

# MARCH 2008

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY



## *Healthy Black Family Project At The Kingsley Association*

**1**  
Yoga  
8-8:45am &  
9:15-10am  
  
African Dance  
10-11am  
  
Splash Dance  
11am – 12pm  
  
Rhythm &  
Movement 4  
Youth  
11:30am –  
12:30pm

**2**

**3**  
Body Toning  
12:15-1:00pm  
  
Walking Class  
5:45-6:30pm  
  
Healthy Lifestyles  
(Gospel &  
Inspirational Music)  
6:30-8pm

**4**  
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

**5**  
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  
  
Healthy Lifestyles  
(Gospel &  
Inspirational Music)  
6:30-8pm  
  
Rhythm & Movement  
7-8pm

**6**  
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

**7**  
African  
Dance/Rhythm  
& Movement  
10-10:45am  
  
Modern  
Movement &  
Stretch  
5-6pm  
  
Yoga  
6-7pm  
  
Nutrition I  
7-8pm

**8**  
Yoga  
8-8:45am &  
9:15-10am  
  
African Dance  
10-11am  
  
Splash Dance  
11am – 12pm  
  
Rhythm &  
Movement 4  
Youth  
11:30am –  
12:30pm

**9**

**10**  
Body Toning  
12:15-1:00pm  
  
Cancer Forum -  
Colorectal Cancer  
1-2pm  
  
Walking Class  
5:45-6:30pm  
  
Healthy Lifestyles  
(Gospel &  
Inspirational Music)  
6:30-8pm

**11**  
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

**12**  
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  
  
Healthy Lifestyles  
(Gospel &  
Inspirational Music)  
6:30-8pm  
  
Rhythm & Movement  
7-8pm

**13**  
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

**14**  
African  
Dance/Rhythm  
& Movement  
10-10:45am  
  
Modern  
Movement &  
Stretch  
5-6pm  
  
Yoga  
6-7pm  
  
Nutrition II  
7-8pm

**15**  
Yoga  
8-8:45am &  
9:15-10am  
  
African Dance  
10-11am  
  
Splash Dance  
11am – 12pm  
  
Rhythm &  
Movement 4  
Youth  
11:30am –  
12:30pm

<p><b>16</b></p>	<p><b>17</b> Body Toning 12:15-1:00pm</p> <p>Walking Class 5:45-6:30pm</p> <p>Healthy Lifestyles (Gospel &amp; Inspirational Music) 6:30-8pm</p>	<p><b>18</b> Yoga 9-9:45am &amp; 10:15-11am</p> <p>Walking Class 11:45am-12:30pm</p> <p>Mental Wellness Seminar “Women &amp; Addiction: Signs of Mental Illness” 1-2pm</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><b>19</b> 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>Healthy Lifestyles (Gospel &amp; Inspirational Music) 6:30-8pm</p> <p>Rhythm &amp; Movement 7-8pm</p>	<p><b>20</b> 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 (Open Enrollment) 6-7pm</p> <p>Modern Movement &amp; Stretch 6-6:45pm</p> <p>Cancer Forum – Colorectal Cancer 6:45-7:30pm</p> <p>“Let Ya Fro Go” 7-8pm</p> <p>Yoga 7:45-8:45pm</p>	<p><b>21</b> African Dance/Rhythm &amp; Movement 10-10:45am</p> <p>Modern Movement &amp; Stretch 5-6pm</p> <p>Yoga 6-7pm</p> <p>Nutrition I 7-8pm</p>	<p><b>22</b> 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>
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<p><b>23</b></p>	<p><b>24</b> Body Toning 12:15-1:00pm</p> <p>Walking Class 5:45-6:30pm</p> <p>Healthy Lifestyles (Gospel &amp; Inspirational Music) 6:30-8pm</p>	<p><b>25</b> 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 Modern Movement &amp; Stretch 6-6:45pm</p> <p>Yoga 7:15-8pm</p>	<p><b>26</b> 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>Healthy Lifestyles (Gospel &amp; Inspirational Music) 6:30-8pm</p> <p>Rhythm &amp; Movement 7-8pm</p>	<p><b>27</b> 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><b>28</b> African Dance/Rhythm &amp; Movement 10-10:45am</p> <p>Modern Movement &amp; Stretch 5-6pm</p> <p>Nutrition II 7-8pm</p>	<p><b>29</b> African Dance 10-11am</p> <p>Splash Dance 11am – 12pm</p> <p>Rhythm &amp; Movement 4 Youth 11:30am – 12:30pm</p>
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<p><b>30</b></p>	<p><b>31</b> Body Toning 12:15-1:00pm</p> <p>Walking Class 5:45-6:30pm</p> <p>Healthy Lifestyles (Gospel &amp; Inspirational Music) 6:30-8pm</p>	<p>Participation in all physical activity requires attendance at a HBFPP orientation, medical clearance, and fitness assessment.</p> <p><b><i>To schedule an <u>orientation</u> or <u>fitness assessment</u> call</i></b></p> <p><b><i>412-361-2391</i></b></p> <p><a href="http://www.cmh.pitt.edu">www.cmh.pitt.edu</a></p>
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