


# Hosanna House Healthy Black Family Project

## January 2008 Calendar

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p><b>NEW Hours of Operation: Monday-Friday: 7:00am - 8:00 pm</b></p> <p><b>Orientation &amp; Fitness Assessments: Please call Cara at 412- 342-1326 to discuss Orientation and Fitness Assessment Requirements</b></p> <p><b>* New Class: Stretch and Tone at 10 am on Fridays in the Fitness Center *</b></p>						
	<p>31 New Years Eve</p> <p><b>Healthy Black Family Facility Closed</b></p>	<p>1 New Years Day 2008!</p>  <p><b>Healthy Black Family Facility Closed</b></p>	<p>2</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>3</p> <p>4:45 pm Walking Aerobics</p>	<p>4</p> <p>10:00-10:45 am Stretch and Tone Class * Fitness Center</p>	5
6	<p>7</p> <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>8</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>9</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>10</p> <p>4:45 pm Walking Aerobics</p>	<p>11</p> <p>10:00-10:45 am Stretch and Tone Class * Fitness Center</p>	12
13	<p>14</p> <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>15</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>16</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>17</p> <p>4:45 pm Walking Aerobics</p> <p>6-7pm Cervical Cancer Forum</p>	<p>18</p> <p>10:00-10:45 am Stretch and Tone Class * Fitness Center</p>	19
20	<p>21 Martin Luther King, Jr. Day</p>  <p><b>Healthy Black Family Facility Closed</b></p>	<p>22</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>23</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>24</p> <p>4:45 pm Walking Aerobics</p>	<p>25</p> <p>10:00-10:45 am Stretch and Tone Class * Fitness Center</p>	26
27	<p>28</p> <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>29</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>30</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>31</p> <p>4:45 pm Walking Aerobics</p>		