

JULY 2009

SUN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			<p>1</p> <p>Movement and Stretch 10-11am Body Toning 11-12 noon</p> <p>Fitness Assessments Walk-ins Only 6-7:00 pm</p> <p>African/Afro-Modern Dance 6 – 7:30 pm</p> <p>Splash Dance 7:45-8:30pm</p>	<p>2</p> <p>Yoga Meditation 9-9:45am Gentle Yoga 10-11am Walking Class 11: 45am-12:30pm</p> <p>Rhythm & Movement 5-5:45pm</p> <p>Body Toning 6-6:45pm</p> <p>Gentle Yoga 7-8pm</p>	<p>3</p> <p style="text-align: center;">University of Pittsburgh Closed</p> <p style="text-align: center;">No HBFP Programming</p>	<p>4</p> <p style="text-align: center;">Independence Day Fourth of July</p> <p style="text-align: center;">No HBFP Programming</p>
5	6	7	8	9	10	11
	<p>6</p> <p style="text-align: center;">Body Toning 11-12 noon</p> <p style="text-align: center;">Yoga Meditation 6:30-7:30pm</p>	<p>7</p> <p style="text-align: center;">Gentle Yoga 10-11am Walking Class 11:45am-12:30pm</p> <p style="text-align: center;">Rhythm & Movement 5-5:45pm</p> <p style="text-align: center;">Body Toning 6-6:45pm</p> <p style="text-align: center;">Diabetes Support Group 6-8:00 pm</p> <p style="text-align: center;">Yoga: Community Class 6:30-7:30pm</p>	<p>8</p> <p>Movement and Stretch 10-11am Body Toning 11-12 noon</p> <p>Fitness Assessments Walk-ins Only 6-7:00 pm</p> <p>African/Afro-Modern Dance 6 – 7:30 pm</p> <p>Splash Dance 7:45-8:30pm</p>	<p>9</p> <p>Yoga Meditation 9-9:45am Gentle Yoga 10-11am Walking Class 11: 45am-12:30pm</p> <p>Rhythm & Movement 5-5:45pm</p> <p>Body Toning 6-6:45pm</p> <p>Gentle Yoga 7-8pm</p>	<p>10</p> <p>Movement and Stretch 10-11am</p> <p style="text-align: center;">Afro-Modern Movement & Stretch 5-6pm</p> <p style="text-align: center;">Power Yoga 4 Cyclists 6-7pm</p>	<p>11</p> <p style="text-align: center;">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</p>
12	13	14	15	16	17	18
	<p>13</p> <p style="text-align: center;">Body Toning 11-12 noon</p> <p style="text-align: center;">Yoga Meditation 6:30-7:30pm</p>	<p>14</p> <p style="text-align: center;">Gentle Yoga 10-11am Walking Class 11:45am-12:30pm</p> <p style="text-align: center;">Rhythm & Movement 5-5:45pm</p> <p style="text-align: center;">Body Toning 6-6:45pm</p> <p style="text-align: center;">Diabetes Support Group 6-8:00 pm</p> <p style="text-align: center;">Yoga: Community Class 6:30-7:30pm</p>	<p>15</p> <p>Movement and Stretch 10-11am Body Toning 11-12 noon</p> <p style="text-align: center;">Cancer Forum: Cancer and The Environment 12-1:00 pm</p> <p style="text-align: center;">African/Afro-Modern Dance 6 – 7:30 pm</p> <p style="text-align: center;">Splash Dance 7:45-8:30pm</p>	<p>16</p> <p>Yoga Meditation 9-9:45am Gentle Yoga 10-11am Walking Class 11: 45am-12:30pm</p> <p>Rhythm & Movement 5-5:45pm</p> <p style="text-align: center;">Body Toning 6-6:45pm</p> <p style="text-align: center;">Major Taylor Cycling Club 6:30-8pm</p> <p style="text-align: center;">Gentle Yoga 7-8pm</p>	<p>17</p> <p>Movement and Stretch 10-11am</p> <p style="text-align: center;">Afro-Modern Movement & Stretch 5-6pm</p> <p style="text-align: center;">Power Yoga 4 Cyclists 6-7pm</p>	<p>18</p> <p style="text-align: center;">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</p>
19	20	21	22	23	24	25
	<p>20</p> <p style="text-align: center;">Body Toning 11-12 noon</p> <p style="text-align: center;">Yoga Meditation 6:30-7:30pm</p>	<p>21</p> <p style="text-align: center;">Gentle Yoga 10-11am Walking Class 11:45am-12:30pm</p> <p style="text-align: center;">Rhythm & Movement 5-5:45pm</p> <p style="text-align: center;">Body Toning 6-6:45pm</p> <p style="text-align: center;">Diabetes Support Group 6-8:00 pm</p> <p style="text-align: center;">Yoga: Community Class 6:30-7:30pm</p>	<p>22</p> <p>Movement and Stretch 10-11am Body Toning 11-12 noon</p> <p style="text-align: center;">Yoga Workshop Gracefully Adapting To Change in Our Lives with: Who Moved My Cheese by Spencer Johnson, MD Audio and Discussion 6-8:00 pm</p> <p style="text-align: center;">African/Afro-Modern Dance 6 – 7:30 pm</p> <p style="text-align: center;">Splash Dance 7:45-8:30pm</p>	<p>23</p> <p>Yoga Meditation 9-9:45am Gentle Yoga 10-11am Walking Class 11: 45am-12:30pm</p> <p>Rhythm & Movement 5-5:45pm</p> <p style="text-align: center;">Body Toning 6-6:45pm</p> <p style="text-align: center;">Gentle Yoga 7-8pm</p>	<p>24</p> <p>Movement and Stretch 10-11am</p> <p style="text-align: center;">Afro-Modern Movement & Stretch 5-6pm</p>	<p>25</p> <p style="text-align: center;">African Dance 10-11am</p> <p style="text-align: center;">Splash Dance 11am – 12pm</p> <p style="text-align: center;">Rhythm & Movement 4 Youth 11:30am – 12:30pm</p> <p style="text-align: center;">Yoga Workshop Book Review and Discussion: As A Man/Woman Thinketh John Allen/ Dorothy Hulst 1:00 - 4:00 pm</p>

26	27	28	29	30	31	
	Body Toning 11-12 noon Yoga Meditation 6:30-7:30pm	Gentle Yoga 10-11am Walking Class 11:45am-12:30pm Rhythm & Movement 5-5:45pm Body Toning 6-6:45pm Diabetes Support Group 6-8:00 pm Yoga: Community Class 6:30-7:30pm	Movement and Stretch 10-11am Body Toning 11-12 noon African/Afro-Modern Dance 6 – 7:30 pm Splash Dance 7:45-8:30pm	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 Gentle Yoga 7-8pm	Movement and Stretch 10-11am Afro-Modern Movement & Stretch 5-6pm Gentle Yoga Class with Live Jazz Band 6-7:30 pm	



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

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