


# OCTOBER 2008

SUN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			<p>1 Yoga Meditation 8-9am</p> <p>Body Toning 12:15-1pm</p> <p>Walking Class 5:45-6:30pm</p> <p>African Dance 6-6:45pm</p> <p>Rhythm &amp; Movement 7-8pm</p>	<p>2 Gentle Yoga 9:30-11:00am</p> <p>Silver Sneakers Yoga Stretch 11am-12pm</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>“Let Ya Fro Go” 7-8pm</p> <p>Gentle Yoga 7-8pm</p>	<p>3 Modern Movement &amp; Stretch 5-6pm</p> <p>Power Yoga 6-7pm</p> <p>Nutrition 7-8pm</p>	<p>4 Power Yoga 9-10:30am</p> <p>African Dance 10-11am</p> <p>Splash Dance 11am – 12pm</p> <p>Rhythm &amp; Movement 4 Youth 11:30am – 12:30pm</p> <p>Children’s Yoga 12:30-1:30pm</p>
5	<p>6 Body Toning 12:15-1:00pm</p> <p>Cancer Forum Breast Cancer 1-2pm</p> <p>Walking Class 5:45-6:30pm</p> <p>Yoga Meditation 6-7pm</p>	<p>7 Gentle Yoga 9:30-11:00am</p> <p>Walking Class 11:45am-12:30pm</p> <p>Nutrition 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: Community Class 6:30-7:30pm</p>	<p>8 Yoga Meditation 8-9am</p> <p>Body Toning 12:15-1pm</p> <p>Walking Class 5:45-6:30pm</p> <p>African Dance 6-6:45pm</p> <p>Rhythm &amp; Movement 7-8pm</p>	<p>9 Gentle Yoga 9:30-11:00am</p> <p>Silver Sneakers Yoga Stretch 11am-12pm</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>Gentle Yoga 7-8pm</p>	<p>10 Modern Movement &amp; Stretch 5-6pm</p> <p>Power Yoga 6-7pm</p> <p>Nutrition 7-8pm</p>	<p>11 Power Yoga 9-10:30am</p> <p>African Dance 10-11am</p> <p>Splash Dance 11am – 12pm</p> <p>Rhythm &amp; Movement 4 Youth 11:30am – 12:30pm</p> <p>Children’s Yoga 12:30-1:30pm</p>

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

Participation in all physical activity requires attendance at a HBFPP orientation, medical clearance and fitness assessment.

**The next scheduled orientation is in October.  
Call 412-361-2391 for details.**

[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*

12	<p>13 Body Toning 12:15-1:00pm</p> <p>Walking Class 5:45-6:30pm</p> <p>Yoga Meditation 6-7pm</p>	<p>14 Gentle Yoga 9:30-11:00am</p> <p>Walking Class 11:45am-12:30pm</p> <p>Nutrition 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>15 Yoga Meditation 8-9am</p> <p>Body Toning 12:15-1pm</p> <p>Walking Class 5:45-6:30pm</p> <p>African Dance 6-6:45pm</p> <p>Rhythm &amp; Movement 7-8pm</p>	<p>16 Gentle Yoga 9:30-11:00am</p> <p>Silver Sneakers Yoga Stretch 11am-12pm</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>Gentle Yoga 7-8pm</p>	<p>17 Modern Movement &amp; Stretch 5-6pm</p> <p>Power Yoga 6-7pm</p> <p>Nutrition 7-8pm</p>	<p>18 Power Yoga 9-10:30am</p> <p>African Dance 10-11am</p> <p>Splash Dance 11am – 12pm</p> <p>Rhythm &amp; Movement 4 Youth 11:30am – 12:30pm</p> <p>Children’s Yoga 12:30-1:30pm</p>
19	<p>20 Body Toning 12:15-1:00pm</p> <p>Walking Class 5:45-6:30pm</p> <p>Yoga Meditation 6-7pm</p>	<p>21 Gentle Yoga 9:30-11:00am</p> <p>Walking Class 11:45am-12:30pm</p> <p>Nutrition 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: Community Class 6:30-7:30pm</p>	<p>22 Yoga Meditation 8-9am</p> <p>Body Toning 12:15-1pm</p> <p>Walking Class 5:45-6:30pm</p> <p>African Dance 6-6:45pm</p> <p>Rhythm &amp; Movement 7-8pm</p>	<p>23 Gentle Yoga 9:30-11:00am</p> <p>Silver Sneakers Yoga Stretch 11am-12pm</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>Gentle Yoga 7-8pm</p>	<p>24 Modern Movement &amp; Stretch 5-6pm</p> <p>Nutrition 7-8pm</p>	<p>25 African Dance 10-11am</p> <p>Splash Dance 11am – 12pm</p> <p>Rhythm &amp; Movement 4 Youth 11:30am – 12:30pm</p>
26	<p>27 Body Toning 12:15-1:00pm</p> <p>Walking Class 5:45-6:30pm</p> <p>Yoga Meditation 6-7pm</p>	<p>28 Gentle Yoga 9:30-11:00am</p> <p>Walking Class 11:45am-12:30pm</p> <p>Nutrition 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>29 Yoga Meditation 8-9am</p> <p>Body Toning 12:15-1pm</p> <p>Walking Class 5:45-6:30pm</p> <p>African Dance 6-6:45pm</p> <p>Rhythm &amp; Movement 7-8pm</p>	<p>30 Gentle Yoga 9:30-11:00am</p> <p>Silver Sneakers Yoga Stretch 11am-12pm</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>Gentle Yoga 7-8pm</p>	<p>31 Modern Movement &amp; Stretch 5-6pm</p> <p>Power Yoga 6-7pm</p> <p>Nutrition 7-8pm</p>	