Healthy Black Family Project at Hosanna House Inc.
March 2008 Calendar

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3 **12:00 pm** Get Up and Walk **2:00 pm** Body Toning **6:00 pm** Family Swim **6:45 pm** Low Impact Aerobics	4 **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	5 **12:00 pm** Get Up and Walk **3:30 pm** Body Toning **6:00-7:00 pm** Smoking Cessation **6:45 pm** Low Impact Aerobics	6 **4:45 pm** Walking Aerobics	7 **10:00-10:45 am** **Stretch and Tone Class** *** Fitness Center** **6pm- 8pm** **Young Adults Night (Age 25+)** *** Hosanna Gym**	8
9	10 **12:00 pm** Get Up and Walk **2:00 pm** Body Toning **6:00 pm** Family Swim **6:45 pm** Low Impact Aerobics	11 **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	12 **12:00 pm** Get Up and Walk **3:30 pm** Body Toning **6:00-7:00 pm** Smoking Cessation **6:45 pm** Low Impact Aerobics	13 **4:45 pm** Walking Aerobics	14 **10:00-10:45 am** **Stretch and Tone Class** *** Fitness Center** **6pm- 8pm** **Young Adults Night (Age 25+)** *** Hosanna Gym**	15
16	17 **12:00 pm** Get Up and Walk **2:00 pm** Body Toning **3:00-4:00 pm** Colorectal Cancer Forum **6:00 pm** Family Swim **6:45 pm** Low Impact Aerobics	18 **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	19 **12:00 pm** Get Up and Walk **3:30 pm** Body Toning **6:00-7:00 pm** Smoking Cessation **6:45 pm** Low Impact Aerobics	20 **4:45 pm** Walking Aerobics	21 **10:00-10:45 am** **Stretch and Tone Class** *** Fitness Center** **6pm- 8pm** **Young Adults Night (Age 25+)** *** Hosanna Gym**	22
23	24 **12:00 pm** Get Up and Walk **2:00 pm** Body Toning **6:00 pm** Family Swim **6:45 pm** Low Impact Aerobics	25 **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	26 **12:00 pm** Get Up and Walk **3:30 pm** Body Toning **6:00-7:00 pm** Smoking Cessation **6:45 pm** Low Impact Aerobics	27 **4:45 pm** Walking Aerobics	28 **10:00-10:45 am** **Stretch and Tone Class** *** Fitness Center** **6pm- 8pm** **Young Adults Night (Age 25+)** *** Hosanna Gym**	29
30	31 **12:00 pm** Get Up and Walk **2:00 pm** Body Toning **6:00 pm** Family Swim **6:45 pm** Low Impact Aerobics					

NEW **Hours of Operation: Monday-Friday: 7:00am - 8:00 pm**

Orientation & Fitness Assessments: Please call Cara at 412- 342-1326 to discuss Orientation and Fitness Assessment Requirements

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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