

FEBRUARY 2008

SUNDAY

MONDAY

TUESD

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY



Healthy Black Family Project At The Kingsley Association

1
African
Dance/Rhythm
& Movement
10-10:45am

Modern
Movement &
Stretch
5-6pm

Yoga
6-7pm

Nutrition II
7-8pm

2
Yoga
8-8:45am &
9:15-10am

African Dance
10-11am

Splash Dance
11am – 12pm

Rhythm &
Movement 4
Youth
11:30am –
12:30pm

3

4
Body Toning
12:15-1:00pm

Walking Class
5:45-6:30pm

Healthy Lifestyles
(Gospel &
Inspirational
Music)
6:30-8pm

5
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

Yoga
7:15-8pm

6
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

Healthy Lifestyles
(Gospel &
Inspirational Music)
6:30-8pm

Rhythm &
Movement
7-8pm

7
Yoga
9-9:45am &
10:15-11am

Walking Class
11:45am-12:30pm

Rhythm &
Movement
5-5:45pm

Body Toning
6-6:45pm

Smoking Cessation
6-7pm

“Let Ya Fro Go”
7-8pm

Yoga
7:45-8:45pm

8
African
Dance/Rhythm
& Movement
10-10:45am

Modern
Movement &
Stretch
5-6pm

Yoga
6-7pm

Nutrition I
7-8pm

9
Yoga
8-8:45am &
9:15-10am

African Dance
10-11am

Splash Dance
11am – 12pm

Rhythm &
Movement 4
Youth
11:30am –
12:30pm

10

11
Interviewing &
Resume Writing
10:00-11:30am

Body Toning
12:15-1:00pm

Cancer Forum -
National Cancer
Institute
Resources
1-2pm

Walking Class
5:45-6:30pm

Healthy Lifestyles
(Gospel &
Inspirational
Music)
6:30-8pm

12
Yoga
9-9:45am &
10:15-11am

Walking Class
11:45am-12:30pm

Nutrition II
4-5pm

Rhythm &
Movement
5-5:45pm

Body Toning
6-6:45pm

Yoga
7:15-8pm

13
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

Healthy Lifestyles
(Gospel &
Inspirational Music)
6:30-8pm

Rhythm & Movement
7-8pm

14
Yoga
9-9:45am &
10:15-11am

Walking Class
11:45am-12:30pm

Rhythm &
Movement
5-5:45pm

Body Toning
6-6:45pm

Smoking Cessation
6-7pm

“Let Ya Fro Go”
7-8pm

Yoga
7:45-8:45pm

15
African
Dance/Rhythm
& Movement
10-10:45am

Modern
Movement &
Stretch
5-6pm

Yoga
6-7pm

Nutrition II
7-8pm

16
Yoga
8-8:45am &
9:15-10am

African Dance
10-11am

Splash Dance
11am – 12pm

Rhythm &
Movement 4
Youth
11:30am –
12:30pm

17	<p>18 Body Toning 12:15-1:00pm</p> <p>Interviewing & Resume Writing 3:30-5:00pm</p> <p>Walking Class 5:45-6:30pm</p> <p>Healthy Lifestyles (Gospel & Inspirational Music) 6:30-8pm</p>	<p>19 Yoga 9-9:45am & 10:15-11am</p> <p>Walking Class 11:45am-12:30pm</p> <p>Mental Wellness Seminar “Living with Addiction: What happens to the children? – The Mental Health Effects” 1-2pm</p> <p>Nutrition I 4-5pm</p> <p>Rhythm & Movement 5-5:45pm</p> <p>Body Toning 6-6:45pm</p> <p>Yoga 7:15-8pm</p>	<p>20 Yoga 8-9am</p> <p>African Dance/Rhythm & 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>Healthy Lifestyles (Gospel & Inspirational Music) 6:30-8pm</p> <p>Rhythm & Movement 7-8pm</p>	<p>21 Yoga 9-9:45am & 10:15-11am</p> <p>Walking Class 11:45am-12:30pm</p> <p>Rhythm & Movement 5-5:45pm</p> <p>Body Toning 6-6:45pm</p> <p>Smoking Cessation 6-7pm</p> <p>“Let Ya Fro Go” 7-8pm</p> <p>Yoga 7:45-8:45pm</p>	<p>22 African Dance/Rhythm & Movement 10-10:45am</p> <p>Modern Movement & Stretch 5-6pm</p> <p>Nutrition I 7-8pm</p>	<p>23 African Dance 10-11am</p> <p>Splash Dance 11am – 12pm</p> <p>Rhythm & Movement 4 Youth 11:30am – 12:30pm</p>
24	<p>25 Body Toning 12:15-1:00pm</p> <p>Walking Class 5:45-6:30pm</p> <p>Healthy Lifestyles (Gospel & Inspirational Music) 6:30-8pm</p>	<p>26 Yoga 9-9:45am & 10:15-11am</p> <p>Walking Class 11:45am-12:30pm</p> <p>Cancer Forum – National Cancer Institute Resources 12:30-1:30pm</p> <p>Nutrition II 4-5pm</p> <p>Rhythm & Movement 5-5:45pm</p> <p>Body Toning 6-6:45pm</p> <p>Yoga 7:15-8pm</p>	<p>27 Yoga 8-9am</p> <p>African Dance/Rhythm & 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>Healthy Lifestyles (Gospel & Inspirational Music) 6:30-8pm</p> <p>Rhythm & Movement 7-8pm</p>	<p>28 Yoga 9-9:45am & 10:15-11am</p> <p>Walking Class 11:45am-12:30pm</p> <p>Rhythm & Movement 5-5:45pm</p> <p>Body Toning 6-6:45pm</p> <p>Smoking Cessation 6-7pm</p> <p>“Let Ya Fro Go” 7-8pm</p> <p>Yoga 7:45-8:45pm</p>	<p>29 African Dance/Rhythm & Movement 10-10:45am</p> <p>Modern Movement & Stretch 5-6pm</p> <p>Yoga 6-7pm</p> <p>Nutrition II 7-8pm</p>	

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

www.cmh.pitt.edu

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