

JULY 2008

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 Yoga 9-9:45am & 10:15-11am Walking Class 11:45am-12:30pm Nutrition 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 NO EVENING CLASSES OFFICE CLOSED	4  HAPPY 4 TH OF JULY!! HAVE A SAFE HOLIDAY	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 Colorectal Cancer Forum 1-2pm Walking Class 5:45-6:30pm	8 Yoga 9-9:45am & 10:15-11am Walking Class 11:45am-12:30pm Nutrition 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 “Let Ya Fro Go” 7-8pm Yoga 7:45-8:45pm	11 African Dance/Rhythm & Movement 10-10:45am Modern Movement & Stretch 5-6pm Yoga 6-7pm Nutrition 7-8pm	12 Yoga 8-8:45am & 9:15-10am African Dance 10-11am Splash Dance 11am – 12pm Rhythm & Movement 4 Youth 11:30am – 12:30pm

To become a HBFP participant, you must attend an orientation. All orientations are held 1:00 p.m. every 3rd Saturday of each month at the HBFP headquarters located at the Kingsley Association, 6435 Frankstown Ave, Pittsburgh, PA 15206.

To schedule an orientation or fitness assessment call

412-361-2391

Healthy Black Family Project™ At The Kingsley Association

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>Walking Class 5:45-6:30pm</p>	<p>15 Yoga 9-9:45am & 10:15-11am</p> <p>Walking Class 11:45am-12:30pm</p> <p>Nutrition 4-5pm</p> <p>Rhythm & Movement 5-5:45pm</p> <p>Body Toning 6-6:45pm</p> <p>Modern Movement & Stretch 6-6:45pm</p> <p>Yoga 7:15-8pm</p>	<p>16 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>Rhythm & Movement 7-8pm</p>	<p>17 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>Modern Movement & 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 & Movement 10-10:45am</p> <p>Modern Movement & Stretch 5-6pm</p> <p>Yoga 6-7pm</p> <p>Nutrition 7-8pm</p>	<p>19 Yoga 8-8:45am & 9:15-10am</p> <p>African Dance 10-11am</p> <p>Splash Dance 11am – 12pm</p> <p>Rhythm & 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 & 10:15-11am</p> <p>Walking Class 11:45am-12:30pm</p> <p>Nutrition 4-5pm</p> <p>Rhythm & Movement 5-5:45pm</p> <p>Body Toning 6-6:45pm</p> <p>Modern Movement & Stretch 6-6:45pm</p> <p>Colorectal Cancer Forum 6:45-7:30pm</p> <p>Yoga 7:15-8pm</p>	<p>23 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>Rhythm & Movement 7-8pm</p>	<p>24 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>Modern Movement & 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 & Movement 10-10:45am</p> <p>Modern Movement & Stretch 5-6pm</p> <p>Nutrition 7-8pm</p>	<p>26 African Dance 10-11am</p> <p>Splash Dance 11am – 12pm</p> <p>Rhythm & 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 & 10:15-11am</p> <p>Walking Class 11:45am-12:30pm</p> <p>Nutrition 4-5pm</p> <p>Rhythm & Movement 5-5:45pm</p> <p>Body Toning 6-6:45pm</p> <p>Modern Movement & Stretch 6-6:45pm</p> <p>Yoga 7:15-8pm</p>	<p>30 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>Rhythm & Movement 7-8pm</p>	<p>31 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>Modern Movement & Stretch 6-6:45pm</p> <p>“Let Ya Fro Go” 7-8pm</p> <p>Yoga 7:45-8:45pm</p>		