rhythm & Movement 7-8pm</p>	<p>6 Yoga Meditation 9-9:45am Gentle Yoga 10-11am Walking Class 11:45am-12:30pm Rhythm & Movement 5-5:45pm Body Toning 6-6:45pm Modern Movement & Stretch 6-6:45pm “Let Ya Fro Go” 7-8pm Gentle Yoga 7-8pm</p>	<p>7 Modern Movement & Stretch 5-6pm Power Yoga 4 Cyclists 6-7pm Nutrition 7-8pm</p>	<p>8 Power Yoga 8-8:45am Gentle Yoga 9-10am African Dance 10-11am Splash Dance 11am – 12pm Rhythm & Movement 4 Youth 11:30am – 12:30pm Yoga Class 4 Teens 12:30-1:30pm</p>
9	<p>10 Body Toning 12:15-1:00pm Walking Class 5:45-6:30pm Yoga Meditation 6-7pm</p>	<p>11 Yoga Meditation 9-9:45am Gentle Yoga 10-11am Walking Class 11:45am-12:30pm Nutrition 4-5pm Rhythm & Movement 5-5:45pm Body Toning 6-6:45pm Modern Movement & Stretch 6-6:45pm Yoga: Community Class 6:30-7:30pm</p>	<p>12 Yoga Meditation 8-9am Body Toning 12:15-1pm Walking Class 5:45-6:30pm African Dance 6-6:45pm Rhythm & Movement 7-8pm</p>	<p>13 Yoga Meditation 9-9:45am Gentle Yoga 10-11am Walking Class 11:45am-12:30pm Rhythm & Movement 5-5:45pm Body Toning 6-6:45pm Modern Movement & Stretch 6-6:45pm “Let Ya Fro Go” 7-8pm Gentle Yoga 7-8pm</p>	<p>14 Modern Movement & Stretch 5-6pm Power Yoga 4 Cyclists 6-7pm Nutrition 7-8pm</p>	<p>15 Power Yoga 8-8:45am Gentle Yoga 9-10am African Dance 10-11am Splash Dance 11am – 12pm Rhythm & Movement 4 Youth 11:30am – 12:30pm Yoga Class 4 Children 12:30-1:30pm</p>

16	<p>17 Body Toning 12:15-1:00pm</p> <p>Walking Class 5:45-6:30pm</p> <p>Yoga Meditation 6-7pm</p>	<p>18 Yoga Meditation 9-9:45am</p> <p>Gentle Yoga 10-11am</p> <p>Walking Class 11:45am-12:30pm</p> <p>Nutrition 4-5pm</p> <p>Rhythm & Movement 5-5:45pm</p> <p>Body Toning 6-6:45pm</p> <p>Modern Movement & Stretch 6-6:45pm</p> <p>Yoga: Community Class 6:30-7:30pm</p>	<p>19 Yoga Meditation 8-9am</p> <p>Body Toning 12:15-1pm</p> <p>Walking Class 5:45-6:30pm</p> <p>African Dance 6-6:45pm</p> <p>Rhythm & Movement 7-8pm</p>	<p>20 Yoga Meditation 9-9:45am</p> <p>Gentle Yoga 10-11am</p> <p>Cancer Forum 11am-1pm</p> <p>Walking Class 11:45am-12:30pm</p> <p>Rhythm & Movement 5-5:45pm</p> <p>Body Toning 6-6:45pm</p> <p>Modern Movement & Stretch 6-6:45pm</p> <p>Major Taylor Cycling Club 6:30-8pm</p> <p>“Let Ya Fro Go” 7-8pm</p> <p>Gentle Yoga 7-8pm</p>	<p>21 Modern Movement & Stretch 5-6pm</p> <p>Power Yoga 4 Cyclists 6-7pm</p> <p>Nutrition 7-8pm</p>	<p>22 Power Yoga 8-8:45am</p> <p>Gentle Yoga 9-10am</p> <p>African Dance 10-11am</p> <p>Splash Dance 11am – 12pm</p> <p>Rhythm & Movement 4 Youth 11:30am – 12:30pm</p> <p>Yoga Class 4 Teens 12:30-1:30pm</p>
23	<p>24 Body Toning 12:15-1:00pm</p> <p>Walking Class 5:45-6:30pm</p> <p>Yoga Meditation 6-7pm</p>	<p>25 Yoga Meditation 9-9:45am</p> <p>Gentle Yoga 10-11am</p> <p>Walking Class 11:45am-12:30pm</p> <p>Nutrition 4-5pm</p> <p>Rhythm & Movement 5-5:45pm</p> <p>Body Toning 6-6:45pm</p> <p>Modern Movement & Stretch 6-6:45pm</p> <p>Yoga: Community Class 6:30-7:30pm</p>	<p>26 Yoga Meditation 8-9am</p> <p>OFFICE WILL CLOSE AT 12 NOON</p>	<p>27</p>  <p>OFFICE CLOSED</p>  <p>HAVE A HAPPY & SAFE HOLIDAY!</p> 	<p>28</p>  <p>OFFICE CLOSED</p>  	<p>29</p> <p>Splash Dance 11am – 12pm</p>



Healthy Black Family Project™ at The Kingsley Association

in all physical activity requires attendance at a HBFP orientation, medical clearance and fitness assessment.

**The next scheduled orientation is in October.
Call 412-361-2391 for details.**

www.cmh.pitt.edu

*A Program of the Center for Minority Health
Graduate School of Public Health, University of Pittsburgh*