

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Strength & Conditioning 9am-10am Energy Education & Budgeting** 9am-10am & 1pm-2pm Playdate Hour (Self Led) 9am-10am & 10am-11am</p> <p>Cal Fresh Applications 10am-2pm</p> <p>Kickboxing 10am-11am Zumbini 10:15am-11am & 11:15am-12pm Mindful Living 3 11:30am-12:30pm (Spanish) Movement & Mobility 12pm-1pm Lean Fusion 1pm-2pm Combo of Dance Fit & Kickboxing 1pm-2pm My Life, My Choice 1pm-2pm (Spanish) Goodwill Orientation 1:30pm-2:30pm Tea Meditation 2pm-3pm Mindful Living 2 2:30am-3:30pm Arts & Crafts for Kids 4pm-4:45pm Healthy Living My Best Self 2 4pm-5pm Tone & Sculpt 4pm-5pm Dance Kids 5pm-5:45pm Energy Flow 5pm-6pm <i>Tai Chi Inspired</i></p>	<p>Medi-Cal Renewal Specialist 3 Energy Education & Budgeting** 9am-10am & 1pm-2pm Play Time for Little Minds 9am-10am Tone & Sculpt 10am-11am Playdate Hour (Self Led) 10am-11am Citizenship Class 10am-11am & 4pm-5pm Resume & Development** 10am-12pm Zumba 11am-12pm Reading & Crafts Club for Littles 11:15am-12pm Computer Basics 12pm-1:30pm Zumba Gold 12pm-1pm Chair Fitness 1pm-2pm Healthy Habits w/ Lizette 2pm-3pm <i>Food demo</i> Word Fundamentals 1:30pm-2:30pm Intro to AI 2:30pm-3pm Tasty Eats for Kids w/ Lizette 4pm-4:45pm <i>Food Demo</i> Circuit Training 4pm-5pm Family Fitness Hour 5pm-5:45pm Hot Coco & Crafts 5pm-6pm</p>	<p>HIIT 9am-10am Energy Education & Budgeting** 9am-10am & 1pm-2pm Chapter Chats & Activities 10am-11am Playdate Hour (Self Led) 9am-10am & 10am-11am Zumbini 10:15am-11am & 11:15am-12pm Beginning Zumba 10am-11am Job Club** 10am-12pm Pound Fitness 12pm-1pm Circuit Training 1pm-2pm Chair Yoga 2pm-3pm Arts & Crafts for Kids 4pm-4:45pm Flex and Move 4pm-5pm Kidfit Sports Training 5pm-5:45pm <i>Sport exercise & conditioning</i> Hatha Yoga 5pm-6pm</p>	<p>Power Yoga 9am-10am Energy Education & Budgeting** 9am-10am Playdate Hour (Self Led) 9am-10am & 10am-11am Lactation New Parent Group 9:30am-10:30am Hot Coco & Crafts 10am-11am English as a Second Language 10am-11am Zumbini 10:15am-11am & 11:15am-12pm Midwifery-Led Prenatal Group 10:30am-11:30am Zumba 11am-12pm</p> <p>CLOSED 12pm-6pm</p>	<p>CLOSED</p>
<p>CLOSED 9am-12pm</p> <p>Movement & Mobility 12pm-1pm Lean Fusion 1pm-2pm <i>Combo of Dance Fit & Kickboxing</i> Energy Education & Budgeting** 1pm-2pm Mindful Living 3 1:30pm-2:30pm Goodwill Orientation 1:30pm-2:30pm Tea Meditation 2pm-3pm Breast & Cervical Health 2:30pm-3:30pm Healthy Living My Best Self 3 3pm-4pm Arts & Crafts for Kids 4pm-4:45pm Tone & Sculpt 4pm-5pm Dance Kids 5pm-5:45pm Energy Flow 5pm-6pm <i>Tai Chi Inspired</i></p>	<p>Medi-Cal Renewal Specialist 10 Tone & Sculpt 10am-11am Energy Education & Budgeting** 9am-10am & 1pm-2pm Playdate Hour (Self Led) 10am-11am Citizenship Class 10am-11am & 4pm-5pm Resume & Development** 10am-12pm Your Health and Wellness Benefits 10am-11am Zumba 11am-12pm Disaster Preparedness 11am-11:30am (Spanish) Reading & Crafts Club for Littles 11:15am-12pm Zumba Gold 12pm-1pm Sewing Class 1pm-3pm Healthy Habits w/ Lizette 2pm-3pm <i>Food demo</i> Tasty Eats for Kids w/ Lizette 4pm-4:45pm <i>Food Demo</i> Circuit Training 4pm-5pm Family Fitness Hour 5pm-5:45pm Hot Coco & Crafts 5pm-6pm</p>	<p>HIIT 9am-10am Energy Education & Budgeting** 9am-10am & 1pm-2pm Chapter Chats & Activities 10am-11am Playdate Hour (Self Led) 9am-10am & 10am-11am CPR 9:30am-12:30pm 1:30pm-4:30pm (Spanish) Zumbini 10:15am-11am & 11:15am-12pm Beginning Zumba 10am-11am Job Club** 10am-12pm IEHP New Member Orientation 12pm-1pm & 2pm-3pm (Spanish) <i>Join the New Member Orientation and receive a FREE Gift</i> Circuit Training 1pm-2pm Chair Yoga 2pm-3pm Arts & Crafts for Kids 4pm-4:45pm Flex and Move 4pm-5pm Kidfit Sports Training 5pm-5:45pm <i>Sport exercise & conditioning</i> Hatha Yoga 5pm-6pm</p>	<p>Power Yoga 9am-10am Energy Education & Budgeting** 9am-10am & 1pm-2pm Playdate Hour (Self Led) 9am-10am & 10am-11am Hot Coco & Crafts 10am-11am English as a Second Language 10am-11am & 4pm-5pm</p> <p>Pamper My Baby** 10am-1pm</p> <p>Free gifts for participating care givers Scan QR code to register</p> <p>New Parent Support 10am-2:30pm Calling all new & expecting parents! We would like to invite you to get help with answering questions, make connections, and receive support! Partners encouraged. Light lunch provided.</p> <p>Lactation New Parent Group 10am-12pm Mommy Social 12pm-12:30pm Midwifery-Led Prenatal Group 12:30pm-2:30pm</p> <p>Zumbini 10:15am-11am & 11:15am-12pm Zumba 11am-12pm Movement & Mobility 12pm-1pm Lean Fusion 1pm-2pm <i>Combo of Dance Fit & Kickboxing</i> Nutrition Fundamentals 2pm-3pm Family Fitness Hour 4pm-4:45pm Kickboxing 4pm-5pm Bootcamp Kids 5pm-5:45pm Yin Yoga 5pm-6pm</p>	<p>Zumba 9am-10am Chapter Chats & Activities 10am-11am Playdate Hour (Self Led) 10am-11am Reading & Crafts Club for Littles 11:15am-12pm Healthy Habits w/ Lizette 12pm-1pm Zumba Gold 1pm-2pm Chair Yoga 2pm-3pm Flex and Move 4pm-5pm</p> <p>Family Movie Night 4pm-6pm For kids ages 5-11 with parents Light snacks provided. While Supplies last.</p> <p>Zumba Kids 4pm-4:30pm Movie 4:30pm-6pm</p> <p>Zumba Toning 5pm-6pm Bump & Balance 5pm-6pm <i>Prenatal Yoga. Significant others welcome. First time participants receive a free gift. While supplies last.</i></p>
<p>Strength & Conditioning 9am-10am Energy Education & Budgeting** 9am-10am & 1pm-2pm Playdate Hour (Self Led) 9am-10am & 10am-11am Breathe Well, Live Well 2 9am-10am (Spanish)</p> <p>Cal Fresh Applications 10am-2pm</p> <p>Kickboxing 10am-11am Zumbini 10:15am-11am & 11:15am-12pm Understanding Diabetes 7 10:30am-11:30am (Spanish) Movement & Mobility 12pm-1pm Lean Fusion 1pm-2pm <i>Combo of Dance Fit & Kickboxing</i> Quitting Tobacco 1:30pm-2:30pm Goodwill Orientation 1:30pm-2:30pm Tea Meditation 2pm-3pm My Life, My Choice 3pm-4pm Tone & Sculpt 4pm-5pm Art Class 4pm-5pm Dance Kids 5pm-5:45pm Energy Flow 5pm-6pm <i>Tai Chi Inspired</i></p>	<p>CLOSED</p>	<p>CLOSED 9am-11am</p> <p>HIIT 11am-12pm Energy Education & Budgeting** 1pm-2pm Zumbini 11:15am-12pm Circuit Training 1pm-2pm Chair Yoga 2pm-3pm Arts & Crafts for Kids 4pm-4:45pm Flex and Move 4pm-5pm Kidfit Sports Training 5pm-5:45pm <i>Sport exercise & conditioning</i> Hatha Yoga 5pm-6pm</p>	<p>Power Yoga 9am-10am Energy Education & Budgeting** 9am-10am & 1pm-2pm Playdate Hour (Self Led) 9am-10am & 10am-11am Hot Coco & Crafts 10am-11am English as a Second Language 10am-11am & 4pm-5pm</p> <p>Winter Party ** You are invited to join Lactation support group & Midwifery for crafts, food and photos. 11am-2pm</p> <p>Scan QR code to register</p> <p>Zumbini 10:15am-11am & 11:15am-12pm Zumba 11am-12pm Movement & Mobility 12pm-1pm Lean Fusion 1pm-2pm <i>Combo of Dance Fit & Kickboxing</i> Your Health and Wellness Benefits 1pm-2pm Nutrition Fundamentals 2pm-3pm Family Fitness Hour 4pm-4:45pm Kickboxing 4pm-5pm Bootcamp Kids 5pm-5:45pm Yin Yoga 5pm-6pm</p>	<p>Zumba 9am-10am Chapter Chats & Activities 10am-11am</p> <p>Toy Giveaway** & Winter Wonderland 3:30pm-5:30pm For ages 0-17 with parents</p> <p>Join us for an interactive maze filled with treats, pictures with Santa and more! Pre-registration required for toys. Child must be an active IEHP member & present to receive gift. Whiles Supplies Last.</p> <p>Medicare 101 2pm-3pm & 3pm-4pm (Spanish)</p>
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The IEHP Community Resource Center thanks you for making your health and well-being a priority.
We wish you a safe and healthy Holiday Season!