

# June 2009

SUN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<p>1</p> <p><b>Body Toning</b> 11-12 noon</p> <p><b>Yoga Meditation</b> 6:30-7:30pm</p>	<p>2</p> <p><b>Gentle Yoga</b> 10-11am <b>Walking Class</b> 11:45am-12:30pm</p> <p><b>Rhythm &amp; Movement</b> 5-5:45pm <b>Body Toning</b> 6-6:45pm <b>Diabetes Support Group</b> 6-8:00 pm <b>Yoga: Community Class</b> 6:30-7:30pm</p>	<p>3</p> <p><b>Movement and Stretch</b> 10-11am <b>Body Toning</b> 11-12 noon</p> <p><b>African/Afro-Modern Dance</b> 6 – 7:30 pm <b>Splash Dance</b> 7:45-8:30pm</p>	<p>4</p> <p><b>Yoga Meditation</b> 9-9:45am <b>Gentle Yoga</b> 10-11am <b>Walking Class</b> 11: 45am-12:30pm</p> <p><b>Rhythm &amp; Movement</b> 5-5:45pm <b>Body Toning</b> 6-6:45pm <b>Gentle Yoga</b> 7-8pm</p>	<p>5</p> <p><b>Movement and Stretch</b> 10-11am</p> <p><b>Afro-Modern Movement &amp; Stretch</b> 5-6pm</p> <p><b>Power Yoga 4 Cyclists</b> 6-7pm</p>	<p>6</p> <p><b>Power Yoga</b> 8-8:45am <b>Gentle Yoga</b> 9-10am <b>African Dance</b> 10-11am <b>Splash Dance</b> 11am – 12pm <b>Rhythm &amp; Movement 4 Youth</b> 11:30am – 12:30pm</p>
7	<p>8</p> <p><b>Body Toning</b> 11-12 noon</p> <p><b>Yoga Meditation</b> 6:30-7:30pm</p>	<p>9</p> <p><b>Gentle Yoga</b> 10-11am <b>Walking Class</b> 11:45am-12:30pm</p> <p><b>Rhythm &amp; Movement</b> 5-5:45pm</p> <p><b>Body Toning</b> 6-6:45pm</p> <p><b>Diabetes Support Group</b> 6-8:00 pm</p> <p><b>Yoga: Community Class</b> 6:30-7:30pm</p>	<p>10</p> <p><b>Movement and Stretch</b> 10-11am <b>Body Toning</b> 11-12 noon</p> <p><b>Prostate Cancer Forum</b> 12-1:00 pm</p> <p><b>African/Afro-Modern Dance</b> 6 – 7:30 pm</p> <p><b>Splash Dance</b> 7:45-8:30pm</p>	<p>11</p> <p><b>Yoga Meditation</b> 9-9:45am <b>Gentle Yoga</b> 10-11am <b>Walking Class</b> 11: 45am-12:30pm</p> <p><b>Rhythm &amp; Movement</b> 5-5:45pm</p> <p><b>Body Toning</b> 6-6:45pm</p> <p><b>Gentle Yoga</b> 7-8pm</p>	<p>12</p> <p><b>Movement and Stretch</b> 10-11am</p> <p><b>Afro-Modern Movement &amp; Stretch</b> 5-6pm</p> <p><b>Power Yoga 4 Cyclists</b> 6-7pm</p>	<p>13</p> <p><b>Power Yoga</b> 8-8:45am <b>Gentle Yoga</b> 9-10am <b>African Dance</b> 10-11am <b>Splash Dance</b> 11am – 12pm <b>Rhythm &amp; Movement 4 Youth</b> 11:30am – 12:30pm</p>
14	<p>15</p> <p><b>Body Toning</b> 11-12 noon</p> <p><b>Yoga Meditation</b> 6:30-7:30pm</p>	<p>16</p> <p><b>Gentle Yoga</b> 10-11am <b>Walking Class</b> 11:45am-12:30pm</p> <p><b>Rhythm &amp; Movement</b> 5-5:45pm</p> <p><b>Body Toning</b> 6-6:45pm</p> <p><b>Diabetes Support Group</b> 6-8:00 pm</p> <p><b>Yoga: Community Class</b> 6:30-7:30pm</p>	<p>17</p> <p><b>Movement and Stretch</b> 10-11am <b>Body Toning</b> 11-12 noon</p> <p><b>African/Afro-Modern Dance</b> 6 – 7:30 pm</p> <p><b>Splash Dance</b> 7:45-8:30pm</p>	<p>18</p> <p><b>Yoga Meditation</b> 9-9:45am <b>Gentle Yoga</b> 10-11am <b>Walking Class</b> 11: 45am-12:30pm</p> <p><b>Rhythm &amp; Movement</b> 5-5:45pm</p> <p><b>Body Toning</b> 6-6:45pm</p> <p><b>Major Taylor Cycling Club</b> 6:30-8pm</p> <p><b>Gentle Yoga</b> 7-8pm</p>	<p>19</p> <p><b>Movement and Stretch</b> 10-11am</p> <p><b>Afro-Modern Movement &amp; Stretch</b> 5-6pm</p> <p><b>Power Yoga 4 Cyclists</b> 6-7pm</p>	<p>20</p> <p><b>Power Yoga</b> 8-8:45am <b>Gentle Yoga</b> 9-10am <b>African Dance</b> 10-11am <b>Splash Dance</b> 11am – 12pm <b>Rhythm &amp; Movement 4 Youth</b> 11:30am – 12:30pm</p>

21	<p>22</p> <p><b>Body Toning</b> 11-12 noon</p> <p><b>Yoga Meditation</b> 6:30-7:30pm</p>	<p>23</p> <p><b>Gentle Yoga</b> 10-11am <b>Walking Class</b> 11:45am-12:30pm</p> <p><b>Rhythm &amp; Movement</b> 5-5:45pm</p> <p><b>Body Toning</b> 6-6:45pm</p> <p><b>Diabetes Support Group</b> 6-8:00 pm</p> <p><b>Yoga: Community Class</b> 6:30-7:30pm</p>	<p>24</p> <p><b>Movement and Stretch</b> 10-11am <b>Body Toning</b> 11-12 noon</p> <p><b>African/Afro-Modern Dance</b> 6 – 7:30 pm</p> <p><b>Splash Dance</b> 7:45-8:30pm</p>	<p>25</p> <p><b>Yoga Meditation</b> 9-9:45am <b>Gentle Yoga</b> 10-11am <b>Walking Class</b> 11: 45am-12:30pm</p> <p><b>Rhythm &amp; Movement</b> 5-5:45pm</p> <p><b>Body Toning</b> 6-6:45pm</p> <p><b>Gentle Yoga</b> 7-8pm</p>	<p>26</p> <p><b>Movement and Stretch</b> 10-11am</p> <p><b>Afro-Modern Movement &amp; Stretch</b> 5-6pm</p> <p><b>Gentle Yoga Class with Live Jazz Band</b> 6-7:30 pm</p>	<p>27</p> <p><b>African Dance</b> 10-11am <b>Splash Dance</b> 11am – 12pm <b>Rhythm &amp; Movement 4 Youth</b> 11:30am – 12:30pm</p>
28	<p>29</p> <p><b>Body Toning</b> 11-12 noon</p> <p><b>Yoga Meditation</b> 6:30-7:30pm</p>	<p>30</p> <p><b>Gentle Yoga</b> 10-11am <b>Walking Class</b> 11:45am-12:30pm</p> <p><b>Rhythm &amp; Movement</b> 5-5:45pm <b>Body Toning</b> 6-6:45pm <b>Diabetes Support Group</b> 6-8:00 pm <b>Yoga: Community Class</b> 6:30-7:30pm</p>	<p><i><b>Healthy Black Family Project™</b></i></p> <p><i><b>at The Kingsley Association</b></i></p> <p>Participation in all physical activity requires attendance at a HBFP orientation, medical clearance and fitness assessment.</p> <p><b>To schedule an orientation or fitness assessment call</b></p> <p><b>412-361-2391</b></p> <p>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.</p> <p><a href="http://www.cmh.pitt.edu">www.cmh.pitt.edu</a></p>			

