

JUNE 2008

SUN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2 Body Toning 12:15-1:00pm Walking Class 5:45-6:30pm	3 OFFICE CLOSED	4 OFFICE CLOSED	5 OFFICE CLOSED	6 African Dance/Rhythm & Movement 10-10:45am Body Toning 12:15-1pm Modern Movement & Stretch 5-6pm Yoga 6-7pm Nutrition II 7-8pm	7 Yoga 8-8:45am & 9:15-10am African Dance 10-11am Splash Dance 11am – 12pm Rhythm & Movement 4 Youth 11:30am – 12:30pm
8	9 Body Toning 12:15-1:00pm Walking Class 5:45-6:30pm	10 Yoga 9-9:45am & 10:15-11am Walking Class 11:45am-12:30pm Nutrition II 4-5pm Rhythm & Movement 5-5:45pm Body Toning 6-6:45pm Modern Movement & Stretch 6-6:45pm Yoga 7:15-8pm	11 Yoga 8-9am African Dance/Rhythm & Movement 10-10:45am Prostate Cancer Forum @ Big Tom's Barbershop 10:30am-2:30pm Yoga 1:30-2:30pm Walking Class 5:45-6:30pm African Dance 6-6:45pm Rhythm & Movement 7-8pm	12 Yoga 9-9:45am & 10:15-11am Walking Class 11:45am-12:30pm Rhythm & Movement 5-5:45pm Body Toning 6-6:45pm Modern Movement & Stretch 6-6:45pm “Let Ya Fro Go” 7-8pm Yoga 7:45-8:45pm	13 African Dance/Rhythm & Movement 10-10:45am Body Toning 12:15-1pm Modern Movement & Stretch 5-6pm Yoga 6-7pm Nutrition I 7-8pm	14 Yoga 8-8:45am & 9:15-10am African Dance 10-11am Splash Dance 11am – 12pm Rhythm & Movement 4 Youth 11:30am – 12:30pm
15	16 Body Toning 12:15-1:00pm Walking Class 5:45-6:30pm	17 Yoga 9-9:45am & 10:15-11am Walking Class 11:45am-12:30pm Nutrition I 4-5pm Rhythm & Movement 5-5:45pm Body Toning 6-6:45pm Modern Movement & Stretch 6-6:45pm Yoga 7:15-8pm	18 Yoga 8-9am African Dance/Rhythm & Movement 10-10:45am Prostate Cancer Forum @ Willie Tee's Barbershop 10:30am-2:30pm Yoga 1:30-2:30pm Walking Class 5:45-6:30pm African Dance 6-6:45pm Rhythm & Movement 7-8pm	19 Yoga 9-9:45am & 10:15-11am Walking Class 11:45am-12:30pm Rhythm & Movement 5-5:45pm Body Toning 6-6:45pm Smoking Cessation (Open Enrollment) 6-7pm Modern Movement & Stretch 6-6:45pm Major Taylor Cycling Club 6:30-8pm “Let Ya Fro Go” 7-8pm Yoga 7:45-8:45pm	20 African Dance/Rhythm & Movement 10-10:45am Body Toning 12:15-1pm Modern Movement & Stretch 5-6pm Yoga 6-7pm Nutrition II 7-8pm	21 Yoga 8-8:45am & 9:15-10am African Dance 10-11am Splash Dance 11am – 12pm Rhythm & Movement 4 Youth 11:30am – 12:30pm

22	23 Body Toning 12:15-1:00pm Walking Class 5:45-6:30pm	24 Yoga 9-9:45am & 10:15-11am Walking Class 11:45am-12:30pm Nutrition II 4-5pm Rhythm & Movement 5-5:45pm Body Toning 6-6:45pm Modern Movement & Stretch 6-6:45pm Yoga 7:15-8pm	25 Yoga 8-9am African Dance/Rhythm & Movement 10-10:45am Yoga 1:30-2:30pm Walking Class 5:45-6:30pm African Dance 6-6:45pm Rhythm & Movement 7-8pm	26 Yoga 9-9:45am & 10:15-11am Walking Class 11:45am-12:30pm Rhythm & Movement 5-5:45pm Body Toning 6-6:45pm Smoking Cessation (Open Enrollment) 6-7pm Modern Movement & Stretch 6-6:45pm “Let Ya Fro Go” 7-8pm Yoga 7:45-8:45pm	27 African Dance/Rhythm & Movement 10-10:45am Body Toning 12:15-1pm Modern Movement & Stretch 5-6pm Nutrition I 7-8pm	28 African Dance 10-11am Splash Dance 11am – 12pm Rhythm & Movement 4 Youth 11:30am – 12:30pm
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29	30 Body Toning 12:15-1:00pm Walking Class 5:45-6:30pm
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*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. 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 Ave, Pittsburgh, PA 15206.

www.cmh.pitt.edu

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