

MAY 2009

SUN MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY



Healthy Black Family Project™ at The Kingsley Association

1	2
<p>Movement and Stretch 10-11am</p> <p>Afro-Modern Movement & Stretch 5-6pm</p> <p>Power Yoga 4 Cyclists 6-7pm</p>	<p>Power Yoga 8-8:45am</p> <p>Gentle Yoga 9-10am</p> <p>African Dance 10-11am</p> <p>Splash Dance 11am – 12pm</p> <p>Rhythm & Movement 4 Youth 11:30am – 12:30pm</p>

3	4	5	6	7	8	9
	<p>Body Toning 11-12 noon</p> <p>Yoga Meditation: Meet at Highland Park Fountain for Silent Meditation Walk 6:30-7:30pm <i>If raining, meet in Yoga Studio.</i></p>	<p>Gentle Yoga 10-11am</p> <p>Walking Class 11:45am-12:30pm</p> <p>Rhythm & Movement 5-5:45pm</p> <p>Body Toning 6-6:45pm</p> <p>Diabetes Support Group 6-8:00pm</p> <p>Yoga: Community Class 6:30-7:30pm</p>	<p>Movement and Stretch 10-11am</p> <p>Body Toning 11-12 noon</p> <p>African/Afro-Modern Dance 6-7:30pm</p> <p>Splash Dance 7:45-8:30pm</p>	<p>Yoga Meditation 9-9:45am</p> <p>Gentle Yoga 10-11am</p> <p>Walking Class 11: 45am-12:30pm</p> <p>Rhythm & Movement 5-5:45pm</p> <p>Body Toning 6-6:45pm</p> <p>Gentle Yoga 7-8pm</p>	<p>Movement and Stretch 10-11am</p> <p>Afro-Modern Movement & Stretch 5-6pm</p> <p>Power Yoga 4 Cyclists 6-7pm</p>	<p>Power Yoga 8-8:45am</p> <p>Gentle Yoga 9-10am</p> <p>African Dance 10-11am</p> <p>Splash Dance 11am – 12pm</p> <p>Rhythm & Movement 4 Youth 11:30am – 12:30pm</p> <p>Yoga Workshop: How to Gracefully Adapt to Change in Our Lives with Who Moved My Cheese by Spencer Johnson, MD Audio and Discussion 1:30 - 4:00pm</p>

10	11	12	13	14	15	16
	<p>Body Toning 11-12 noon</p> <p>Yoga Meditation: Meet at Highland Park Fountain for Silent Meditation Walk 6:30-7:30pm <i>Make-up Rain Date</i></p>	<p>Gentle Yoga 10-11am</p> <p>Walking Class 11:45am-12:30pm</p> <p>Rhythm & Movement 5-5:45pm</p> <p>Body Toning 6-6:45pm</p> <p>Diabetes Support Group 6-8:00pm</p> <p>Yoga: Community Class 6:30-7:30pm</p>	<p>Movement and Stretch 10-11am</p> <p>Body Toning 11-12 noon</p> <p>African/Afro-Modern Dance 6-7:30pm</p> <p>Splash Dance 7:45-8:30pm</p>	<p>Yoga Meditation 9-9:45am</p> <p>Gentle Yoga 10-11am</p> <p>Walking Class 11: 45am-12:30pm</p> <p>Rhythm & Movement 5-5:45pm</p> <p>Body Toning 6-6:45pm</p> <p>Gentle Yoga 7-8pm</p>	<p>Movement and Stretch 10-11am</p> <p>Afro-Modern Movement & Stretch 5-6pm</p> <p>Power Yoga 4 Cyclists 6-7pm</p>	<p>Power Yoga 8-8:45am</p> <p>Gentle Yoga 9-10am</p> <p>African Dance 10-11am</p> <p>Splash Dance 11am – 12pm</p> <p>Rhythm & Movement 4 Youth 11:30am – 12:30pm</p> <p>Fitness Assessments: Walk-ins Welcome 1:00 - 3:00 pm</p>

17	18	19	20	21	22	23
	<p>Body Toning 11-12 noon</p> <p>Yoga Meditation 6:30-7:30pm</p>	<p>Gentle Yoga 10-11am Walking Class 11:45am-12:30pm</p> <p>Rhythm & Movement 5-5:45pm Body Toning 6-6:45pm</p> <p>Diabetes Support Group 6-8:00pm</p> <p>Yoga: Community Class 6:30-7:30pm</p>	<p>Movement and Stretch 10-11am</p> <p>Body Toning 11-12 noon</p> <p>Skin Cancer Workshop 12:00-1:00pm</p> <p>African/Afro-Modern Dance 6-7:30pm</p> <p>Splash Dance 7:45-8:30pm</p>	<p>Yoga Meditation 9-9:45am Gentle Yoga 10-11am</p> <p>Walking Class 11:45am-12:30pm</p> <p>Rhythm & Movement 5-5:45pm</p> <p>Body Toning 6-6:45pm</p> <p>Major Taylor Cycling Club Meeting 6:30-8:00 pm</p> <p>Gentle Yoga 7-8pm</p>	<p>Movement and Stretch 10-11am</p> <p>Afro-Modern Movement & Stretch 5-6pm</p> <p>Power Yoga 4 Cyclists 6-7pm</p>	<p>Power Yoga 8-8:45am</p> <p>Gentle Yoga 9-10am</p> <p>African Dance 10-11am</p> <p>Splash Dance 11am – 12pm</p> <p>Rhythm & Movement 4 Youth 11:30am – 12:30pm</p> <p>Fitness Assessments: Walk-ins</p>
24	25	26	27	28	29	30
	<p>MEMORIAL DAY</p> <p>Healthy Black Family Project and The Kingsley Association CLOSED</p>	<p>Gentle Yoga 10-11am Walking Class 11:45am-12:30pm</p> <p>Rhythm & Movement 5-5:45pm Body Toning 6-6:45pm</p> <p>Diabetes Support Group 6-8:00pm</p> <p>Yoga: Community Class 6:30-7:30pm</p>	<p>Movement and Stretch 10-11am Body Toning 11-12 noon</p> <p>African/Afro-Modern Dance 6-7:30pm</p> <p>Yoga Workshop Book Review and Discussion: The Alchemist-A Fable About Following Your Dream by Paulo Coelho 6:00 – 8:00 pm</p> <p>Splash Dance 7:45-8:30pm</p>	<p>Yoga Meditation 9-9:45am Gentle Yoga 10-11am</p> <p>Walking Class 11:45am-12:30pm</p> <p>Rhythm & Movement 5-5:45pm Body Toning 6-6:45pm Gentle Yoga 7-8pm</p>	<p>Movement and Stretch 10-11am</p> <p>Afro-Modern Movement & Stretch 5-6pm</p>	<p>African Dance 10-11am</p> <p>Rhythm & Movement 4 Youth 11:30am – 12:30pm</p>

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 at the HBFP headquarters located at the Kingsley Association, 6435 Frankstown Ave, Pittsburgh, PA 15206.

www.cmh.pitt.edu