

Community Resource Center - SAN BERNARDINO

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>2 <i>Medi-Cal Eligibility Worker</i></p> <p>Tabata Dance: 9am-10am Body Sculpting: 10:30am-11:30am Healthy Living My Best Self #1: 11:30am-12:30pm Line Dance: 12pm-1pm Yoga for Seniors & PDW: 1:30pm-2:30pm Mindful Living #1 (Spanish): 2:30pm-3:30pm Chair Fitness: 3:30pm-4:30pm Understanding Diabetes #9: 3:30pm-4:30pm Cardio Dance: 5pm-6pm</p>	<p>3 <i>Medi-Cal Eligibility Worker</i></p> <p>Cardio Kickboxing: 9am-10am Tabata Chair: 10:30am-11:30am December Holiday Blues: 12pm-1pm (Spanish) Meditation: 1pm-2pm Chair Kickboxing: 2:30pm-3:30pm Pure Strength: 4pm-5pm Arts & Crafts (Bilingual): 4pm-5pm HIIT: 5:30pm-6pm</p>	<p>4 <i>IEHP Renewal Specialist</i></p> <p>Tabata Dance: 9am-10am Cal Fresh (resource table): 10am-1pm Zumbini (ages 0-3): 10:30am-11:15am Yoga for Seniors & PDW: 12:30pm-1:30pm Fitness Training: 2:30pm-3:15pm Strength & Conditioning: 3:30pm-4:30pm Honey & Tea Social (Bilingual): 4:30pm-5pm Yin Yoga: 5pm-6pm</p>	<p>5</p> <p>Body Sculpting: 9am-10am Knitting & Crochet (Self-Led): 10:15am-11:15am Zumba: 10:30am-11:30am Easy Turkey Skillet Dinner — Food Demo (Bilingual): 11:45am-12:45pm Core Training: 12:45pm-1:45pm Line Dance: 2pm-3pm Aerobic Boxing: 3:30pm-4:30pm French Toast Sticks with Berry Syrup — Food Demo for Kids (ages 4-11): 4pm-4:45pm Arts & Crafts for Kids (ages 4-11): 5pm-6pm Chair Fitness: 5pm-6pm</p>	<p>6</p> <p>Yoga Flow: 9am-10am Baby and Me Social (Bilingual) (ages 0-3 and expecting parents): 9am-9:45am *Lactation-Led New Parent Group: *Open to all New Parents (Bilingual) 10am-12pm Strength and Conditioning: 10:30am-11:30am Zumbini (ages 0-3): 12pm-12:45pm *Midwifery-Led Prenatal Group (Bilingual): *Open to all Expecting Parents (Bilingual) 12:30pm-2:30pm HIIT & Core Training: 1:30pm-2:30pm Body Flow: 3pm-4pm Fitness Training: 4:30pm-5:30pm Boot Camp for Kids (Ages 4-11): 4:30pm-5:15pm</p>	<p>7</p>  <p>Community Wellness Center CLOSED</p>
<p>9</p> <p>Tabata Dance: 9am-10am Body Sculpting: 10:30am-11:30am Healthy Heart #2 (Spanish): 11:30am-12:30pm Line Dance: 12pm-1pm Yoga for Seniors & PDW: 1:30pm-2:30pm My Life My Choice: 2:30pm-3:30pm Understanding Diabetes #7 (Spanish): 3:30pm-4:30pm Chair Fitness: 3:30pm-4:30pm Cardio Dance: 5pm-6pm</p>	<p>10 <i>Medi-Cal Eligibility Worker</i></p> <p>Cardio Kickboxing: 9am-10am Medicare 101: 10am-10:30am (Spanish) 10:30am-11am Tabata Chair: 10:30am-11:30am High Energy Usage & 3rd Party Services (Bilingual): 12pm-1pm Meditation: 1pm-2pm Dance Fitness: 2:30pm-3:30pm IEHP New Member Orientation: 3pm-4pm 4pm-5pm (Spanish) *Join to receive a FREE gift. Pure Strength: 4pm-5pm HIIT: 5:30pm-6pm</p>	<p>11 <i>IEHP Renewal Specialist</i></p> <p>Tabata Dance: 9am-10am Cal Fresh (resource table): 10am-1pm Zumbini (ages 0-3): 10:30am-11:15am Your Health & Wellness Benefits: 10:30am-11:30am Yoga for Seniors & PDW: 12:30pm-1:30pm Talking with Your Teen About Birth Control & STIs: 2pm-3pm (Spanish) 3pm-4pm Fitness Training: 2:30pm-3:15pm Strength & Conditioning: 3:30pm-4:30pm Honey & Tea Social (Bilingual): 4:30pm-5pm Yin Yoga: 5pm-6pm</p>	<p>12</p> <p>Body Sculpting: 9am-10am Knitting & Crochet (Self-Led): 10:15am-11:15am Zumba: 10:30am-11:30am Winter Salad — Food Demo (Bilingual): 11:45am-12:45pm Core Training: 12:45pm-1:45pm Breast & Cervical Health (Bilingual): 1pm-2pm Line Dance: 2pm-3pm Aerobic Boxing: 3:30pm-4:30pm Reindeer Snacks — Food Demo for Kids (ages 4-11): 4pm-4:45pm Arts & Crafts for Kids (ages 4-11): 5pm-6pm Chair Fitness: 5pm-6pm</p>	<p>13</p> <p>Yoga Flow: 9am-10am Baby and Me Social (Bilingual) (ages 0-3 and expecting parents): 9am-9:45pm *Healthy Start Winter Party Group Event: *All Ages Welcome (Bilingual) 11am-2pm Strength and Conditioning (Bilingual): 10:30am-11:30am Zumbini (ages 0-3): 12pm-12:45pm HIIT & Core Training: 1:30pm-2:30pm Body Flow: 3pm-4pm Fitness Training: 4:30pm-5:30pm Boot Camp for Kids (Ages 4-11): 4:30pm-5:15pm</p>	<p>14</p>  <p>Community Wellness Center CLOSED</p>
<p>16 <i>IEHP Renewal Specialist</i></p> <p>Tabata Dance: 9am-10am Body Sculpting: 10:30am-11:30am Healthy Heart #2: 11:30am-12:30pm Line Dance: 12pm-1pm Yoga for Seniors & PDW: Cancelled Breathe Well, Live Well #1 (Spanish): 2:30pm-3:30pm Chair Fitness: 3:30pm-4:30pm Quitting Tobacco: 3:30pm-4:30pm Cardio Dance: 5pm-6pm</p>	<p>17</p>  <p>Community Wellness Center CLOSED</p>	<p>18</p> <p>CLOSED 9am-10am</p> <p>Tabata Dance: Cancelled Cal Fresh (resource table): 10am-1pm Zumbini (ages 0-3): 10:30am-11:15am Master Your Glucose (Spanish): 12pm-1:30pm Yoga for Seniors & PDW: Cancelled Your Health & Wellness Benefits: 10:30am-11:30am Fitness Training: 2:30pm-3:15pm Strength & Conditioning: 3:30pm-4:30pm Honey & Tea Social (Bilingual): 4:30pm-5pm Yin Yoga: 5pm-6pm</p>	<p>19</p> <p>Body Sculpting: 9am-10am Knitting & Crochet (Self-Led): 10:15am-11:15am Zumba: 10:30am-11:30am Chicken Pozole — Food Demo (Bilingual): 11:45am-12:45pm Core Training: 12:45pm-1:45pm December Holiday Blues: 1pm-2pm Line Dance: 2pm-3pm Aerobic Boxing: 3:30pm-4:30pm Santa Waffles — Food Demo for Kids (ages 4-11): 4pm-4:45pm Arts & Crafts for Kids (ages 4-11): 5pm-6pm Chair Fitness: 5pm-6pm</p>	<p>20</p> <p>Yoga Flow: 9am-10am Baby and Me Social (Bilingual) (ages 0-3 and expecting parents): 9am-9:45pm *Lactation-Led New Parent Group: *Open to all New Parents (Bilingual) 10am-12pm Strength and Conditioning: 10:30am-11:30am Zumbini (ages 0-3): 12pm-12:45pm *Midwifery-Led Prenatal Group (Bilingual): *Open to all Expecting Parents (Bilingual) 12:30pm-2:30pm HIIT & Core Training: 1:30pm-2:30pm Body Flow: 3pm-4pm Fitness Training: 4:30pm-5:30pm Boot Camp for Kids (Ages 4-11): 4:30pm-5:15pm</p>	<p>21</p>  <p>Winter Wonderland 10am-12:30pm</p> <p>Join us for Toys 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>Food Demo for Kids Winter Apple Cookies (ages 4-11)</p> <p>Arts & Crafts for Kids</p>
<p>23 <i>IEHP Renewal Specialist</i></p> <p>Tabata Dance: 9am-10am CPR: 10am-1pm Body Sculpting: Cancelled Line Dance: 12pm-1pm Yoga for Seniors & PDW: Cancelled Mini Pizzas—Food Demo for Kids (ages 4-11): 1:45pm-2:30pm Gift Wrapping Session: 3pm-5pm *Wrapping supplies provided. Bring your gifts. Chair Fitness: 3:30pm-4:30pm Cardio Dance: 5pm-6pm</p>	<p>24</p>  <p>CLOSED</p>	<p>25</p>  <p>CLOSED</p>	<p>26</p> <p>Body Sculpting: 9am-10am Knitting & Crochet (Self-Led): 10:15am-11:15am Cardio Dance: 10:30am-11:30am Waffle and Fruit Kabobs — Food Demo (Bilingual): 11:45am-12:45pm Core Training: Cancelled Line Dance: 2pm-3pm Aerobic Boxing: 3:30pm-4:30pm Peanut Butter & Jam (PB & J) Christmas Kabobs — Food Demo for Kids (ages 4-11): 4pm-4:45pm Arts & Crafts for Kids (ages 4-11): 5pm-6pm Chair Fitness: 5pm-6pm</p>	<p>27</p> <p>Yoga Flow: 9am-10am Baby and Me Social (Bilingual) (ages 0-3 and expecting parents): 9am-9:45pm Strength and Conditioning: 10:30am-11:30am Zumbini (ages 0-3): 12pm-12:45pm HIIT & Core Training: 1:30pm-2:30pm Movie Time for Kids (ages 4-11): 2pm-4pm *Refreshments provided Body Flow: 3pm-4pm Boot Camp for Kids (Ages 4-11): 4:30pm-5:15pm Fitness Training: 4:30pm-5:30pm</p>	<p>28</p>  <p>Community Wellness Center CLOSED</p>
<p>30 <i>IEHP Renewal Specialist</i></p> <p>Tabata Dance: 9am-10am Body Sculpting: 10:30am-11:30am Talking with Your Teen About Reproductive Health (Spanish): 11:30am-12:30pm Line Dance: 12pm-1pm Talking with Your Teen About Reproductive Health: 12:30pm-1:30pm Yoga for Seniors & PDW: Cancelled CPR (Spanish): 2pm-5pm Chair Fitness: 3:30pm-4:30pm Cardio Dance: 5pm-6pm</p>	<p>31 <i>Medi-Cal Eligibility Worker</i></p> <p>Cardio Kickboxing: 9am-10am Tabata Chair: 10:30am-11:30am Meditation: 1pm-2pm Holiday Snacks — Food Demo for Kids (ages 4-11): 1:15pm-2pm Arts & Crafts for Kids (ages 4-11): 2:15pm-3:15pm Dance Fitness: 2:30pm-3:30pm Honey & Tea Social (Bilingual): 3:30pm-4pm Pure Strength: 4pm-5pm HIIT: 5:30pm-6pm</p>	 <p>SCAN ME! Use your phone to scan the QR code to view our full schedule of FREE classes.</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>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>	

We heal and inspire the human spirit.

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

805 West 2nd Street, Suite C, San Bernardino, CA 92410 (at the Marshalls Plaza)

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

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

www.iehp.org/crcClasses