

JANUARY 2009

SUN MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY



*Healthy Black
Family Project™
at The Kingsley
Association*

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<p>HBFP Offices Closed</p> <p>Happy New Year</p>	<p>HBFP Offices Open</p> <p>No HBFP Programming</p> <p>No Kingsley Programming</p>	<p>Power Yoga 8-8:45am</p> <p>Gentle Yoga 9-10am</p> <p>African Dance 10-11am</p> <p>Splash Dance 11am – 12pm</p> <p>Rhythm & Movement 4 Youth 11:30am – 12:30pm</p> <p>Yoga 4 Children (5-12 yrs. old) 12:30-1:30pm</p>

4	5	6	7	8	9	10
	<p>Body Toning 11-12 noon</p> <p>Yoga Meditation 6:30-7:30pm</p>	<p>Yoga Meditation 9-9:45am</p> <p>Gentle Yoga 10-11am</p> <p>Walking Class 11:45am-12:30pm</p> <p>Rhythm & Movement 5-5:45pm</p> <p>Body Toning 6-6:45pm</p> <p>Afro-Modern Movement & Stretch 6-6:45pm</p> <p>Yoga: Community Class 6:30-7:30pm</p>	<p>Yoga Meditation 8-9am</p> <p>Movement and Stretch 10-11am</p> <p>Body Toning 11-12 noon</p> <p>African Dance 6-6:45pm</p> <p>Rhythm & Movement 7-8pm</p> <p>Splash Dance 7:45-8:30pm</p>	<p>Yoga Meditation 9-9:45am</p> <p>Gentle Yoga 10-11am</p> <p>Walking Class 11:45am-12:30pm</p> <p>Cervical Cancer Workshop 12:30-1:30pm</p> <p>Rhythm & Movement 5-5:45pm</p> <p>Body Toning 6-6:45pm</p> <p>Afro-Modern Movement & Stretch 6-6:45pm</p> <p>“Let Ya Fro Go” 7-8pm</p> <p>Gentle Yoga 7-8pm</p>	<p>Movement and Stretch 10-11am</p> <p>Afro-Modern Movement & Stretch 5-6pm</p> <p>Power Yoga 4 Cyclists 6-7pm</p>	<p>Power Yoga 8-8:45am</p> <p>Gentle Yoga 9-10am</p> <p>African Dance 10-11am</p> <p>Splash Dance 11am – 12pm</p> <p>Rhythm & Movement 4 Youth 11:30am – 12:30pm</p> <p>Yoga 4 Teens (13-19 yrs. old) 12:30-1:30pm</p>

11	12	13	14	15	16	17
	<p>Body Toning 11-12 noon</p> <p>Yoga Meditation 6:30-7:30pm</p>	<p>Yoga Meditation 9-9:45am</p> <p>Gentle Yoga 10-11am</p> <p>Walking Class 11:45am-12:30pm</p> <p>Rhythm & Movement 5-5:45pm</p> <p>Body Toning 6-6:45pm</p> <p>Afro-Modern Movement & Stretch 6-6:45pm</p> <p>Yoga: Community Class 6:30-7:30pm</p>	<p>Yoga Meditation 8-9am</p> <p>Movement and Stretch 10-11am</p> <p>Body Toning 11-12 noon</p> <p>African Dance 6-6:45pm</p> <p>Rhythm & Movement 7-8pm</p> <p>Splash Dance 7:45-8:30pm</p>	<p>Yoga Meditation 9-9:45am</p> <p>Gentle Yoga 10-11am</p> <p>Walking Class 11:45am-12:30pm</p> <p>Rhythm & Movement 5-5:45pm</p> <p>Body Toning 6-6:45pm</p> <p>Afro-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>Gentle Yoga 7-8pm</p>	<p>Movement and Stretch 10-11am</p> <p>Afro-Modern Movement & Stretch 5-6pm</p> <p>Power Yoga 4 Cyclists 6-7pm</p>	<p>Power Yoga 8-8:45am</p> <p>Gentle Yoga 9-10am</p> <p>African Dance 10-11am</p> <p>Splash Dance 11am – 12pm</p> <p>Rhythm & Movement 4 Youth 11:30am – 12:30pm</p> <p>Yoga 4 Children (5-12 yrs. old) 12:30-1:30pm</p>

18	19 HBFP Offices Closed Rev. Dr. Martin Luther King Jr. Holiday Reflect on His Dream in your Life	20 Yoga Meditation 9-9:45am Gentle Yoga 10-11am Walking Class 11:45am-12:30pm Rhythm & Movement 5-5:45pm Body Toning 6-6:45pm Afro-Modern Movement & Stretch 6-6:45pm Yoga: Community Class 6:30-7:30pm	21 Yoga Meditation 8-9am Movement and Stretch 10-11am Body Toning 11-12 noon African Dance 6-6:45pm Rhythm & Movement 7-8pm Splash Dance 7:45-8:30pm	22 Yoga Meditation 9-9:45am Gentle Yoga 10-11am Walking Class 11:45am-12:30pm Rhythm & Movement 5-5:45pm Body Toning 6-6:45pm Afro-Modern Movement & Stretch 6-6:45pm “Let Ya Fro Go” 7-8pm Gentle Yoga 7-8pm	23 Movement and Stretch 10-11am Afro-Modern Movement & Stretch 5-6pm Power Yoga 4 Cyclists 6-7pm	24 Power Yoga 8-8:45am Gentle Yoga 9-10am African Dance 10-11am Splash Dance 11am – 12pm Rhythm & Movement 4 Youth 11:30am – 12:30pm Yoga 4 Teens (13-19 yrs. old) 12:30-1:30pm
25	26 Body Toning 11-12 noon Cervical Cancer Workshop 12-1pm Yoga Meditation 6:30-7:30pm	27 Yoga Meditation 9-9:45am Gentle Yoga 10-11am Walking Class 11:45am-12:30pm Rhythm & Movement 5-5:45pm Body Toning 6-6:45pm Afro-Modern Movement & Stretch 6-6:45pm Yoga: Community Class 6:30-7:30pm	28 Yoga Meditation 8-9am Movement and Stretch 10-11am Body Toning 11-12 noon African Dance 6-6:45pm Rhythm & Movement 7-8pm Splash Dance 7:45-8:30pm	29 Yoga Meditation 9-9:45am Gentle Yoga 10-11am Walking Class 11:45am-12:30pm Rhythm & Movement 5-5:45pm Body Toning 6-6:45pm	30 Movement and Stretch 10-11am Afro-Modern Movement & Stretch 5-6pm	31 African Dance 10-11am Splash Dance 11am – 12pm Rhythm & Movement 4 Youth 11:30am – 12:30pm



Healthy Black Family Project™
at The Kingsley Association

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

To become a HBFP participant, you must attend an orientation at the HBFP headquarters located at the Kingsley Association, 6435 Frankstown Ave, Pittsburgh, PA 15206.

www.cmh.pitt.edu