

SEPTEMBER 2009

SUN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		<p>1</p> <p>Gentle Yoga 10:00 - 11:00 am</p> <p>Walking Class 12:30 - 1:15 pm</p> <p>Rhythm & Movement 5:00 - 5:45 pm</p> <p>Body Toning 6:00 - 6:45 pm</p> <p>Diabetes Support Group 6:00 - 8:00 pm</p> <p>Yoga: Community Class 7:30 - 8:30 pm</p>	<p>2</p> <p>Body Toning 12:15 - 1:00 pm</p> <p>African/Afro-Modern Dance 6:00 - 7:30 pm</p> <p>Splash Dance 7:45 - 8:30 pm</p>	<p>3</p> <p>Yoga Meditation 9:00 - 9:45 am</p> <p>Gentle Yoga 10:00 - 11:00 am</p> <p>Walking Class 12:30 - 1:15 pm</p> <p>Rhythm & Movement 5:00 - 5:45 pm</p> <p>Body Toning 6:00 - 6:45 pm</p> <p>Gentle Yoga 7:00-8:00 pm</p>	<p>4</p> <p>Yoga 4 Teens 11:00 - 12:00 noon</p> <p>Nutrition Class The ENERGY Lab: Week 1 12-1:00 pm</p> <p>Afro-Modern Movement & Stretch 5:00-6:00 pm</p> <p>Power Yoga 4 Cyclists 6:00-7:00 pm</p>	<p>5</p> <p>Power Yoga 8:30-9:00 am</p> <p>Gentle Yoga 9-10 am</p> <p>African Dance 10-11am</p> <p>Splash Dance 11am - 12pm</p> <p>Rhythm & Movement 4 Youth 11:30am - 12:30 pm</p>
6	<p>7</p> <p>Labor Day</p> <p>Healthy Black Family Project</p> <p>Closed</p>	<p>8</p> <p>Gentle Yoga 10:00 - 11:00 am</p> <p>Walking Class 12:30 - 1:15 pm</p> <p>Rhythm & Movement 5:00 - 5:45 pm</p> <p>Body Toning 6:00 - 6:45 pm</p> <p>Diabetes Support Group 6:00 - 8:00 pm</p> <p>Yoga: Community Class 7:30 - 8:30 pm</p>	<p>9</p> <p>Body Toning 12:15 - 1:00 pm</p> <p>African/Afro-Modern Dance 6:00 - 7:30 pm</p> <p>Splash Dance 7:45 - 8:30 pm</p>	<p>10</p> <p>Yoga Meditation 9:00 - 9:45 am</p> <p>Gentle Yoga 10:00 - 11:00 am</p> <p>Walking Class 12:30 - 1:15 pm</p> <p>Rhythm & Movement 5:00 - 5:45 pm</p> <p>Body Toning 6:00 - 6:45 pm</p> <p>Gentle Yoga 7:00-8:00 pm</p>	<p>11</p> <p>Yoga 4 Teens 11:00 - 12:00 noon</p> <p>Nutrition Class The ENERGY Lab: Week 2 12-1:00 pm</p> <p>Afro-Modern Movement & Stretch 5:00-6:00 pm</p> <p>Power Yoga 4 Cyclists 6:00-7:00 pm</p>	<p>12</p> <p>Power Yoga 8:30-9:00 am</p> <p>Gentle Yoga 9-10am</p> <p>African Dance 10-11 am</p> <p>Splash Dance 11am - 12 pm</p> <p>Rhythm & Movement 4 Youth 11:30am - 12:30 pm</p>
13	<p>14</p> <p>Body Toning 12:15 - 1:00 pm</p> <p>Yoga Meditation 5:30 - 6:30 pm</p>	<p>15</p> <p>Gentle Yoga 10:00 - 11:00 am</p> <p>Walking Class 12:30 - 1:15 pm</p> <p>Rhythm & Movement 5:00 - 5:45 pm</p> <p>Body Toning 6:00 - 6:45 pm</p> <p>Diabetes Support Group 6:00 - 8:00 pm</p> <p>Yoga: Community Class</p>	<p>16</p> <p>Body Toning 12:15 - 1:00 pm</p> <p>African/Afro-Modern Dance 6:00 - 7:30 pm</p> <p>Splash Dance 7:45 - 8:30 pm</p>	<p>17</p> <p>Yoga Meditation 9:00 - 9:45 am</p> <p>Gentle Yoga 10:00 - 11:00 am</p> <p>Walking Class 12:30 - 1:15 pm</p> <p>Rhythm & Movement 5:00 - 5:45pm</p> <p>Body Toning 6:00 - 6:45pm</p> <p>Major Taylor Cycling Club 6:30 - 8:00 pm</p> <p>Gentle Yoga 7:00-8:00 pm</p>	<p>18</p> <p>Yoga 4 Teens 11:00 - 12:00 noon</p> <p>Nutrition Class The ENERGY Lab: Week 3 12-1:00 pm</p> <p>Afro-Modern Movement & Stretch 5:00-6:00 pm</p> <p>Power Yoga 4 Cyclists 6:00-7:00 pm</p>	<p>19</p> <p>Power Yoga 8:30-9:00 am</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 Discussion: As A Man/Woman Thinketh: John Allen/Dorothy Hulst Download a copy at www.socool.com/rkennedy/thinketh.html 1:00 - 3:00 pm</p>
20	<p>21</p> <p>Body Toning 12:15 - 1:00 pm</p> <p>Yoga Meditation 5:30 - 6:30 pm</p>	<p>22</p> <p>Gentle Yoga 10:00 - 11:00 am</p> <p>Walking Class 12:30 - 1:15 pm</p> <p>Rhythm & Movement 5:00 - 5:45 pm</p> <p>Body Toning 6:00 - 6:45 pm</p> <p>Diabetes Support Group 6:00 - 8:00 pm</p> <p>Yoga: Community Class</p>	<p>23</p> <p>Body Toning 12:15 - 1:00 pm</p> <p>African/Afro-Modern Dance 6:00 - 7:30 pm</p> <p>Splash Dance 7:45 - 8:30 pm</p>	<p>24</p> <p>Yoga Meditation 9:00 - 9:45 am</p> <p>Gentle Yoga 10:00 - 11:00 am</p> <p>Walking Class 12:30 - 1:15 pm</p> <p>Rhythm & Movement 5:00 - 5:45 pm</p> <p>Body Toning 6:00 - 6:45 pm</p> <p>Gentle Yoga 7:00-8:00 pm</p>	<p>25</p> <p>Yoga 4 Teens 11:00 - 12:00 noon</p> <p>Nutrition Class The ENERGY Lab: Week 4 12-1:00 pm</p> <p>Afro-Modern Movement & Stretch 5:00-6:00 pm</p>	<p>26</p> <p>African Dance 10-11 am</p> <p>Splash Dance 11am - 12 pm</p> <p>Rhythm & Movement 4 Youth 11:30am - 12:30 pm</p>

27	28	29	30
	Body Toning 12:15 - 1:00 pm	Gentle Yoga 10:00 - 11:00 am Walking Class 12:30 - 1:15 pm	Body Toning 12:15 - 1:00 pm
	Yoga Meditation 5:30 - 6:30 pm	Rhythm & Movement 5:00 - 5:45 pm Body Toning 6:00 - 6:45 pm Diabetes Support Group 6:00 - 8:00 pm Yoga: Community Class	African/Afro-Modern Dance 6:00 - 7:30 pm Splash Dance 7:45 - 8:30 pm



Healthy Black Family Project TM

at The Kingsley Association

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

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