


# Healthy Black Family Project at Hosanna House Inc.

## April 2008 Calendar

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>NEW Hours of Operation: Monday-Friday: 7:00am - 8:00 pm</b> <b>Orientation &amp; Fitness Assessments: Please call Cara at 412- 342-1326 to discuss Orientation and Fitness Assessment Requirements</b>						
	31 12:00 pm Get Up and Walk  2:00 pm Body Toning  6:00 pm Family Swim  6:45 pm Low Impact Aerobics	1 4:45 pm Walking Aerobics  5:30-6:30 pm Lap Swim  6:00 pm Nutrition Seminar 2  6:45-7:45 pm Water Aerobics	2 12:00 pm Get Up and Walk  3:30 pm Body Toning  6:00-7:00 pm Smoking Cessation  6:45 pm Low Impact Aerobics	3 4:45 pm Walking Aerobics	4 10:00-10:45 am Stretch and Tone Class * Fitness Center  6pm- 8pm Young Adults Night (Age 25+) * Hosanna Gym	5
6	7 12:00 pm Get Up and Walk  2:00 pm Body Toning  6:00 pm Family Swim  6:45 pm Low Impact Aerobics	8 4:45 pm Walking Aerobics  5:30-6:30 pm Lap Swim  6:00 pm Nutrition Seminar 1  6:45-7:45 pm Water Aerobics	9 12:00 pm Get Up and Walk  3:30 pm Body Toning  6:00-7:00 pm Smoking Cessation  6:45 pm Low Impact Aerobics	10 4:45 pm Walking Aerobics	11 10:00-10:45 am Stretch and Tone Class * Fitness Center  6pm- 8pm Young Adults Night (Age 25+) * Hosanna Gym	12
13	14 12:00 pm Get Up and Walk  2:00 pm Body Toning  6:00 pm Family Swim  6:45 pm Low Impact Aerobics	15 4:45 pm Walking Aerobics  5:30-6:30 pm Lap Swim  6:00 pm Nutrition Seminar 2  6:45-7:45 pm Water Aerobics	16 12:00 pm Get Up and Walk  3:30 pm Body Toning  6:00-7:00 pm Smoking Cessation  6:45 pm Low Impact Aerobics	17 4:45 pm Walking Aerobics	18 10:00-10:45 am Stretch and Tone Class * Fitness Center  6pm- 8pm Young Adults Night (Age 25+) * Hosanna Gym	19
20	21 12:00 pm Get Up and Walk  2:00 pm Body Toning  6:00 pm Family Swim  6:45 pm Low Impact Aerobics	22 4:45 pm Walking Aerobics  5:30-6:30 pm Lap Swim  6:00 pm Nutrition Seminar 1  6:45-7:45 pm Water Aerobics	23 12:00 pm Get Up and Walk  3:30 pm Body Toning  6:00-7:00 pm Smoking Cessation  6:45 pm Low Impact Aerobics	24 4:45 pm Walking Aerobics	25 10:00-10:45 am Stretch and Tone Class * Fitness Center  6pm- 8pm Young Adults Night (Age 25+) * Hosanna Gym	26
27	28 12:00 pm Get Up and Walk  2:00 pm Body Toning  3:00-4:00 pm Ovarian Cancer Forum  6:00 pm Family Swim  6:45 pm Low Impact Aerobics	29 4:45 pm Walking Aerobics  5:30-6:30 pm Lap Swim  6:00 pm Nutrition Seminar 1  6:45-7:45 pm Water Aerobics	30 12:00 pm Get Up and Walk  3:30 pm Body Toning  6:00-7:00 pm Smoking Cessation  6:45 pm Low Impact Aerobics			

### Healthy Black Family Project

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

**Hosanna House, Inc.**

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