

Healthy Black Family Project

February 2008 Calendar

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>NEW Hours of Operation: Monday-Friday: 7:00am - 8:00 pm</p> <p>Orientation & Fitness Assessments: Please call Cara at 412- 342-1326 to discuss Orientation and Fitness Assessment Requirements</p> <p>* New Class: Stretch and Tone at 10 am on Fridays in the Fitness Center *</p>					1	2
					<p>10:00-10:45 am Stretch and Tone Class * Fitness Center</p>	
3	4	5	6	7	8	9
	<p>12:00 pm Get Up and Walk</p> <p>2:00 pm Body Toning</p> <p>6:00 pm Family Swim</p> <p>6:45 pm Low Impact Aerobics</p>	<p>4:45 pm Walking Aerobics</p> <p>5:30-6:30 pm Lap Swim</p> <p>6:00 pm Nutrition Seminar 2</p> <p>6:45-7:45 pm Water Aerobics</p>	<p>12:00 pm Get Up and Walk</p> <p>3:30 pm Body Toning</p> <p>6:45 pm Low Impact Aerobics</p>	<p>4:45 pm Walking Aerobics</p>	<p>10:00-10:45 am Stretch and Tone Class * Fitness Center</p>	
10	11	12	13	14	15	16
	<p>12:00 pm Get Up and Walk</p> <p>2:00 pm Body Toning</p> <p>6:00 pm Family Swim</p> <p>6:45 pm Low Impact Aerobics</p>	<p>4:45 pm Walking Aerobics</p> <p>5:30-6:30 pm Lap Swim</p> <p>6:00 pm Nutrition Seminar 2</p> <p>6:45-7:45 pm Water Aerobics</p>	<p>12:00 pm Get Up and Walk</p> <p>3:00-4:00 pm National Cancer Institute Resources Forum</p> <p>3:30 pm Body Toning</p> <p>6:45 pm Low Impact Aerobics</p>	<p>4:45 pm Walking Aerobics</p>	<p>10:00-10:45 am Stretch and Tone Class * Fitness Center</p>	
17	18	19	20	21	22	23
	<p>12:00 pm Get Up and Walk</p> <p>2:00 pm Body Toning</p> <p>6:00 pm Family Swim</p> <p>6:45 pm Low Impact Aerobics</p>	<p>4:45 pm Walking Aerobics</p> <p>5:30-6:30 pm Lap Swim</p> <p>6:00 pm Nutrition Seminar 1</p> <p>6:45-7:45 pm Water Aerobics</p>	<p>12:00 pm Get Up and Walk</p> <p>3:30 pm Body Toning</p> <p>6:45 pm Low Impact Aerobics</p>	<p>4:45 pm Walking Aerobics</p>	<p>10:00-10:45 am Stretch and Tone Class * Fitness Center</p>	
24	25	26	27	28	29	
	<p>12:00 pm Get Up and Walk</p> <p>2:00 pm Body Toning</p> <p>6:00 pm Family Swim</p> <p>6:45 pm Low Impact Aerobics</p>	<p>4:45 pm Walking Aerobics</p> <p>5:30-6:30 pm Lap Swim</p> <p>6:00 pm Nutrition Seminar 2</p> <p>6:45-7:45 pm Water Aerobics</p>	<p>12:00 pm Get Up and Walk</p> <p>3:30 pm Body Toning</p> <p>6:45 pm Low Impact Aerobics</p>	<p>4:45 pm Walking Aerobics</p>	<p>10:00-10:45 am Stretch and Tone Class * Fitness Center</p>	



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

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