

# APRIL 2008

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 Yoga 9-9:45am & 10:15-11am  Walking Class 11:45am-12:30pm  Nutrition I 4-5pm  Rhythm & Movement 5-5:45pm  Body Toning 6-6:45pm  Modern Movement & Stretch 6-6:45pm  Yoga 7:15-8pm	2 Yoga 8-9am  African Dance/Rhythm & Movement 10-10:45am  Body Toning 12:15-1pm  Yoga 1:30-2:30pm  Walking Class 5:45-6:30pm  African Dance 6-6:45pm  Rhythm & Movement 7-8pm	3 Yoga 9-9:45am & 10:15-11am  Walking Class 11:45am-12:30pm  Rhythm & Movement 5-5:45pm  Body Toning 6-6:45pm  Modern Movement & Stretch 6-6:45pm  Smoking Cessation 6-7pm  "Let Ya Fro Go" 7-8pm  Yoga 7:45-8:45pm	4 African Dance/Rhythm & Movement 10-10:45am  Modern Movement & Stretch 5-6pm  Yoga 6-7pm  Nutrition I 7-8pm	5 Yoga 8-8:45am & 9:15-10am  African Dance 10-11am  Splash Dance 11am – 12pm  Rhythm & Movement 4 Youth 11:30am – 12:30pm
6	7 Body Toning 12:15-1:00pm  Walking Class 5:45-6:30pm	8 Yoga 9-9:45am & 10:15-11am  Walking Class 11:45am-12:30pm  Cancer Forum – Ovarian Cancer 12:30-1:30pm  Nutrition II 4-5pm  Rhythm & Movement 5-5:45pm  Body Toning 6-6:45pm  Modern Movement & Stretch 6-6:45pm  Yoga 7:15-8pm	9 Yoga 8-9am  African Dance/Rhythm & Movement 10-10:45am  Body Toning 12:15-1pm  Yoga 1:30-2:30pm  Walking Class 5:45-6:30pm  African Dance 6-6:45pm  Rhythm & Movement 7-8pm	10 Yoga 9-9:45am & 10:15-11am  Walking Class 11:45am-12:30pm  Rhythm & Movement 5-5:45pm  Body Toning 6-6:45pm  Modern Movement & Stretch 6-6:45pm  Smoking Cessation 6-7pm  National Minority Health Month Volunteer Orientation 6-8pm  "Let Ya Fro Go" 7-8pm  Yoga 7:45-8:45pm	11   ALL CLASSES  CANCELED	12  National Minority Health Month  Activities  12 Noon until 6:00 PM

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

***To schedule an orientation or fitness assessment call***

***412-361-2391***

***Healthy Black Family Project At The Kingsley Association***

[www.cmh.pitt.edu](http://www.cmh.pitt.edu)

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

13	<p>14 Body Toning 12:15-1:00pm</p> <p>Cancer Forum – Ovarian Cancer 1-2pm</p> <p>Walking Class 5:45-6:30pm</p>	<p>15 Yoga 9-9:45am &amp; 10:15-11am</p> <p>Walking Class 11:45am-12:30pm</p> <p>Mental Wellness Seminar “Mental Health: The Effects of Violence in the Community” 1-2pm</p> <p>Nutrition II 4-5pm</p> <p>Rhythm &amp; Movement 5-5:45pm</p> <p>Body Toning 6-6:45pm</p> <p>Modern Movement &amp; Stretch 6-6:45pm</p> <p>Yoga 7:15-8pm</p>	<p>16 Yoga 8-9am</p> <p>African Dance/Rhythm &amp; Movement 10-10:45am</p> <p>Body Toning 12:15-1pm</p> <p>Yoga 1:30-2:30pm</p> <p>Walking Class 5:45-6:30pm</p> <p>African Dance 6-6:45pm</p> <p>Rhythm &amp; Movement 7-8pm</p>	<p>17 Yoga 9-9:45am &amp; 10:15-11am</p> <p>Walking Class 11:45am-12:30pm</p> <p>Rhythm &amp; Movement 5-5:45pm</p> <p>Body Toning 6-6:45pm</p> <p>Smoking Cessation 6-7pm</p> <p>Modern Movement &amp; Stretch 6-6:45pm</p> <p>Major Taylor Cycling Club 6:30-8pm</p> <p>“Let Ya Fro Go” 7-8pm</p> <p>Yoga 7:45-8:45pm</p>	<p>18 African Dance/Rhythm &amp; Movement 10-10:45am</p> <p>Modern Movement &amp; Stretch 5-6pm</p> <p>Yoga 6-7pm</p> <p>Nutrition I 7-8pm</p>	<p>19 Yoga 8-8:45am &amp; 9:15-10am</p> <p>African Dance 10-11am</p> <p>Splash Dance 11am – 12pm</p> <p>Rhythm &amp; Movement 4 Youth 11:30am – 12:30pm</p>
20	<p>21 Body Toning 12:15-1:00pm</p> <p>Walking Class 5:45-6:30pm</p>	<p>22 Yoga 9-9:45am &amp; 10:15-11am</p> <p>Walking Class 11:45am-12:30pm</p> <p>Nutrition I 4-5pm</p> <p>Rhythm &amp; Movement 5-5:45pm</p> <p>Body Toning 6-6:45pm</p> <p>Modern Movement &amp; Stretch 6-6:45pm</p> <p>Yoga 7:15-8pm</p>	<p>23 Yoga 8-9am</p> <p>African Dance/Rhythm &amp; Movement 10-10:45am</p> <p>Body Toning 12:15-1pm</p> <p>Yoga 1:30-2:30pm</p> <p>Walking Class 5:45-6:30pm</p> <p>African Dance 6-6:45pm</p> <p>Rhythm &amp; Movement 7-8pm</p>	<p>24 Yoga 9-9:45am &amp; 10:15-11am</p> <p>Walking Class 11:45am-12:30pm</p> <p>Rhythm &amp; Movement 5-5:45pm</p> <p>Body Toning 6-6:45pm</p> <p>Smoking Cessation 6-7pm</p> <p>Modern Movement &amp; Stretch 6-6:45pm</p> <p>“Let Ya Fro Go” 7-8pm</p> <p>Yoga 7:45-8:45pm</p>	<p>25 African Dance/Rhythm &amp; Movement 10-10:45am</p> <p>Modern Movement &amp; Stretch 5-6pm</p> <p>Nutrition II 7-8pm</p>	<p>26 African Dance 10-11am</p> <p>Splash Dance 11am – 12pm</p> <p>Rhythm &amp; Movement 4 Youth 11:30am – 12:30pm</p>
27	<p>28 Body Toning 12:15-1:00pm</p> <p>Walking Class 5:45-6:30pm</p>	<p>29 Yoga 9-9:45am &amp; 10:15-11am</p> <p>Walking Class 11:45am-12:30pm</p> <p>Nutrition II 4-5pm</p> <p>Rhythm &amp; Movement 5-5:45pm</p> <p>Body Toning 6-6:45pm</p> <p>Modern Movement &amp; Stretch 6-6:45pm</p> <p>Cancer Forum – Ovarian Cancer 6:45-7:30pm</p> <p>Yoga 7:15-8pm</p>	<p>30 Yoga 8-9am</p> <p>African Dance/Rhythm &amp; Movement 10-10:45am</p> <p>Body Toning 12:15-1pm</p> <p>Yoga 1:30-2:30pm</p> <p>Walking Class 5:45-6:30pm</p> <p>African Dance 6-6:45pm</p> <p>Rhythm &amp; Movement 7-8pm</p>			