

# DECEMBER 2008

SUN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<p>1 Body Toning 12:15-1:00pm</p> <p>Walking Class 5:45-6:30pm</p> <p>Yoga Meditation 6-7pm</p>	<p>2 Yoga Meditation 9-9:45am</p> <p>Gentle Yoga 10-11am</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>Afro-Modern Movement &amp; Stretch 6-6:45pm</p> <p>Yoga: Community Class 6:30-7:30pm</p>	<p>3 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>4 Yoga Meditation 9-9:45am</p> <p>Gentle Yoga 10-11am</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>Afro-Modern Movement &amp; Stretch 6-6:45pm</p> <p>Smoking Cessation 6-7pm</p> <p>“Let Ya Fro Go” 7-8pm</p> <p>Gentle Yoga 7-8pm</p>	<p>5 Afro-Modern Movement &amp; Stretch 5-6pm</p> <p>Power Yoga 4 Cyclists 6-7pm</p> <p>Nutrition 7-8pm</p>	<p>6 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 &amp; Movement 4 Youth 11:30am – 12:30pm</p> <p>Yoga 4 Children (5-12 yrs. old) 12:30-1:30pm</p>
7	<p>8 Body Toning 12:15-1:00pm</p> <p>Walking Class 5:45-6:30pm</p> <p>Yoga Meditation 6-7pm</p>	<p>9 Yoga Meditation 9-9:45am</p> <p>Gentle Yoga 10-11am</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>Afro-Modern Movement &amp; Stretch 6-6:45pm</p> <p>Yoga: Community Class 6:30-7:30pm</p>	<p>10 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>11 Yoga Meditation 9-9:45am</p> <p>Gentle Yoga 10-11am</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>Afro-Modern Movement &amp; Stretch 6-6:45pm</p> <p>Smoking Cessation 6-7pm</p> <p>“Let Ya Fro Go” 7-8pm</p> <p>Gentle Yoga 7-8pm</p>	<p>12 Afro-Modern Movement &amp; Stretch 5-6pm</p> <p>Power Yoga 4 Cyclists 6-7pm</p> <p>Nutrition 7-8pm</p>	<p>13 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 &amp; Movement 4 Youth 11:30am – 12:30pm</p> <p>Yoga 4 Teens (13-19 yrs. old) 12:30-1:30pm</p>
14	<p>15 Body Toning 12:15-1:00pm</p> <p>Walking Class 5:45-6:30pm</p> <p>Yoga Meditation 6-7pm</p>	<p>16 Yoga Meditation 9-9:45am</p> <p>Gentle Yoga 10-11am</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>Afro-Modern Movement &amp; Stretch 6-6:45pm</p> <p>Yoga: Community Class 6:30-7:30pm</p>	<p>17 Yoga Meditation 8-9am</p> <p>Body Toning 12:15-1pm</p> <p>Cancer Forum - Cancer Prevention 101 1-2pm</p> <p>Walking Class 5:45-6:30pm</p> <p>African Dance 6-6:45pm</p> <p>Rhythm &amp; Movement 7-8pm</p>	<p>18 Yoga Meditation 9-9:45am</p> <p>Gentle Yoga 10-11am</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>Afro-Modern Movement &amp; Stretch 6-6:45pm</p> <p>Smoking Cessation 6-7pm</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>19 Afro-Modern Movement &amp; Stretch 5-6pm</p> <p>Power Yoga 4 Cyclists 6-7pm</p> <p>Nutrition 7-8pm</p>	<p>20 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 &amp; Movement 4 Youth 11:30am – 12:30pm</p> <p>Yoga 4 Children (5-12 yrs. old) 12:30-1:30pm</p>

21	22 Body Toning 12:15-1:00pm  Walking Class 5:45-6:30pm  Yoga Meditation 6-7pm  	23 Yoga Meditation 9-9:45am  Gentle Yoga 10-11am  <b>OFFICE WILL CLOSE AT 12 NOON</b>	24  OFFICE CLOSED  <i>Happy Holidays!</i>	25  OFFICE CLOSED  <i>Happy Holidays!</i>	26 OFFICE CLOSED  WINTER  RECESS	27 OFFICE CLOSED  WINTER  RECESS
28	29 OFFICE CLOSED  WINTER  RECESS	30  OFFICE CLOSED  WINTER  RECESS	31  OFFICE CLOSED  WINTER  RECESS			

*Healthy Black Family Project™*  
*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](http://www.cmh.pitt.edu)