

# MARCH 2009

SUN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4	5	6	7
	<p><b>Body Toning</b> 11-12 noon</p> <p><b>Yoga Meditation</b> 6:30-7:30pm</p>	<p><b>Gentle Yoga</b> 10-11am</p> <p><b>Walking Class</b> 11:45am-12:30pm</p> <p><b>Rhythm &amp; Movement</b> 5-5:45pm</p> <p><b>Body Toning</b> 6-6:45pm</p> <p><b>Diabetes Support Group</b> 6-8:00pm</p> <p><b>Afro-Modern Movement &amp; Stretch</b> 6-6:45pm</p> <p><b>Yoga: Community Class</b> 6:30-7:30pm</p>	<p><b>Movement and Stretch</b> 10-11am</p> <p><b>Body Toning</b> 11-12 noon</p> <p><b>African Dance</b> 6-6:45pm</p> <p><b>Rhythm &amp; Movement</b> 7-8pm</p> <p><b>Splash Dance</b> 7:45-8:30pm</p>	<p><b>Yoga Meditation</b> 9-9:45am</p> <p><b>Gentle Yoga</b> 10-11am</p> <p><b>Walking Class</b> 11: 45am-12:30pm</p> <p><b>Rhythm &amp; Movement</b> 5-5:45pm</p> <p><b>Body Toning</b> 6-6:45pm</p> <p><b>Afro-Modern Movement &amp; Stretch</b> 6-6:45pm</p> <p><b>“Let Ya Fro Go”</b> 7-8pm</p> <p><b>Gentle Yoga</b> 7-8pm</p>	<p><b>Movement and Stretch</b> 10-11am</p> <p><b>Afro-Modern Movement &amp; Stretch</b> 5-6pm</p> <p><b>Power Yoga 4 Cyclists</b> 6-7pm</p>	<p><b>Power Yoga</b> 8-8:45am</p> <p><b>Gentle Yoga</b> 9-10am</p> <p><b>African Dance</b> 10-11am</p> <p><b>Splash Dance</b> 11am – 12pm</p> <p><b>Rhythm &amp; Movement 4 Youth</b> 11:30am – 12:30pm</p> <p><b>2nd Fitness Assessments Walk-Ins</b> 2-4pm (Only members who have already had their first assessment)</p>
8	9	10	11	12	13	14
	<p><b>Body Toning</b> 11-12 noon</p> <p><b>Yoga Meditation</b> 6:30-7:30pm</p>	<p><b>Gentle Yoga</b> 10-11am</p> <p><b>Walking Class</b> 11:45am-12:30pm</p> <p><b>Rhythm &amp; Movement</b> 5-5:45pm</p> <p><b>Body Toning</b> 6-6:45pm</p> <p><b>Diabetes Support Group</b> 6-8:00pm</p> <p><b>Afro-Modern Movement &amp; Stretch</b> 6-6:45pm</p> <p><b>Yoga: Community Class</b> 6:30-7:30pm</p>	<p><b>Movement and Stretch</b> 10-11am</p> <p><b>Body Toning</b> 11-12 noon</p> <p><b>African Dance</b> 6-6:45pm</p> <p><b>Rhythm &amp; Movement</b> 7-8pm</p> <p><b>Splash Dance</b> 7:45-8:30pm</p>	<p><b>Yoga Meditation</b> 9-9:45am</p> <p><b>Gentle Yoga</b> 10-11am</p> <p><b>Walking Class</b> 11: 45am-12:30pm</p> <p><b>Rhythm &amp; Movement</b> 5-5:45pm</p> <p><b>Body Toning</b> 6-6:45pm</p> <p><b>Afro-Modern Movement &amp; Stretch</b> 6-6:45pm</p> <p><b>“Let Ya Fro Go”</b> 7-8pm</p> <p><b>Gentle Yoga</b> 7-8pm</p>	<p><b>Movement and Stretch</b> 10-11am</p> <p><b>Afro-Modern Movement &amp; Stretch</b> 5-6pm</p> <p><b>Power Yoga 4 Cyclists</b> 6-7pm</p>	<p><b>Power Yoga</b> 8-8:45am</p> <p><b>Gentle Yoga</b> 9-10am</p> <p><b>African Dance</b> 10-11am</p> <p><b>Splash Dance</b> 11am – 12pm</p> <p><b>Rhythm &amp; Movement 4 Youth</b> 11:30am – 12:30pm</p> <p><b>2nd Fitness Assessments Walk-Ins</b> 2-4pm (Only members who have already had their first assessment)</p>
15	16	17	18	19	20	21
	<p><b>Body Toning</b> 11-12 noon</p> <p><b>Yoga Meditation</b> 6:30-7:30pm</p>	<p><b>Gentle Yoga</b> 10-11am</p> <p><b>Walking Class</b> 11:45am-12:30pm</p> <p><b>Rhythm &amp; Movement</b> 5-5:45pm</p> <p><b>Body Toning</b> 6-6:45pm</p> <p><b>Diabetes Support Group</b> 6-8:00pm</p> <p><b>Afro-Modern Movement &amp; Stretch</b> 6-6:45pm</p> <p><b>Yoga: Community Class</b> 6:30-7:30pm</p>	<p><b>Movement and Stretch</b> 10-11am</p> <p><b>Body Toning</b> 11-12 noon</p> <p><b>Colorectal Cancer Workshop</b> 1:00-2:00pm</p> <p><b>African Dance</b> 6-6:45pm</p> <p><b>Rhythm &amp; Movement</b> 7-8pm</p> <p><b>Splash Dance</b> 7:45-8:30pm</p>	<p><b>Yoga Meditation</b> 9-9:45am</p> <p><b>Gentle Yoga</b> 10-11am</p> <p><b>Walking Class</b> 11:45am-12:30pm</p> <p><b>Rhythm &amp; Movement</b> 5-5:45pm</p> <p><b>Body Toning</b> 6-6:45pm</p> <p><b>Afro-Modern Movement &amp; Stretch</b> 6-6:45pm</p> <p><b>Major Taylor Cycling Club</b> 6:30-8pm</p> <p><b>“Let Ya Fro Go”</b> 7-8pm</p> <p><b>Gentle Yoga</b> 7-8pm</p>	<p><b>Movement and Stretch</b> 10-11am</p> <p><b>Afro-Modern Movement &amp; Stretch</b> 5-6pm</p> <p><b>Power Yoga 4 Cyclists</b> 6-7pm</p>	<p><b>Power Yoga</b> 8-8:45am</p> <p><b>Gentle Yoga</b> 9-10am</p> <p><b>African Dance</b> 10-11am</p> <p><b>Splash Dance</b> 11am – 12pm</p> <p><b>Rhythm &amp; Movement 4 Youth</b> 11:30am – 12:30pm</p>

22	23	24	25	26	27	28
	<p><b>Body Toning</b> 11-12 noon</p> <p><b>Yoga Meditation</b> 6:30-7:30pm</p>	<p><b>Gentle Yoga</b> 10-11am <b>Walking Class</b> 11:45am-12:30pm</p> <p><b>Rhythm &amp; Movement</b> 5-5:45pm <b>Body Toning</b> 6-6:45pm <b>Diabetes Support Group</b> 6-8:00pm <b>Afro-Modern Movement &amp; Stretch</b> 6-6:45pm <b>Yoga: Community Class</b> 6:30-7:30pm</p>	<p><b>Movement and Stretch</b> 10-11am <b>Body Toning</b> 11-12 noon</p> <p><b>African Dance</b> 6-6:45pm</p> <p><b>Rhythm &amp; Movement</b> 7-8pm</p> <p><b>Splash Dance</b> 7:45-8:30pm</p>	<p><b>Yoga Meditation</b> 9-9:45am <b>Gentle Yoga</b> 10-11am <b>Walking Class</b> 11:45am-12:30pm</p> <p><b>Rhythm &amp; Movement</b> 5-5:45pm <b>Body Toning</b> 6-6:45pm <b>Afro-Modern Movement &amp; Stretch</b> 6-6:45pm <b>“Let Ya Fro Go”</b> 7-8pm <b>Gentle Yoga</b> 7-8pm</p>	<p><b>Movement and Stretch</b> 10-11am</p> <p><b>Afro-Modern Movement &amp; Stretch</b> 5-6pm</p>	<p><b>African Dance</b> 10-11am</p> <p><b>Splash Dance</b> 11am – 12pm</p> <p><b>Rhythm &amp; Movement 4 Youth</b> 11:30am – 12:30pm</p>
29	30	31	<p>To become a HBFP participant, you must attend an orientation at the HBFP headquarters located at the <b>Kingsley Association</b>, <b>6435 Frankstown Ave, Pittsburgh, PA 15206.</b></p>			
	<p><b>Body Toning</b> 11-12 noon</p> <p><b>Yoga Meditation</b> 6:30-7:30pm</p>	<p><b>Gentle Yoga</b> 10-11am <b>Walking Class</b> 11:45am-12:30pm <b>Rhythm &amp; Movement</b> 5-5:45pm <b>Body Toning</b> 6-6:45pm <b>Diabetes Support Group</b> 6-8:00pm <b>Afro-Modern Movement &amp; Stretch</b> 6-6:45pm <b>Yoga: Community Class</b> 6:30-7:30pm</p>				



*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**

[www.cmh.pitt.edu](http://www.cmh.pitt.edu)