

Healthy Black Family Project at Hosanna House Inc.

June 2008 Calendar

Sun	Mon	Tue	Wed	Thu	Fri	Sat
SUMMER Hours of Operation: Monday-Friday: 7am-8am and 12:00pm - 8:00 pm					“Get Up and Walk” -Class ends 6/11 “Stretch and Tone” Class ends 6/13	
1	2 12:00 pm Get Up and Walk 2:00 pm Body Toning 6:00 pm Family Swim 6:45 pm Low Impact Aerobics	3 4:45 pm Walking Aerobics 5:30-6:30 pm Lap Swim 6:00 pm Nutrition Seminar 2 6:45-7:45 pm Water Aerobics	4 12:00 pm Get Up and Walk 3:30 pm Body Toning 6:00-7:00 pm Smoking Cessation (Rm. 421) 6:45 pm Low Impact Aerobics	5 4:45 pm Walking Aerobics	6 10:00-10:45 am Stretch and Tone Class * Fitness Center 6pm- 8pm Young Adults Night (Age 25+) * Hosanna Gym	7
8	9 12:00 pm Get Up and Walk 2:00 pm Body Toning 6:00 pm Family Swim 6:45 pm Low Impact Aerobics	10 4:45 pm Walking Aerobics 5:30-6:30 pm Lap Swim 6:00 pm Nutrition Seminar 1 6:45-7:45 pm Water Aerobics	11 10:30 am-2:30 pm Prostate Cancer Big Tom’s Barbershop 12:00 pm Get Up and Walk 3:30 pm Body Toning 6:00-7:00 pm Smoking Cessation (421) 6:45 pm Low Impact Aerobics	12 4:45 pm Walking Aerobics	13 10:00-10:45 am Stretch and Tone Class * Fitness Center 6:00 pm Family Swim 6pm- 8pm Young Adults Night (Age 25+)	14
15	16 2:00 pm Body Toning 6:00 pm Family Swim 6:45 pm Low Impact Aerobics	17 4:45 pm Walking Aerobics 5:30-6:30 pm Lap Swim 6:00 pm Nutrition Seminar 2 6:45-7:45 pm Water Aerobics	18 10:30 am- 2:30 pm Prostate Cancer Willie Tee’s Barbershop 3:30 pm Body Toning 6:00-7:00 pm Smoking Cessation (421) 6:45 pm Low Impact Aerobics	19 4:45 pm Walking Aerobics	20 6:00 pm Family Swim 6pm- 8pm Young Adults Night (Age 25+)	21
22	23 2:00 pm Body Toning 6:00 pm Family Swim 6:45 pm Low Impact Aerobics	24 4:45 pm Walking Aerobics 5:30-6:30 pm Lap Swim 6:00 pm Nutrition Seminar 1 6:45-7:45 pm Water Aerobics	25 3:30 pm Body Toning 6:00-7:00 pm Smoking Cessation (Rm. 421) 6:45 pm Low Impact Aerobics	26 4:45 pm Walking Aerobics	27 6:00 pm Family Swim 6pm- 8pm Young Adults Night (Age 25+) * Hosanna Gym	28
29	30 2:00 pm Body Toning 6:00 pm Family Swim 6:45 pm Low Impact Aerobics	<i>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 Avenue, Pittsburgh, PA 15206.</i>				

Healthy Black Family Project

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

Hosanna House, Inc.

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