

## Community Wellness Center - RIVERSIDE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>June is <b>PRIDE</b> month. Join us to learn more about the LGBTQ community.</p> <p>Join us for summer fun. Kids programming is in full swing. Look for the classes in <b>green!</b></p> 		<p>August 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><b>SCAN ME!</b> Use your phone to scan the QR code to view our full schedule of FREE classes.</p>	<p><b>Zumba</b> 10:45am-11:45am <b>Shake a Pudding — Kids Food Demo</b> (Ages 4-11) 11:15am-12pm <b>Zumba Kids</b> (Ages 4-11) 12pm-12:45pm</p>
<p><b>3</b></p> <p><b>Strength &amp; Conditioning</b> 9am-10am <b>*Cauliflower Ceviche — Food Demo</b> 10am-11am <b>Meditation</b> 10:30am-11:30am <b>*Cauliflower Ceviche — Food Demo</b> 11:30am-12:30pm *Food Demo 30 max capacity <b>Pure Strength</b> 12pm-1pm <b>Your Health and Wellness Benefits</b> (Spanish) 1pm-2pm <b>Zumba Gold</b> <b>Canceled</b> <b>HIIT &amp; Core Training</b> 3pm-4pm <b>**Self-care Activity</b> (Bilingual) 3pm-4pm **Refreshments Provided</p>	<p><b>4</b></p> <p><b>Line Dance</b> 9am-10am <b>Cauliflower Ceviche — Food Demo</b> (Spanish) 10am-11am <b>Full Body Workout</b> 10:30am-11:30am <b>Learn About Free Legal &amp; Citizen/Immigration Services</b> 11:30am-12:30pm <b>Body Flow</b> 12pm-1pm <b>Yoga for Seniors &amp; People w/disabilities</b> 2pm-3pm <b>Chair Fitness</b> 3:30pm-4:30pm <b>Arts &amp; Crafts for Kids</b> (Ages 4-11) 4pm-4:45pm <b>Zumba</b> <b>Canceled</b></p>	<p><b>5</b></p> <p> <b>Community Wellness Center</b> <b>CLOSED</b></p>	<p><b>6</b></p> <p><b>Chair Fitness</b> 9am-10am <b>Knitting &amp; Crochet Club</b> (Self-Led) (Bilingual) 9:30am-11am <b>Yin Yoga</b> 10:30am-11:30am <b>Self-care: Friends &amp; Family, Navigating Through</b> 11:30am-12:30pm <b>Line Dance</b> 12pm-1pm <b>Zumba Gold</b> <b>Canceled</b> <b>Medicare 101</b> 3pm-3:30pm 3:30pm-4pm (Spanish) <b>Body Sculpting</b> <b>Canceled</b> <b>Arts &amp; Crafts for Kids</b> (Ages 4-11) 4pm-4:45pm <b>Zumba Kids</b> (Ages 4-11) <b>Canceled</b></p>	<p><b>7</b></p> <p><b>Healthy Living My Best Self #2</b> (Spanish) 9am-10am <b>Healthy Heart #2</b> (Spanish) 10:30am-11:30am <b>Breathe Well, Live Well #1</b> (Spanish) 12pm-1pm <b>Yoga for Seniors &amp; People w/disabilities</b> 2pm-3pm <b>24/7 Dads — Cohort 2, Session 5</b> 4pm-6pm <b>Yoga for Kids</b> (Ages 4-11) 4pm-4:45pm <b>Strength &amp; Conditioning</b> 5pm-6pm</p>	<p><b>8</b></p> <p><b>Aerobic Boxing</b> 8:30am-9:30am <b>Strength &amp; Conditioning</b> 10am-11am <b>Yoga for Kids</b> (Ages 4-11) 11:30am-12:15pm <b>Arts &amp; Crafts for Kids</b> (Ages 4-11) 12:15pm-1pm</p>
<p><b>10</b></p> <p><b>Strength &amp; Conditioning</b> 9am-10am <b>*Shrimp and Kale Pasta — Food Demo</b> 10am-11am <b>Meditation</b> 10:30am-11:30am <b>*Shrimp and Kale Pasta — Food Demo</b> (Spanish) 11:30am-12:30pm *Food Demo 30 max capacity <b>Pure Strength</b> 12pm-1pm <b>Fruit Crunch Cobbler — Kids Food Demo</b> (Ages 4-11) 1pm-1:45pm <b>Zumba Gold</b> 1:30pm-2:30pm <b>Arts &amp; Crafts for Kids</b> (Ages 4-11) 2pm-2:45pm <b>HIIT &amp; Core Training</b> 3pm-4pm</p>	<p><b>11</b></p> <p><b>Line Dance</b> 9am-10am <b>Gender, Identity and Sexual Orientation</b> 9am-10am <b>Becoming a Mom #5</b> (Spanish) 10:30am-11:30am <b>Full Body Workout</b> 10:30am-11:30am <b>Body Flow</b> 12pm-1pm <b>My Life, My Choice</b> 1pm-2pm <b>Yoga for Seniors &amp; People w/ disabilities</b> 2pm-3pm <b>Art and Crafts</b> (Bilingual) 2:30pm-3:30pm <b>Chair Fitness</b> 3:30pm-4:30pm <b>Understanding Diabetes #5</b> 4pm-5pm <b>Zumba</b> 5pm-6pm</p>	<p><b>12</b></p> <p><b>CLOSED</b> 9am-2pm <b>Yoga Flow</b> <b>Canceled</b> <b>Arts &amp; Crafts for Kids</b> (Ages 4-11) 2:30pm-3:15pm <b>Cardio Dance</b> 3pm-4pm <b>Game Hour</b> (Bilingual) 4pm-5pm</p>	<p><b>13</b></p> <p><b>Chair Fitness</b> 9am-10am <b>Caregivers Toolbox: Home Safety</b> 10am-11:30am <b>Yin Yoga</b> 10:30am-11:30am <b>CPR</b> 12pm-3pm <b>Line Dance</b> 12pm-1pm <b>Zumba Gold</b> 2pm-3pm <b>Body Sculpting</b> 3:30pm-4:30pm <b>Arts &amp; Crafts for Kids</b> (Ages 4-11) 4pm-4:45pm <b>Zumba Kids</b> (Ages 4-11) 5pm-5:45pm</p>	<p><b>14</b></p> <p><b>Mindful Living #2</b> 9am-10am <b>Healthy Living My Best Self #2</b> 10:30am-11:30am <b>Healthy Heart #3</b> 12pm-1pm <b>Art and Crafts</b> (Bilingual) 2pm-3pm <b>Yoga for Seniors &amp; People w/disabilities</b> 2pm-3pm <b>24/7 Dads — Cohort 2, Make-up Session</b> 4pm-6pm <b>Yoga for Kids</b> (Ages 4-11) 4pm-4:45pm <b>Strength &amp; Conditioning</b> 5pm-6pm</p>	<p><b>15</b></p> <p><b>Aerobic Boxing</b> 8:30am-9:30am <b>Healthy Living My Best Self #3</b> (Spanish) 9:30am-10:30am <b>Zumba</b> <b>Canceled</b> <b>Zumba Kids</b> (Ages 4-11) <b>Canceled</b></p>
<p><b>17</b></p> <p><b>Strength &amp; Conditioning</b> 9am-10am <b>*Ginisang Sitaw — Food Demo</b> 10am-11am <b>Meditation</b> 10:30am-11:30am <b>*Ginisang Sitaw — Food Demo</b> 11:30am-12:30pm *Food Demo 30 max capacity <b>Pure Strength</b> 12pm-1pm <b>My Life, My Choice</b> (Spanish) 1pm-2pm <b>Zumba Gold</b> <b>Canceled</b> <b>Becoming a Mom #5</b> 2:30pm-3:30pm <b>HIIT &amp; Core Training</b> 3pm-4pm <b>Breathe Well, Live Well #2</b> 4pm-5pm</p>	<p><b>18</b></p> <p><b>Line Dance</b> 9am-10am <b>Ginisang Sitaw — Food Demo</b> (Spanish) 10:30am-11:30am <b>Full Body Workout</b> 10:30am-11:30am <b>Cinnamon Sauteed Bananas — Kids Food Demo</b> (Ages 4-11) 12pm-12:45pm <b>Body Flow</b> 12pm-1pm <b>Arts &amp; Crafts for Kids</b> (Ages 4-11) 1pm-1:45pm <b>Yoga for Seniors &amp; People w/disabilities</b> 2pm-3pm <b>Your Health and Wellness Benefits</b> 2pm-3pm <b>Chair Fitness</b> 3:30pm-4:30pm <b>Zumba</b> 5pm-6pm</p>	<p><b>19</b></p> <p> <b>CLOSED</b> in observance of <b>Juneteenth</b></p>	<p><b>20</b></p> <p><b>CLOSED</b> 9am-11am</p> <p><b>Chair Fitness</b> <b>Canceled</b> <b>Yin Yoga</b> <b>Canceled</b> <b>Line Dance</b> 12pm-1pm <b>Arts &amp; Crafts for Kids</b> (Ages 4-11) 1pm-1:45pm <b>Zumba Gold</b> 2pm-3pm <b>Body Sculpting</b> 3:30pm-4:30pm <b>Zumba Kids</b> (Ages 4-11) 5pm-5:45pm</p>	<p><b>21</b></p> <p><b>Understanding Diabetes #5</b> (Spanish) 9am-10am <b>Mindful Living #2</b> (Spanish) 10:30am-11:30am <b>Living Well in the Community #5</b> 12pm-1pm <b>Arts &amp; Crafts</b> (Bilingual) 2pm-3pm <b>Yoga for Seniors &amp; People w/ disabilities</b> 2pm-3pm <b>24/7 Dads — Cohort 2, Session 6</b> 4pm-6pm <b>Yoga for Kids</b> (Ages 4-11) 4pm-4:45pm <b>Strength &amp; Conditioning</b> 5pm-6pm</p>	<p><b>22</b></p> <p><b>Aerobic Boxing</b> 8:30am-9:30am <b>Strength &amp; Conditioning</b> 10am-11am <b>Yoga for Kids</b> (Ages 4-11) 11:30am-12:15pm <b>Arts &amp; Crafts for Kids</b> (Ages 4-11) 12:15pm-1pm</p>
<p><b>24</b></p> <p><b>Strength &amp; Conditioning</b> 9am-10am <b>*Fish in a Flash — Food Demo</b> 10am-11am <b>Meditation</b> 10:30am-11:30am <b>*Fish in a Flash — Food Demo</b> 11:30am-12:30pm *Food Demo 30 max capacity <b>Pure Strength</b> 12pm-1pm <b>Zumba Gold</b> 1:30pm-2:30pm <b>HIIT &amp; Core Training</b> 3pm-4pm <b>Arts &amp; Crafts</b> (Bilingual) 3:30pm-4:30pm</p>	<p><b>25</b></p> <p><b>Line Dance</b> 9am-10am <b>Gender, Identity and Sexual Orientation</b> (Spanish) 9am-10am <b>Full Body Workout</b> 10:30am-11:30am <b>Healthy Living My Best Self #3</b> 10:30am-11:30am <b>Body Flow</b> 12pm-1pm <b>Healthy Heart #3</b> (Spanish) 1pm-2pm <b>Yoga for Seniors &amp; People w/disabilities</b> 2pm-3pm <b>Chair Fitness</b> 3:30pm-4:30pm <b>Breathe Well, Live Well #2</b> (Spanish) 4pm-5pm <b>Zumba</b> 5pm-6pm</p>	<p><b>26</b></p> <p><b>Community Health Worker (CHW) Workshop</b> 9am-10am 10am-11am (Spanish) *Refreshments Provided <b>Yoga Flow</b> 9am-10am <b>Aerobic Boxing</b> 11am-12pm <b>Fish in a Flash — Food Demo</b> (Spanish) 11:30am-12:30pm <b>Pure Strength</b> 12:30pm-1:30pm <b>Cocoa Rice — Kids Food Demo</b> (Ages 4-11) 1pm-1:45pm <b>Arts &amp; Crafts for Kids</b> (Ages 4-11) 2pm-2:45pm <b>Pride Month Celebration</b> 3pm-5pm <b>Zumba</b> 3pm-4pm <b>Pride Trivia</b> (Bilingual) 4pm-5pm</p>	<p><b>27</b></p> <p><b>Breast and Cervical Health</b> (Bilingual) 9am-10am <b>Chair Fitness</b> 9am-10am <b>High Energy Usage and 3rd Party Services</b> (Bilingual) 10am-11am <b>Yin Yoga</b> 10:30am-11:30am <b>CPR</b> (Spanish) 12pm-3pm <b>Line Dance</b> 12pm-1pm <b>Zumba Gold</b> 2pm-3pm <b>Body Sculpting</b> 3:30pm-4:30pm <b>Zumba Kids</b> (Ages 4-11) 5pm-5:45pm</p>	<p><b>28</b></p> <p><b>Understanding Diabetes #6</b> 9am-10am <b>Mindful Living #3</b> 10:30am-11:30am <b>Healthy Living My Best Self #4</b> (Spanish) 12pm-1pm <b>Game Hour</b> (Bilingual) 2pm-3pm <b>Yoga for Seniors &amp; People w/disabilities</b> 2pm-3pm <b>Yoga for Kids</b> (Ages 4-11) 4pm-4:45pm <b>Strength &amp; Conditioning</b> 5pm-6pm</p>	<p><b>29</b></p> <p><b>Aerobic Boxing</b> 8:30am-9:30am <b>Zumba</b> 10:45am-11:45am <b>Fudgy Fruit — Kids Food Demo</b> (Ages 4-11) 11:15am-12pm <b>Zumba Kids</b> (Ages 4-11) 12pm-12:45pm</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](http://www.iehp.org/crcClasses)