







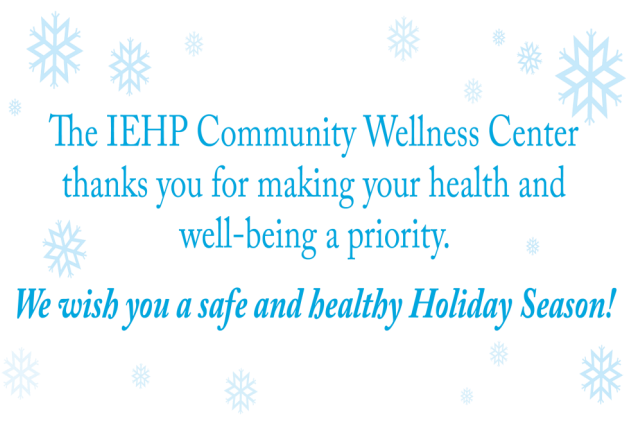



Community Wellness Center - RIVERSIDE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
<p>2</p> <p>Strength & Conditioning 9am-10am</p> <p>*Easy Turkey Skillet Dinner — Food Demo 10am-11am</p> <p>Meditation 10:30am-11:30am</p> <p>*Easy Turkey Skillet Dinner — Food Demo 11:30am-12:30pm</p> <p>*Food Demo 30 max capacity</p> <p>Pure Strength 12pm-1pm</p> <p>Tabata Dance 1:30pm-2:30pm</p> <p>HIIT & Core Training 3pm-4pm</p> <p>Bootcamp for Kids (ages 4-11) 5pm-5:45pm</p>	<p>3</p> <p>Line Dance 9am-10am</p> <p>Human Trafficking 9am-10am</p> <p>Living Well in the Community #7 10:30am-11:30am</p> <p>Fitness Training 10:30am-11:30am</p> <p>Body Flow 12pm-1pm</p> <p>Understanding Diabetes #9 (Spanish) 12pm-1pm</p> <p>Yoga for Seniors & PWD 2pm-3pm</p> <p>Healthy Living my Best Self #2 (Spanish) 2:30pm-3:30pm</p> <p>Chair Fitness 3:30pm-4:30pm</p> <p>Mindful Living #2 4pm-5pm</p> <p>Kickboxing 5pm-6pm</p>	<p>4</p> <p><i>IEHP Renewal Specialist</i></p> <p>Yoga Flow for Beginners 9am-10am</p> <p>Learn About Free Legal and Citizenship/ Immigration Services (Bilingual) 10am-11am</p> <p>Aerobic Boxing 11:15am-12:15pm</p> <p>Pure Strength 12:30pm-1:30pm</p> <p>Your Health & Wellness Benefits (Spanish) 1pm-2pm</p> <p>Tabata Chair 2pm-3pm</p> <p>Easy Turkey Skillet Dinner — Food Demo (Spanish) 2:30pm-3:30pm</p> <p>Boot Camp 3:30pm-4:30pm</p> <p>French Toast Sticks with Berry Syrup — Kids Food Demo (ages 4-11) 4pm-4:45pm</p> <p>Body Flow 5pm-6pm</p> <p>Tabata for Kids (ages 4-11) 5:15pm-6pm</p>	<p>5</p> <p>Chair Fitness 9am-10am</p> <p>Knitting & Crochet (Bilingual, Self-led) 10am-11:30am</p> <p>Yin Yoga 10:30am-11:30am</p> <p>Line Dance 12pm-1pm</p> <p>Tabata Gold 2pm-3pm</p> <p>Medicare 101 3pm-3:30pm</p> <p>3:30pm-4pm (Spanish)</p> <p>Body Sculpting 3:30pm-4:30pm</p> <p>Cardio Kickboxing 5pm-6pm</p>	<p>6</p> <p>Bootcamp 9am-10am</p> <p>Zumbini (ages 0-3) 10:30am-11:15am</p> <p>Hot Cocoa Social (Bilingual) 12pm-12:30pm</p> <p>Arts & Crafts (Bilingual) 1:30pm-2:30pm</p> <p>Yoga for Seniors & PWD 2pm-3pm</p> <p>24/7 Dads: Cohort 5, make-up session 4pm-6pm</p> <p>Yoga for Kids (ages 4-11) 4pm-4:45pm</p> <p>Strength & Conditioning 5pm-6pm</p>	<p>7</p> <div style="text-align: center;">  <p>Community Wellness Center CLOSED</p> </div>	
<p>9</p> <p>Strength & Conditioning 9am-10am</p> <p>*Winter Salad — Food Demo 10am-11am</p> <p>Meditation 10:30am-11:30am</p> <p>*Winter Salad — Food Demo 11:30am-12:30pm</p> <p>*Food Demo 30 max capacity</p> <p>Pure Strength 12pm-1pm</p> <p>Master your Glucose 1pm-2:30pm</p> <p>Tabata Dance 1:30pm-2:30pm</p> <p>HIIT & Core Training 3pm-4pm</p> <p>Bootcamp for Kids (ages 4-11) 5pm-5:45pm</p>	<p>10</p> <p>Line Dance 9am-10am</p> <p>Human Trafficking (Spanish) 9am-10am</p> <p>Knitting & Crochet (Bilingual, Self-led) 10am-11:30am</p> <p>Fitness Training 10:30am-11:30am</p> <p>Body Flow 12pm-1pm</p> <p>Yoga for Seniors & PWD 2pm-3pm</p> <p>Chair Fitness 3:30pm-4:30pm</p> <p>Arts & Crafts for Kids (ages 4-11) 5pm-5:45pm</p> <p>Dance Fitness 5pm-6pm</p>	<p>11</p> <p><i>IEHP Renewal Specialist</i></p> <p>Yoga Flow for Beginners 9am-10am</p> <p>High Energy Usage & 3rd Party Services (Bilingual) 10am-11am</p> <p>Aerobic Boxing 11:15am-12:15pm</p> <p>Pure Strength 12:30pm-1:30pm</p> <p>Tabata Chair 2pm-3pm</p> <p>Winter Salad — Food Demo (Spanish) 2:30pm-3:30pm</p> <p>Boot Camp 3:30pm-4:30pm</p> <p>Reindeer Snacks — Kids Food Demo (ages 4-11) 4pm-4:45pm</p> <p>Body Flow 5pm-6pm</p> <p>Tabata for Kids (ages 4-11) 5:15pm-6pm</p>	<p>12</p> <p>Chair Fitness 9am-10am</p> <p>*MSR New Member Orientation 10am-11am</p> <p>11:30am-12:30pm (Spanish)</p> <p>Yin Yoga 10:30am-11:30am</p> <p>Line Dance 12pm-1pm</p> <p>Tabata Gold 2pm-3pm</p> <p>Body Sculpting 3:30pm-4:30pm</p> <p>Arts & Crafts (Bilingual) 4pm-5pm</p> <p>Cardio Kickboxing 5pm-6pm</p> <p><small>*Join a New Member Orientation and receive a FREE Gift</small></p>	<p>13</p> <p>Bootcamp 9am-10am</p> <p>My Life, My Choice 9am-10am (Spanish)</p> <p>10:30am-11:30am</p> <p>Zumbini (ages 0-3) 10:30am-11:15am</p> <p>Healthy Heart #1 (Spanish) 12pm-1pm</p> <p>Yoga for Seniors & PWD 2pm-3pm</p> <p>Healthy Heart #1 2:30pm-3:30pm</p> <p>24/7 Dads: Cohort 5, Session 6 4pm-6pm</p> <p>Yoga for Kids (ages 4-11) 4pm-4:45pm</p> <p>Strength & Conditioning 5pm-6pm</p>	<p>14</p> <div style="text-align: center;">  <p>Winter Wonderland 10am-12:30pm</p> <p>Join us for Games Activities Fun</p>  <p>Toy Giveaway RSVP Required (ages 0-17) Call 1-866-228-4347 for more info. Limited quantities. Child & Legal Guardian must be present.</p> <p>Gift Wrapping Station *Wrapping supplies provided. Bring your gifts.</p> <p>Arts & Crafts for Kids Winter Apple Cookies — Food Demo for Kids</p> </div>	
<p>16</p> <p>Strength & Conditioning 9am-10am</p> <p>*Chicken Pozole & Tamales — Food Demo 10am-11am</p> <p>Meditation 10:30am-11:30am</p> <p>*Chicken Pozole & Tamales — Food Demo 11:30am-12:30pm</p> <p>*Food Demo 30 max capacity</p> <p>Pure Strength: 12pm-1pm</p> <p>Your Health & Wellness Benefits (Spanish) 1pm-2pm</p> <p>Tabata Dance Canceled</p> <p>HIIT & Core Training 3pm-4pm</p> <p>Arts & Crafts (Bilingual) 4pm-5pm</p> <p>Bootcamp for Kids (ages 4-11) 5pm-5:45pm</p>	<p>17</p> <div style="text-align: center;">  <p>Community Wellness Center CLOSED</p> </div>	<p>18</p> <div style="text-align: center;">  <p>CLOSED 9am-10am</p> </div> <p>Yoga Flow for Beginners Canceled</p> <p>Mindful Living #2 (Spanish) 10:30am-11:30am</p> <p>Aerobic Boxing 11:15am-12:15pm</p> <p>Quitting Tobacco 12pm-1pm</p> <p>Pure Strength 12:30pm-1:30pm</p> <p>Tabata Chair 2pm-3pm</p> <p>Chicken Pozole & Tamales — Food Demo (Spanish) 2:30pm-3:30pm</p> <p>Boot Camp 3:30pm-4:30pm</p> <p>Santa Waffles — Kids Food Demo (ages 4-11) 4pm-4:45pm</p> <p>Body Flow 5pm-6pm</p> <p>Tabata for Kids (ages 4-11) 5:15pm-6pm</p>	<p>19</p> <p>Chair Fitness 9am-10am</p> <p>Healthy Living My Best Self #2 9am-10am</p> <p>Knitting & Crochet (Bilingual, Self-led) 10am-11:30am</p> <p>Yin Yoga 10:30am-11:30am</p> <p>CPR 12pm-3pm</p> <p>Line Dance 12pm-1pm</p> <p>Tabata Gold 2pm-3pm</p> <p>Body Sculpting 3:30pm-4:30pm</p> <p>Understanding Diabetes #9 3:30pm-4:30pm</p> <p>Arts & Crafts for Kids (ages 4-11) 5pm-5:45pm</p> <p>Cardio Kickboxing 5pm-6pm</p>	<p>20</p> <p>Bootcamp 9am-10am</p> <p>Gift Wrapping Session (Bilingual) 10am-11:30am</p> <p>Zumbini (ages 0-3) 10:30am-11:15am</p> <p>Your Health & Wellness Benefits 1pm-2pm</p> <p>Yoga for Seniors & PWD Canceled</p> <p>Game Hour for Kids (ages 4-11) 3pm-4pm</p> <p>Yoga for Kids (ages 4-11) 4pm-4:45pm</p> <p>Strength & Conditioning 5pm-6pm</p>	<p>21</p> <div style="text-align: center;">  <p>Community Wellness Center CLOSED</p> </div>	
<p>23</p> <p>Strength & Conditioning 9am-10am</p> <p>*Waffle & Fruit Kabobs — Food Demo 10am-11am</p> <p>Meditation 10:30am-11:30am</p> <p>*Waffle & Fruit Kabobs — Food Demo 11:30am-12:30pm</p> <p>*Food Demo 30 max capacity</p> <p>Pure Strength 12pm-1pm</p> <p>Tabata Dance 1:30pm-2:30pm</p> <p>HIIT & Core Training 3pm-4pm</p> <p>Arts & Crafts for Kids (ages 4-11) 4pm-4:45pm</p> <p>Bootcamp for Kids (ages 4-11) 5pm-5:45pm</p>	<p>24</p> <div style="text-align: center;">  <p>CLOSED</p> </div>	<p>25</p> <p>Chair Fitness 9am-10am</p> <p>Knitting & Crochet (Bilingual, Self-led) 10am-11:30am</p> <p>Yin Yoga 10:30am-11:30am</p> <p>CPR (Spanish) 12pm-3pm</p> <p>Line Dance 12pm-1pm</p> <p>Tabata Gold 2pm-3pm</p> <p>Body Sculpting 3:30pm-4:30pm</p> <p>Arts & Crafts for Kids (ages 4-11) 4pm-5pm</p> <p>Cardio Kickboxing 5pm-6pm</p>	<p>26</p> <p>Bootcamp 9am-10am</p> <p>Zumbini (ages 0-3) 10:30am-11:15am</p> <p>Hot Cocoa Social (Bilingual) 12pm-12:30pm</p> <p>PB&J Christmas Kabobs — Food Demo for Kids (ages 4-11) 1pm-1:45pm</p> <p>Yoga for Seniors & PWD Canceled</p> <p>Arts & Crafts for Kids (ages 4-11) 2:30pm-3:30pm</p> <p>Yoga for Kids (ages 4-11) 4pm-4:45pm</p> <p>Strength & Conditioning 5pm-6pm</p>	<p>27</p> <p>Bootcamp 9am-10am</p> <p>Zumbini (ages 0-3) 10:30am-11:15am</p> <p>Hot Cocoa Social (Bilingual) 12pm-12:30pm</p> <p>Yoga for Kids (ages 4-11) 4pm-4:45pm</p> <p>Strength & Conditioning 5pm-6pm</p>	<p>28</p> <div style="text-align: center;">  <p>Community Wellness Center CLOSED</p> </div>	
<p>30</p> <p>Strength & Conditioning 9am-10am</p> <p>*Sesame Chicken with Peppers & Snow Peas — Food Demo 10am-11am</p> <p>Meditation 10:30am-11:30am</p> <p>*Sesame Chicken with Peppers & Snow Peas — Food Demo 11:30am-12:30pm</p> <p>*Food Demo 30 max capacity</p> <p>Pure Strength 12pm-1pm</p> <p>Tabata Dance 1:30pm-2:30pm</p> <p>HIIT & Core Training 3pm-4pm</p> <p>Holiday Snacks — Food Demo for Kids (ages 4-11) 4pm-4:45pm</p> <p>Bootcamp for Kids (ages 4-11) 5pm-5:45pm</p>	<p>31</p> <p>Line Dance 9am-10am</p> <p>Fitness Training 10:30am-11:30am</p> <p>Body Flow 12pm-1pm</p> <p>Game Hour for Kids (ages 4-11) 12pm-1pm</p> <p>Arts & Crafts for Kids (ages 4-11) 1:30pm-2:30pm</p> <p>Yoga for Seniors & PWD Canceled</p> <p>Chair Fitness 3:30pm-4:30pm</p> <p>Yoga for Kids (ages 4-11) 5pm-5:45pm</p>	<p></p> <p>The IEHP Community Wellness Center thanks you for making your health and well-being a priority.</p> <p><i>We wish you a safe and healthy Holiday Season!</i></p>			<p>February Medi-Cal packets have been mailed out, not sure what to do? IEHP is here to help. Let us schedule an appointment with our Renewal Specialist every Wednesday.</p>	<p></p> <p>SCAN ME! Use your phone to scan the QR code to view our full schedule of FREE classes.</p>

We heal and inspire the human spirit.

*Classes are subject to change.
All classes are first come, first serve.*

 3590 Tyler Street, Suite 101, Riverside, CA 92503
(across from Galleria at Tyler)

 Monday-Friday, 9am-6pm • Saturday, 8:30am-1pm

 1-866-228-4347 • TTY users should call 711

 www.iehp.org/crcClasses