



****Classes are free for qualified participants!**

African American Health Coalition, Inc.

Presents for your health,

Wellness Within REACH Activity Calendar

Aerobics

Mallory Ave. Christian Church

Mon, Wed, Fri, 6-7am, Pierce • 5:30-6:20pm,
Granville • 6:30-7:30pm, Nickerson

Low Impact Aerobics

Daniel's Memorial Church

Tue, 7:15-8:15pm, Granville

Water Aerobics (Contact AAHC)

Columbia Pool, Matt Dishman

African Exercise

Matt Dishman

Sat, 10-11am, Addo

Body Conditioning

Wild Oats Market

Sat, 9:30-10:30am, Nickerson

Chicago Step

Classes Will Resume Soon

Kickboxing

Mallory Ave. Christian Church

Tue, Thu, 6-7pm, Keller

Pilates (Contact AAHC)

Matt Dishman

Tue, 8-9pm

Stretching/Body Sculpting

(Class courtesy of Matt Dishman)

Matt Dishman

Tue, Thu, 7-8am, Lois

Tai Chi (Contact AAHC)

St. John's Community Center

Tue, 6:30-7:30pm

Walking Group

Peninsula Park

Sat, 12:30pm, Woods

Lloyd Ctr, 1st Fl. in front of Sears

Tue, Thu, 6:30pm, Woods

Weight Mgmt./Conditioning

Whitaker Track

Tue, Thu, 9-10am, Hasan

Yoga

Wild Oats Market

Tue, Thu, 7:30-8:30pm, Wren

Columbia Pool, 7701 N Chautauqua

Daniel's Memorial Church, 1234 NE Killingsworth

Mallory Ave Christian Church (Gym), 126 NE Alberta

Matt Dishman, 77 NE Knott

Peninsula Park, 700 N Portland

St. John's Community Center, 8427 N. Central

Whitaker Track, NE 42nd & Killingsworth

Wild Oats Market, 3535 NE 15th

****Please contact AAHC before attending the first class and for more information at 503-413-1850 or kdempsey@aahc-portland.org. Please receive approval from your doctor before beginning exercise class.**

Must be 18 or older

REACH

Racial and Ethnic Approaches to Community Health
A Program of the African American Health Coalition, Inc.
Sponsored by the Centers for Disease Control and Prevention (CDC)



Contact AAHC at 503-413-1850 or visit our web site at www.aahc-portland.org