


JANUARY 2008

SUN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		<p>1</p>  <p>OFFICE CLOSED</p>	<p>2</p> <p>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>3</p> <p>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>4</p> <p>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>5</p> <p>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>
6	<p>7</p> <p>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>8</p> <p>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>Yoga 7:15-8pm</p>	<p>9</p> <p>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>10</p> <p>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>11</p> <p>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>12</p> <p>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>
13	<p>14</p> <p>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>15</p> <p>Yoga 9-9:45am & 10:15-11am</p> <p>Walking Class 11:45am-12:30pm</p> <p>Cancer Forum Cervical Cancer 12:45-1:45pm</p> <p>Mental Wellness Seminar “Recognizing Depression in Older Adults”</p> <p>Nutrition 4-5pm</p> <p>Rhythm & Movement 5-5:45pm</p> <p>Body Toning 6-6:45pm</p> <p>Yoga 7:15-8pm</p>	<p>16</p> <p>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>17</p> <p>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>“Let Ya Fro Go” 7-8pm</p> <p>Yoga 7:45-8:45pm</p>	<p>18</p> <p>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</p> <p>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</p>  <p>OFFICE CLOSED</p>	<p>22</p> <p>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>Yoga 7:15-8pm</p>	<p>23</p> <p>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>24</p> <p>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 (Open Enrollment) 6-7pm</p> <p>“Let Ya Fro Go” 7-8pm</p> <p>Yoga 7:45-8:45pm</p>	<p>25</p> <p>African Dance/Rhythm & Movement 10-10:45am</p> <p>Modern Movement & Stretch 5-6pm</p> <p>Nutrition 7-8pm</p>	<p>26</p> <p>African Dance 10-11am</p> <p>Splash Dance 11am – 12pm</p> <p>Rhythm & Movement 4 Youth 11:30am – 12:30pm</p>
27	<p>28</p> <p>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>29</p> <p>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>Yoga 7:15-8pm</p>	<p>30</p> <p>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>31</p> <p>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>Ask The Doctor Cervical Cancer 6:45-7:30pm</p> <p>Smoking Cessation (Open Enrollment) 6-7pm</p> <p>“Let Ya Fro Go” 7-8pm</p> <p>Yoga 7:45-8:45pm</p>		

Participation in all physical activity requires attendance at a HBFPP orientation, medical clearance, and fitness assessment.

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*