

16	17	18	19	20	21	22				
	<p>Body Toning 12:15 - 1:00 pm</p> <p>Yoga Meditation 5:30 - 6:30 pm</p>	<p>Gentle Yoga 10:00 - 11:00 am</p> <p>Walking Class 12:30 - 1:15 pm</p> <p>Rhythm & Movement 5:00 - 5:45 pm</p> <p>Body Toning 6:00 - 6:45 pm</p> <p>Diabetes Support Group 6:00 - 8:00 pm</p> <p>Yoga: Community Class 6:30 - 7:30 pm</p>	<p>Body Toning 12:15 - 1:00 pm</p> <p>Movement and Stretch 1:00 - 1:45 pm</p> <p>African/Afro-Modern Dance 6:00 - 7:30 pm</p> <p>Splash Dance 7:45 - 8:30 pm</p>	<p>Yoga Meditation 9:00 - 9:45 am</p> <p>Gentle Yoga 10:00 - 11:00 am</p> <p>Walking Class 12:30 - 1:15 pm</p> <p>Rhythm & Movement 5:00 - 5:45pm</p> <p>Body Toning 6:00 - 6:45pm</p> <p>Major Taylor Cycling Club 6:30 - 8:00 pm</p> <p>Gentle Yoga 7:00-8:00 pm</p>	<p>Yoga 4 Teens 11:00 - 12:00 noon</p> <p>Movement and Stretch 1:00 - 1:45 pm</p> <p>Afro-Modern Movement & Stretch 5:00-6:00 pm</p> <p>Power Yoga 4 Cyclists 6:00-7:00 pm</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>Yoga Discussion: As A Man/Woman Thinketh: John Allen/Dorothy Hulst Download a copy at www.socool.com/ rkennedy/thinketh. html 1:00 - 3:00 pm</p>				
23	24	25	26	27	28	29				
	<p>Body Toning 12:15 - 1:00 pm</p> <p>Yoga Meditation 5:30 - 6:30 pm</p>	<p>Gentle Yoga 10:00 - 11:00 am</p> <p>Walking Class 12:30 - 1:15 pm</p> <p>Rhythm & Movement 5:00 - 5:45 pm</p> <p>Body Toning 6:00 - 6:45 pm</p> <p>Diabetes Support Group 6:00 - 8:00 pm</p> <p>Yoga: Community Class 6:30 - 7:30 pm</p>	<p>Body Toning 12:15 - 1:00 pm</p> <p>Movement and Stretch 1:00 - 1:45 pm</p> <p>African/Afro-Modern Dance 6:00 - 7:30 pm</p> <p>Splash Dance 7:45 - 8:30 pm</p>	<p>Yoga Meditation 9:00 - 9:45 am</p> <p>Gentle Yoga 10:00 - 11:00 am</p> <p>Walking Class 12:30 - 1:15 pm</p> <p>Rhythm & Movement 5:00 - 5:45 pm</p> <p>Body Toning 6:00 - 6:45 pm</p> <p>Gentle Yoga 7:00-8:00 pm</p>	<p>Yoga 4 Teens 11:00 - 12:00 noon</p> <p>Movement and Stretch 1:00 - 1:45 pm</p> <p>Afro-Modern Movement & Stretch 5:00-6:00 pm</p>	<p>African Dance 10-11 am</p> <p>Splash Dance 11am - 12 pm</p> <p>Rhythm & Movement 4 Youth 11:30am - 12:30 pm</p>				
30	31	<p><i>Healthy Black Family Project™</i> <i>at The Kingsley Association</i></p> <p>Participation in all physical activity requires attendance at a HBFP orientation, medical clearance and fitness assessment.</p> <p>To schedule an orientation or fitness assessment call</p> <p>412-361-2391</p> <p>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.</p> <p>www.cmh.pitt.edu</p> <p><i>A Program of the Center for Minority Health, Graduate School of Public Health, University of Pittsburgh</i></p>								

