

# MAY 2008

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY



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

1  
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

2  
African  
Dance/Rhythm &  
Movement  
10-10:45am

Modern Movement  
& Stretch  
5-6pm

Yoga  
6-7pm

Nutrition I  
7-8pm

3  
Yoga  
8-8:45am &  
9:15-10am

African Dance  
10-11am

Splash Dance  
11am – 12pm

Rhythm &  
Movement 4 Youth  
11:30am – 12:30pm

4

5  
Body Toning  
12:15-1:00pm

Walking Class  
5:45-6:30pm

6  
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

7  
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

8  
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

9  
African  
Dance/Rhythm &  
Movement  
10-10:45am

Modern Movement  
& Stretch  
5-6pm

Yoga  
6-7pm

Nutrition II  
7-8pm

10  
Yoga  
8-8:45am &  
9:15-10am

African Dance  
10-11am

Splash Dance  
11am – 12pm

Rhythm &  
Movement 4 Youth  
11:30am – 12:30pm

11

12  
Body Toning  
12:15-1:00pm

Walking Class  
5:45-6:30pm

13  
Yoga  
9-9:45am &  
10:15-11am

Walking Class  
11:45am-12:30pm

Cancer Forum  
“Skin Cancer”  
12:30-1:30pm

Mental Wellness Seminar  
“Children & Adolescents  
with Bipolar”  
1-2pm

Nutrition II  
4-5pm

Rhythm & Movement  
5-5:45pm

Body Toning  
6-6:45pm

Modern Movement &  
Stretch  
6-6:45pm

Yoga  
7:15-8pm

14  
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

15  
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  
6-7pm

Major Taylor Cycling  
Club  
6:30-8pm

“Let Ya Fro Go”  
7-8pm

Yoga  
7:45-8:45pm

16  
African  
Dance/Rhythm &  
Movement  
10-10:45am

Modern Movement  
& Stretch  
5-6pm

Yoga  
6-7pm


Nutrition I  
7-8pm

17  
Yoga  
8-8:45am &  
9:15-10am

African Dance  
10-11am

Splash Dance  
11am – 12pm

Rhythm &  
Movement 4  
Youth  
11:30am – 12:30pm

18	19 Body Toning 12:15-1:00pm  Walking Class 5:45-6:30pm	20 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	21 Yoga 8-9am  African Dance/Rhythm & Movement 10-10:45am  Body Toning 12:15-1pm  Cancer Forum “Skin Cancer” 1-3pm  Yoga 1:30-2:30pm  Walking Class 5:45-6:30pm  African Dance 6-6:45pm  Rhythm & Movement 7-8pm	22 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 6-7pm  “Let Ya Fro Go” 7-8pm  Yoga 7:45-8:45pm	23 African Dance/Rhythm & Movement 10-10:45am  Modern Movement & Stretch 5-6pm  Yoga 6-7pm  Nutrition II 7-8pm	24 Yoga 8-8:45am & 9:15-10am  African Dance 10-11am  Splash Dance 11am – 12pm  Rhythm & Movement 4 Youth 11:30am – 12:30pm
25	26  <b>MEMORIAL DAY</b>    <b>OFFICE CLOSED</b>  <b>HAVE A SAFE HOLIDAY!</b>	27 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  Cancer Forum “Skin Cancer” 6:45-7:30pm  Yoga 7:15-8pm	28 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	29 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 6-7pm  “Let Ya Fro Go” 7-8pm  Yoga 7:45-8:45pm	30 African Dance/Rhythm & Movement 10-10:45am  Modern Movement & Stretch 5-6pm  Nutrition I 7-8pm	31 African Dance 10-11am  Splash Dance 11am – 12pm  Rhythm & Movement 4 Youth 11:30am – 12:30pm

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](http://www.cmh.pitt.edu)

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