

FEBRUARY 2009

SUN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2 Body Toning 11-12 noon Yoga Meditation 6:30-7:30pm	3 Yoga Meditation 9-9:45am Gentle Yoga 10-11am Walking Class 11:45am-12:30pm Rhythm & Movement 5-5:45pm Body Toning 6-6:45pm Afro-Modern Movement & Stretch 6-6:45pm Yoga: Community Class 6:30-7:30pm	4 Yoga Meditation 8-9am Movement and Stretch 10-11am Body Toning 11-12 noon African Dance 6-6:45pm Rhythm & Movement 7-8pm Splash Dance 7:45-8:30pm	5 Yoga Meditation 9-9:45am Gentle Yoga 10-11am Walking Class 11: 45am-12:30pm Rhythm & Movement 5-5:45pm Body Toning 6-6:45pm Afro-Modern Movement & Stretch 6-6:45pm “Let Ya Fro Go” 7-8pm Gentle Yoga 7-8pm	6 Movement and Stretch 10-11am Afro-Modern Movement & Stretch 5-6pm Power Yoga 4 Cyclists 6-7pm	7 Power Yoga 8-8:45am Gentle Yoga 9-10am African Dance 10-11am Splash Dance 11am – 12pm Rhythm & Movement 4 Youth 11:30am – 12:30pm Yoga 4 Children (5-12 yrs. old) 12:30-1:30pm
8	9 Body Toning 11-12 noon Yoga Meditation 6:30-7:30pm	10 Yoga Meditation 9-9:45am Gentle Yoga 10-11am Walking Class 11:45am-12:30pm Rhythm & Movement 5-5:45pm Body Toning 6-6:45pm Afro-Modern Movement & Stretch 6-6:45pm Yoga: Community Class 6:30-7:30pm	11 Yoga Meditation 8-9am Movement and Stretch 10-11am Body Toning 11-12 noon African Dance 6-6:45pm Rhythm & Movement 7-8pm Splash Dance 7:45-8:30pm	12 Yoga Meditation 9-9:45am Gentle Yoga 10-11am Walking Class 11: 45am-12:30pm Rhythm & Movement 5-5:45pm Body Toning 6-6:45pm Afro-Modern Movement & Stretch 6-6:45pm “Let Ya Fro Go” 7-8pm Gentle Yoga 7-8pm	13 Movement and Stretch 10-11am Afro-Modern Movement & Stretch 5-6pm Power Yoga 4 Cyclists 6-7pm	14 Power Yoga 8-8:45am Gentle Yoga 9-10am African Dance 10-11am Splash Dance 11am – 12pm Rhythm & Movement 4 Youth 11:30am – 12:30pm Yoga 4 Teens (13-19 yrs. old) 12:30-1:30pm



Healthy Black Family Project™

at The Kingsley Association

15	16	17	18	19	20	21
	Body Toning 11-12 noon Yoga Meditation 6:30-7:30pm	Yoga Meditation 9-9:45am Gentle Yoga 10-11am Walking Class 11:45am-12:30pm Rhythm & Movement 5-5:45pm Body Toning 6-6:45pm Afro-Modern Movement & Stretch 6-6:45pm Yoga: Community Class 6:30-7:30pm	Yoga Meditation 8-9am Movement and Stretch 10-11am Body Toning 11-12 noon Pancreatic Cancer Workshop 1:00-2:00pm African Dance 6-6:45pm Rhythm & Movement 7-8pm Splash Dance 7:45-8:30pm	Yoga Meditation 9-9:45am Gentle Yoga 10-11am Walking Class 11:45am-12:30pm Rhythm & Movement 5-5:45pm Body Toning 6-6:45pm Afro-Modern Movement & Stretch 6-6:45pm Major Taylor Cycling Club 6:30-8pm “Let Ya Fro Go” 7-8pm Gentle Yoga 7-8pm	Movement and Stretch 10-11am Afro-Modern Movement & Stretch 5-6pm Power Yoga 4 Cyclists 6-7pm	Power Yoga 8-8:45am Gentle Yoga 9-10am African Dance 10-11am Splash Dance 11am – 12pm Rhythm & Movement 4 Youth 11:30am – 12:30pm Yoga 4 Children (5-12 yrs. old) 12:30-1:30pm
22	23	24	25	26	27	28
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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