

APRIL 2009

SUN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY			
<p align="center"><i>Healthy Black Family Project™</i></p> <p align="center"><i>at The Kingsley Association</i></p>			1	2	3	4			
			<p>Movement and Stretch 10-11am</p> <p>Body Toning 11-12 noon</p> <p>African Dance 6-6:45pm</p> <p>Rhythm & Movement 6:45-7:30pm</p> <p>Splash Dance 7:45-8:30pm</p>	<p>Yoga Meditation 9-9:45am Gentle Yoga 10-11am</p> <p>Walking Class 11: 45am-12:30pm</p> <p>Rhythm & Movement 5-5:45pm</p> <p>Body Toning 6-6:45pm</p> <p>Gentle Yoga 7-8pm</p>	<p>Movement and Stretch 10-11am</p> <p>Afro-Modern Movement & Stretch 5-6pm</p> <p>Power Yoga 4 Cyclists 6-7pm</p>	<p>Center for Minority Health Celebration HBFP Headquarters @ The Kingsley Association 10 – 4 pm</p> <p>Theme: Get Your Fitness Assessment</p>			
			5	6	7	8	9	10	11
				<p>Body Toning 11-12 noon</p> <p>Yoga Meditation 6:30-7:30pm</p>	<p>Gentle Yoga 10-11am</p> <p>Walking Class 11:45am-12:30pm</p> <p>Rhythm & Movement 5-5:45pm</p> <p>Body Toning 6-6:45pm</p> <p>Diabetes Support Group 6-8:00pm</p> <p>Yoga: Community Class 6:30-7:30pm</p>	<p>Movement and Stretch 10-11am</p> <p>Body Toning 11-12 noon</p> <p>African Dance 6-6:45pm</p> <p>Rhythm & Movement 6:45-7:30pm</p> <p>Splash Dance 7:45-8:30pm</p>	<p>Yoga Meditation 9-9:45am Gentle Yoga 10-11am</p> <p>Walking Class 11: 45am-12:30pm</p> <p>Rhythm & Movement 5-5:45pm</p> <p>Body Toning 6-6:45pm</p> <p>Gentle Yoga 7-8pm</p>	<p>Movement and Stretch 10-11am</p> <p>Afro-Modern Movement & Stretch 5-6pm</p> <p>Power Yoga 4 Cyclists 6-7pm</p>	<p>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>2nd Fitness Assessments Walk-Ins 2-4pm (Only members who have already had their first assessment)</p>
12	13	14	15	16	17	18			
	<p>Body Toning 11-12 noon</p> <p>Yoga Meditation 6:30-7:30pm</p>	<p>Gentle Yoga 10-11am</p> <p>Walking Class 11:45am-12:30pm</p> <p>Rhythm & Movement 5-5:45pm</p> <p>Body Toning 6-6:45pm</p> <p>Diabetes Support Group 6-8:00pm</p> <p>Yoga: Community Class 6:30-7:30pm</p>	<p>Movement and Stretch 10-11am</p> <p>Body Toning 11-12 noon</p> <p>Cancer Control and Prevention Forum 1:00-2:00pm</p> <p>African Dance 6-6:45pm</p> <p>Rhythm & Movement 6:45-7:30pm</p> <p>Splash Dance 7:45-8:30pm</p>	<p>Yoga Meditation 9-9:45am Gentle Yoga 10-11am</p> <p>Walking Class 11: 45am-12:30pm</p> <p>Rhythm & Movement 5-5:45pm</p> <p>Body Toning 6-6:45pm</p> <p>Gentle Yoga 7-8pm</p>	<p>Movement and Stretch 10-11am</p> <p>Afro-Modern Movement & Stretch 5-6pm</p> <p>Power Yoga 4 Cyclists 6-7pm</p>	<p>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>2nd Fitness Assessments Walk-Ins 2-4pm (Only members who have already had their first assessment)</p>			

19	20	21	22	23	24	25
	Body Toning 11-12 noon Yoga Meditation 6:30-7:30pm	Gentle Yoga 10-11am Walking Class 11:45am-12:30pm Rhythm & Movement 5-5:45pm Body Toning 6-6:45pm Diabetes Support Group 6-8:00pm Yoga: Community Class 6:30-7:30pm	Movement and Stretch 10-11am Body Toning 11-12 noon African Dance 6-6:45pm Rhythm & Movement 6:45-7:30pm Splash Dance 7:45-8:30pm	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 Gentle Yoga 7-8pm	Movement and Stretch 10-11am Afro-Modern Movement & Stretch 5-6pm	African Dance 10-11am Splash Dance 11am – 12pm Rhythm & Movement 4 Youth 11:30am – 12:30pm
26	27	28	29	30		
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Healthy Black Family Project™
at The Kingsley Association

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**

To become a HBFP participant, you must attend an orientation at the HBFP headquarters located at the Kingsley Association, 6435 Frankstown Ave, Pittsburgh, PA 15206.

www.cmh.pitt.edu