









Community Wellness Center - RIVERSIDE


MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>1</p> <p>Strength & Conditioning 9am-10am</p> <p>*Turkey Dogs and Fruit Kabobs — Food Demo 10am-11am</p> <p>Meditation 10:30am-11:30am</p> <p>*Turkey Dogs and Fruit Kabobs — Food Demo 11:30am-12:30pm</p> <p>*Food Demo 30 max capacity</p> <p>Pure Strength 12pm-1pm</p> <p>Your Health and Wellness Benefits (Spanish) 1pm-2pm</p> <p>Zumba Gold 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>2</p> <p>Line Dance 9am-10am</p> <p>Live Well Breathe Well #1 10:30am-11:30am</p> <p>Core Training 10:30am-11:30am</p> <p>Body Flow 12pm-1pm</p> <p>Healthy Living, My Best Self #4 1pm-2pm</p> <p>Yoga for Seniors & PWD 2pm-3pm</p> <p>Chair Fitness 3:30pm-4:30pm</p> <p>Healthy Heart #1 4pm-5pm</p> <p>Zumba 5pm-6pm</p>	<p>3</p> <p>IEHP Renewal Specialist</p> <p>Yoga Flow 9am-10am</p> <p>Understanding Diabetes #6 (Spanish) 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>Turkey Dogs and Fruit Kabobs — Food Demo (Spanish) 11:30am-12:30pm</p> <p>Pure Strength 12:30pm-1:30pm</p> <p>Turkey Dogs and Fruit Kabobs — Kids Food Demo (Ages 4-11) 1pm-1:45pm</p> <p>Becoming a Mom #5 2:30pm-3:30pm</p> <p>Cardio Dance 3pm-4pm</p> <p>My Life, My Choice 4pm-5pm</p>	<p>4</p> <p>CLOSED</p>	<p>5</p> <p>Knitting & Crochet Club (Self-Led) (Bilingual) 9am-10:30am</p> <p>Arts & Crafts 11am-12pm</p> <p>Yoga for Seniors & PWD 2pm-3pm</p> <p>Arts & Crafts for Kids (Ages 4-11) 3pm-3:45pm</p> <p>Yoga for Kids (Ages 4-11) 4pm-4:45pm</p> <p>Strength & Conditioning 5pm-6pm</p>	<p>6</p> <p></p> <p>Community Wellness Center CLOSED</p>
<p>8</p> <p>Strength & Conditioning 9am-10am</p> <p>*Lettuce Wrap Turkey Burgers — Food Demo 10am-11am</p> <p>Meditation 10:30am-11:30am</p> <p>*Lettuce Wrap Turkey Burgers — Food Demo 11:30am-12:30pm</p> <p>*Food Demo 30 max capacity</p> <p>Pure Strength 12pm-1pm</p> <p>Zumba Gold 1:30pm-2:30pm</p> <p>HIIT & Core Training 3pm-4pm</p> <p>Arts & Crafts 4pm-5pm</p>	<p>9</p> <p>Line Dance 9am-10am</p> <p>Body Image 9am-10am</p> <p>Healthy Heart #1 (Spanish) 10:30am-11:30am</p> <p>Core Training 10:30am-11:30am</p> <p>Body Flow 12pm-1pm</p> <p>Mindful Living #3 (Spanish) 1pm-2pm</p> <p>Yoga for Seniors & PWD 2pm-3pm</p> <p>Chair Fitness 3:30pm-4:30pm</p> <p>Healthy Living: My Best Self #1 (Spanish) 4pm-5pm</p> <p>Zumba 5pm-6pm</p>	<p>10</p> <p>IEHP Renewal Specialist</p> <p>Yoga Flow 9am-10am</p> <p>Level Pay Plan & Phone Use in Emergencies (Bilingual) 10am-11am</p> <p>Aerobic Boxing 11:15am-12:15pm</p> <p>Lettuce Wrap Turkey Burgers — Food Demo 11:30am-12:30pm (Spanish)</p> <p>Pure Strength 12:30pm-1:30pm</p> <p>Caramel Apple Cream Cheese Spread — Kids Food Demo (Ages 4-11) 1pm-1:45pm</p> <p>Caregivers Toolbox: What is Dementia (Spanish) 2:30pm-4pm</p> <p>Cardio Dance 3pm-4pm</p>	<p>11</p> <p>Chair Fitness 9am-10am</p> <p>Yin Yoga 10:30am-11:30am</p> <p>CLOSED 12pm-5pm</p> <p>Line Dance Canceled</p> <p>Zumba Gold Canceled</p> <p>Body Sculpting Canceled</p>	<p>12</p> <p>Understanding Diabetes #7 9am-10am</p> <p>Mindful Living #1 10:30am-11:30am</p> <p>Living Well in the Community #6 12pm-1pm</p> <p>Yoga for Seniors & PWD 2pm-3pm</p> <p>Self-care Activity for Kids (Ages 4-11) 3pm-3:45pm</p> <p>24/7 Dads — Cohort 3, Session 1 4pm-6pm</p> <p>Yoga for Kids (Ages 4-11) 4pm-4:45pm</p> <p>Strength & Conditioning 5pm-6pm</p>	<p>13</p> <p>Aerobic Boxing 8:30am-9:30am</p> <p>Strength & Conditioning 10am-11am</p> <p>Zumba for Kids (Ages 4-11) 11:15am-12pm</p> <p>Fruit Salad Sundae — Kids Food Demo (Ages 4-11) 12pm-12:45pm</p> <p>Zumba 12:15pm-1pm</p>
<p>15</p> <p>Strength & Conditioning 9am-10am</p> <p>*No Bake Protein Bites — Food Demo 10am-11am</p> <p>Meditation 10:30am-11:30am</p> <p>*No Bake Protein Bites — Food Demo 11:30am-12:30pm</p> <p>*Food Demo 30 max capacity</p> <p>Pure Strength 12pm-1pm</p> <p>Zumba Gold 1:30pm-2:30pm</p> <p>HIIT & Core Training 3pm-4pm</p>	<p>16</p> <p>Knitting & Crochet Club (Self-Led) (Bilingual) 9am-10:30am</p> <p>Line Dance 9am-10am</p> <p>Breathe Well, Live Well #1 (Spanish) 10:30am-11:30am</p> <p>Core Training 10:30am-11:30am</p> <p>Body Flow 12pm-1pm</p> <p>Healthy Heart #2 (Spanish) 1pm-2pm</p> <p>Yoga for Seniors & PWD 2pm-3pm</p> <p>Chair Fitness 3:30pm-4:30pm</p> <p>Healthy Living: My Best Self #1 4pm-5pm</p> <p>Zumba 5pm-6pm</p>	<p>17</p> <p>IEHP Renewal Specialist</p> <p>Yoga Flow 9am-10am</p> <p>Your Health and Wellness Benefits 10am-11am</p> <p>Aerobic Boxing 11:15am-12:15pm</p> <p>No Bake Protein Bites — Food Demo (Spanish) 11:30am-12:30pm</p> <p>Pure Strength 12:30pm-1:30pm</p> <p>No Bake Oatmeal Cookies — Kids Food Demo (Ages 4-11) 1pm-1:45pm</p> <p>My Life My Choice (Spanish) 2pm-3pm</p> <p>Cardio Dance 3pm-4pm</p> <p>Healthy Living My Best Self #2 (Spanish) 3:30pm-4:30pm</p> <p>Understanding Diabetes #7 (Spanish) 5pm-6pm</p>	<p>18</p> <p>CLOSED 9am-11am</p> <p>Chair Fitness Canceled</p> <p>Yin Yoga Canceled</p> <p>CPR 12pm-3pm</p> <p>Line Dance 12pm-1pm</p> <p>Zumba Gold 2pm-3pm</p> <p>Body Sculpting 3:30pm-4:30pm</p> <p>Arts & Crafts for Kids (Ages 4-11) 4pm-4:45pm</p>	<p>19</p> <p>Breast & Cervical Health (Bilingual) 9am-10am</p> <p>CPR (Spanish) 11am-2pm</p> <p>Yoga for Seniors & PWD 2pm-3pm</p> <p>Arts & Crafts for Kids (Ages 4-11) 3pm-3:45pm</p> <p>24/7 Dads — Cohort 3, Session 2 4pm-6pm</p> <p>Yoga for Kids (Ages 4-11) 4pm-4:45pm</p> <p>Strength & Conditioning 5pm-6pm</p>	<p>20</p> <p></p> <p>Community Wellness Center CLOSED</p>
<p>22</p> <p>Strength & Conditioning 9am-10am</p> <p>*Vegetarian Sushi Rolls — Food Demo 10am-11am</p> <p>Meditation 10:30am-11:30am</p> <p>*Vegetarian Sushi Rolls — Food Demo 11:30am-12:30pm</p> <p>*Food Demo 30 max capacity</p> <p>Pure Strength 12pm-1pm</p> <p>Zumba Gold 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>23</p> <p>Line Dance 9am-10am</p> <p>Body Image (Spanish) 9am-10am</p> <p>Becoming a Mom #6 (Spanish) 10:30am-11:30am</p> <p>Core Training 10:30am-11:30am</p> <p>Body Flow 12pm-1pm</p> <p>Understanding Diabetes #8 (Spanish) 1pm-2pm</p> <p>Yoga for Seniors & PWD 2pm-3pm</p> <p>Chair Fitness 3:30pm-4:30pm</p> <p>Mindful Living #2 4pm-5pm</p> <p>Zumba 5pm-6pm</p>	<p>24</p> <p>Family Day 10am-1pm</p> <p>Free backpack and goodies for kids ages 4-17 while supplies last!</p> <p></p> <p>(Waiver must be signed by parent/legal guardian. Child must be present to receive backpack.)</p> <p>Strawberry Basil Popsicles — Kids Food Demo (Ages 4-11) 1:30pm-2:15pm</p> <p>Cardio Dance 3pm-4pm</p>	<p>25</p> <p>CLOSED 9am-2pm</p> <p>Chair Fitness Canceled</p> <p>Yin Yoga Canceled</p> <p>Line Dance Canceled</p> <p>Zumba Gold 2pm-3pm</p> <p>Body Sculpting 3:30pm-4:30pm</p> <p>Arts & Crafts 4:30pm-5:30pm</p>	<p>26</p> <p>Living Well in the Community #7 9am-10am</p> <p>Understanding Diabetes #8 10:30am-11:30am</p> <p>Breathe Well, Live Well #2 12pm-1pm</p> <p>Yoga for Seniors & PWD 2pm-3pm</p> <p>24/7 Dads — Cohort 3, Session 3 4pm-6pm</p> <p>Yoga for Kids (Ages 4-11) 4pm-4:45pm</p> <p>Strength & Conditioning 5pm-6pm</p>	<p>27</p> <p></p> <p>Community Wellness Center CLOSED</p>
<p>29</p> <p>Strength & Conditioning 9am-10am</p> <p>*Apple Cookies — Food Demo 10am-11am</p> <p>Meditation 10:30am-11:30am</p> <p>*Apple Cookies — Food Demo 11:30am-12:30pm</p> <p>*Food Demo 30 max capacity</p> <p>Pure Strength 12pm-1pm</p> <p>Zumba Gold Canceled</p> <p>HIIT & Core Training 3pm-4pm</p> <p>Self Care: Arts and Crafts (Bilingual) 4pm-5pm</p>	<p>30</p> <p>Line Dance 9am-10am</p> <p>Core Training 10:30am-11:30am</p> <p>Breathe Well, Live Well #3 (Spanish) 10:30am-11:30am</p> <p>Body Flow 12pm-1pm</p> <p>Mindful Living #1 (Spanish) 1pm-2pm</p> <p>Yoga for Seniors & PWD 2pm-3pm</p> <p>Chair Fitness 3:30pm-4:30pm</p> <p>Healthy Heart #2 4pm-5pm</p> <p>Zumba Canceled</p>	<p>31</p> <p>Knitting & Crochet Club (Self-Led) (Bilingual) 9am-10:30am</p> <p>Yoga Flow 9am-10am</p> <p>Aerobic Boxing 11:15am-12:15pm</p> <p>Apple Cookies — Food Demo (Spanish) 11:30am-12:30pm</p> <p>Pure Strength 12:30pm-1:30pm</p> <p>Apple Cookies — Kids Food Demo (Ages 4-11) 1pm-1:45pm</p> <p>Cardio Dance 3pm-4pm</p>	<p>September 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>Join us for summer fun. Kids programming is in full swing. Look for the classes in green!</p> <p></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