

# Healthy Black Family Project™ at The Kingsley Center

## AUGUST 2008

SUN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 African Dance/Rhythm & Movement 10-10:45am  Modern Movement & Stretch 5-6pm  Yoga 6-7pm  Nutrition I 7-8pm	2 Yoga 8-8:45am & 9:15-10am  African Dance 10-11am  Splash Dance 11am – 12pm  Rhythm & Movement 4 Youth 11:30am – 12:30pm
3	4 Body Toning 12:15-1:00pm  Walking Class 5:45-6:30pm	5 Yoga 9-9:45am & 10:15-11am  Walking Class 11:45am-12:30pm  Nutrition II 4-5pm  Cancer Forum Skin Cancer 4-6pm  Rhythm & Movement 5-5:45pm  Body Toning 6-6:45pm  Modern Movement & Stretch 6-6:45pm  Yoga 7:15-8pm	6 Yoga 8-9am  African Dance/Rhythm & Movement 10-10:45am  Body Toning 12:15-1pm  Yoga 1:30-2:30pm  Walking Class 5:45-6:30pm  African Dance 6-6:45pm  Rhythm & Movement 7-8pm	7 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  Smoking Cessation (Open Enrollment) 6-7pm  “Let Ya Fro Go” 7-8pm  Yoga 7:45-8:45pm	8 African Dance/Rhythm & Movement 10-10:45am  Modern Movement & Stretch 5-6pm  Yoga 6-7pm  Nutrition II 7-8pm	9 Yoga 8-8:45am & 9:15-10am  African Dance 10-11am  Splash Dance 11am – 12pm  Rhythm & Movement 4 Youth 11:30am – 12:30pm
10	11 Body Toning 12:15-1:00pm  Walking Class 5:45-6:30pm	12 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	13 Yoga 8-9am  African Dance/Rhythm & Movement 10-10:45am  Body Toning 12:15-1pm  Yoga 1:30-2:30pm  Walking Class 5:45-6:30pm  African Dance 6-6:45pm  Rhythm & Movement 7-8pm	14 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	15 African Dance/Rhythm & Movement 10-10:45am  Modern Movement & Stretch 5-6pm  Yoga 6-7pm  Nutrition I 7-8pm	16 Yoga 8-8:45am & 9:15-10am  African Dance 10-11am  Splash Dance 11am – 12pm  Rhythm & Movement 4 Youth 11:30am – 12:30pm

17	<p>18 Body Toning 12:15-1:00pm</p> <p>Walking Class 5:45-6:30pm</p>	<p>19 Yoga 9-9:45am &amp; 10:15-11am</p> <p>Walking Class 11:45am-12:30pm</p> <p>Nutrition II 4-5pm</p> <p>Rhythm &amp; Movement 5-5:45pm</p> <p>Body Toning 6-6:45pm</p> <p>Modern Movement &amp; Stretch 6-6:45pm</p> <p>Yoga 7:15-8pm</p>	<p>20 Yoga 8-9am</p> <p>African Dance/Rhythm &amp; Movement 10-10:45am</p> <p>Cancer Forum Skin Cancer 10:45-11:30am</p> <p>Body Toning 12:15-1pm</p> <p>Yoga 1:30-2:30pm</p> <p>Walking Class 5:45-6:30pm</p> <p>African Dance 6-6:45pm</p> <p>Rhythm &amp; Movement 7-8pm</p>	<p>21 Yoga 9-9:45am &amp; 10:15-11am</p> <p>Walking Class 11:45am-12:30pm</p> <p>Rhythm &amp; Movement 5-5:45pm</p> <p>Body Toning 6-6:45pm</p> <p>Smoking Cessation 6-7pm</p> <p>Modern Movement &amp; Stretch 6-6:45pm</p> <p>Major Taylor Cycling Club 6:30-8pm</p> <p>“Let Ya Fro Go” 7-8pm</p> <p>Yoga 7:45-8:45pm</p>	<p>22 African Dance/Rhythm &amp; Movement 10-10:45am</p> <p>Modern Movement &amp; Stretch 5-6pm</p> <p>Yoga 6-7pm</p> <p>Nutrition II 7-8pm</p>	<p>23 Yoga 8-8:45am &amp; 9:15-10am</p> <p>African Dance 10-11am</p> <p>Splash Dance 11am – 12pm</p> <p>Rhythm &amp; Movement 4 Youth 11:30am – 12:30pm</p>
24	<p>25 Body Toning 12:15-1:00pm</p> <p>Walking Class 5:45-6:30pm</p>	<p>26 Yoga 9-9:45am &amp; 10:15-11am</p> <p>Walking Class 11:45am-12:30pm</p> <p>Nutrition I 4-5pm</p> <p>Rhythm &amp; Movement 5-5:45pm</p> <p>Body Toning 6-6:45pm</p> <p>Modern Movement &amp; Stretch 6-6:45pm</p> <p>Yoga 7:15-8pm</p>	<p>27 Yoga 8-9am</p> <p>African Dance/Rhythm &amp; Movement 10-10:45am</p> <p>Body Toning 12:15-1pm</p> <p>Yoga 1:30-2:30pm</p> <p>Walking Class 5:45-6:30pm</p> <p>African Dance 6-6:45pm</p> <p>Rhythm &amp; Movement 7-8pm</p>	<p>28 Yoga 9-9:45am &amp; 10:15-11am</p> <p>Walking Class 11:45am-12:30pm</p> <p>Rhythm &amp; Movement 5-5:45pm</p> <p>Body Toning 6-6:45pm</p> <p>Smoking Cessation 6-7pm</p> <p>Modern Movement &amp; Stretch 6-6:45pm</p> <p>“Let Ya Fro Go” 7-8pm</p> <p>Yoga 7:45-8:45pm</p>	<p>29 African Dance/Rhythm &amp; Movement 10-10:45am</p> <p>Modern Movement &amp; Stretch 5-6pm</p> <p>Nutrition I 7-8pm</p>	<p>30 African Dance 10-11am</p> <p>Splash Dance 11am – 12pm</p> <p>Rhythm &amp; Movement 4 Youth 11:30am – 12:30pm</p>

31

***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.**