

## Community Resource Center - SAN BERNARDINO

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
<p><b>SCAN ME!</b> Use your phone to scan the QR code to view our full schedule of FREE classes.</p>		<p><b>June is Pride Month. Join us to learn more about the LGBTQ+ community.</b></p> <p>Join us for summer fun. Kids programming is in full swing. Look for the classes in green!</p>		<p><b>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.</b></p>		<p>Line Dance 8:30am-9:30am Strength &amp; Conditioning 10am-11am Family Fitness (SPARK) (ages 4-11) 10am-11am Yoga for Kids (ages 4-11) 11:30am-12:15pm</p>
<p>3</p> <p>Zumba Canceled Understanding Diabetes #7 (Spanish) 10am-11am Body Sculpting Canceled Mindful Living #2 11:30am-12:30pm Line Dance 12pm-1pm Yoga for Seniors &amp; People w/Disabilities 1:30pm-2:30pm Living Well in the Community #10 1:30pm-2:30pm Caregivers Toolbox: Feel Better with Art 3pm-5pm Chair Fitness 3:30pm-4:30pm Cardio Dance 5pm-6pm</p>	<p>4</p> <p>Medi-Cal Eligibility Worker Medicare 101 10am-10:30am (Spanish) 10:30am-11am Your Health &amp; Wellness Benefits 11am-12pm Yoga for Kids (ages 4-11) 12:15pm-12:50pm Meditation 1pm-2pm Zumba Gold Canceled Pride Month Activity (Bilingual, ages 4+) 3pm-4pm Pure Strength 4pm-5pm HIIT Training 5:30pm-6pm</p>	<p>5</p> <p><b>CLOSED</b> 9am-1pm</p> <p>Zumba Canceled Healthy Living: My Best Self #1 1pm-2pm Yoga for Seniors &amp; People w/Disabilities 1:30pm-2:30pm Full Body Workout 2:15pm-3:15pm Healthy Heart #1 2:30pm-3:30pm Strength &amp; Conditioning 3:30pm-4:30pm Breathe Well Live Well #2 4pm-5pm Yin Yoga Flow 5pm-6pm</p>	<p>6</p> <p><b>CLOSED</b> 9am-10:30am</p> <p>Body Sculpting Canceled Cardio Dance Canceled Cauliflower Ceviche — Food Demo (Bilingual) 11:45am-12:45pm Core Training 12:30pm-1:30pm Banana Sushi — Food Demo for Kids (ages 4-11) 1:15pm-2pm Line Dance 2pm-3pm Arts &amp; Crafts for Kids (ages 4-17) 2:30pm-3:30pm Aerobic Boxing 3:30pm-4:30pm Chair Fitness 5pm-6pm</p>	<p>7</p> <p>Yoga Flow 9am-10am *Lactation-Led New Parent Group (Bilingual) *Open to all New Parents 10am-12pm Strength and Conditioning 10:30am-11:30am Yoga for Kids (ages 4-11) 12pm-12:45pm Talking with Your Teen about Sexual Health (Bilingual) 12:30pm-1:30pm HIIT/Core Training 1:30pm-2:30pm Midwifery-Led Prenatal Group (Bilingual) Open to all Expecting Parents 2pm-4pm Body Flow 3pm-4pm Full Body Workout 4:30pm-5:30pm</p>	<p>8</p> <p>Line Dance 8:30am-9:30am HIIT Training 10:15am-10:45am Shake a Pudding — Food Demo for Kids (ages 4-11) 10am-10:45am Zumba for Kids (ages 4-11) 11am-11:45am Zumba 12pm-1pm</p>	
<p>10</p> <p>Zumba 9am-10am Becoming a Mom #5 10am-11am Body Sculpting 10:30am-11:30am My Life My Choice (Spanish) 11:30am-12:30pm Line Dance 12pm-1pm Yoga for Seniors &amp; People w/Disabilities 1:30pm-2:30pm Understanding Diabetes #8 1:30pm-2:30pm Zumba for Kids (ages 4-11) 3:30pm-4:15pm Chair Fitness 3:30pm-4:30pm Fruit Crunch Cobbler — Food Demo for Kids (ages 4-11) 4:45pm-5:30pm Cardio Dance 5pm-6pm</p>	<p>11</p> <p>Medi-Cal Eligibility Worker Rainbow Fruit Salad — Pride Month Food Demo (Bilingual, ages 4+) 10:30am-11:30am Effective Communication (Spanish) 12pm-1pm Family Fitness (SPARK) (ages 4-11) Canceled Yoga for Kids (ages 4-11) 12:15pm-12:50pm Meditation 1pm-2pm Zumba Gold 2:30pm-3:30pm Pure Strength 4pm-5pm HIIT Training 5:30pm-6pm</p>	<p>12</p> <p><b>CLOSED</b> 10am-1:30pm</p> <p>Zumba 9am-10am</p> <p>Yoga for Seniors &amp; People w/Disabilities Canceled Full Body Workout 2:15pm-3:15pm Effective Communication 3pm-4pm Strength &amp; Conditioning 3:30pm-4:30pm Yin Yoga Flow 5pm-6pm</p>	<p>13</p> <p>Body Sculpting 9am-10am Cardio Dance 10:30am-11:30am Shrimp and Kale Pasta — Food Demo (Bilingual) 11:45am-12:45pm Core Training 12:30pm-1:30pm Mango Cucumber Wrap — Food Demo for Kids (ages 4-11) 1:15pm-2pm Line Dance 2pm-3pm Game Hour for Kids (ages 4-17) 2:30pm-3:30pm Aerobic Boxing 3:30pm-4:30pm Chair Fitness 5pm-6pm</p>	<p>14</p> <p>Yoga Flow 9am-10am *Lactation-Led New Parent Group (Bilingual) *Open to all New Parents 10am-12pm Strength and Conditioning 10:30am-11:30pm Yoga for Kids (ages 4-11) 12pm-12:45pm Talking with Your Teen about Birth Control &amp; STIs (Bilingual) 12:30pm-1:30pm HIIT/Core Training 1:30pm-2:30pm *Midwifery-Led Prenatal Group (Bilingual) *Open to all Expecting Parents 2pm-4pm Body Flow 3pm-4pm Full Body Workout 4:30pm-5:30pm</p>	<p>15</p> <p>Line Dance 8:30am-9:30am Strength &amp; Conditioning 10am-11am Yoga for Kids—change (ages 4-11) 11:30am-12:15pm HIIT Training 12:15pm-12:45pm</p>	
<p>17</p> <p>Zumba 9am-10am Healthy Heart #2 (Spanish) 10am-11am Body Sculpting 10:30am-11:30am Breathe Well Live Well #2 (Spanish) 11:30am-12:30pm Line Dance 12pm-1pm Yoga for Seniors &amp; People w/Disabilities 1:30pm-2:30pm Becoming a Mom #7 (Spanish) 1:30pm-2:30pm Arts &amp; Crafts for Kids (ages 4-11) 3:30pm-4:30pm Apple Raisin Graham Crackers—Food Demo for Kids (ages 4-11) 4:45pm-5:30pm Chair Fitness 3:30pm-4:30pm Cardio Dance 5pm-6pm</p>	<p>18</p> <p>Know Your Rights as a Documented or Undocumented Person (Bilingual) 10am-11am Yoga for Kids (ages 4-11) 12:15pm-12:50pm Meditation 1pm-2pm Zumba Gold 2:30pm-3:30pm Pride Month Activity (Bilingual, ages 4+) 3pm-4pm Pure Strength 4pm-5pm HIIT Training 5:30pm-6pm</p>	<p>19</p> <p><b>CLOSED</b> in observance of Juneteenth</p>	<p>20</p> <p><b>CLOSED</b> 9am-11am</p> <p>Body Sculpting Canceled Cardio Dance Canceled Ginjang Sitaw (Sauteed Green Beans) — Food Demo (Bilingual) 11:45am-12:45pm Core Training 12:30pm-1:30pm Cinnamon Sauteed Bananas — Food Demo for Kids (ages 4-11) 1:15pm-2pm Line Dance 2pm-3pm Arts &amp; Crafts for Kids (ages 4-17) 2:30pm-3:30pm Aerobic Boxing 3:30pm-4:30pm Chair Fitness 5pm-6pm</p>	<p>21</p> <p>Yoga Flow 9am-10am *Lactation-Led New Parent Group (Bilingual) *Open to all New Parents 10am-12pm Strength and Conditioning 10:30am-11:30pm Yoga for Kids (ages 4-11) 12pm-12:45pm High Energy Usage &amp; 3rd Party Services (Bilingual) 12pm-1pm HIIT/Core Training 1:30pm-2:30pm *Midwifery-Led Prenatal Group (Bilingual) *Open to all Expecting Parents 2pm-4pm Body Flow 3pm-4pm Full Body Workout 4:30pm-5:30pm</p>	<p>22</p> <p>Line Dance 8:30am-9:30am HIIT Training 10:15am-10:45am Meet the Midwives Event 9am-12pm Zumba for Kids (ages 4-11) 11am-11:45am Zumba 12pm-1pm</p>	
<p>24</p> <p>Zumba 9am-10am Healthy Living My Best Self #2 10am-11am Body Sculpting 10:30am-11:30am Healthy Heart #2 11:30am-12:30pm Line Dance 12pm-1pm Yoga for Seniors &amp; People w/Disabilities 1:30pm-2:30pm Breathe Well Live Well #1 1:30pm-2:30pm Zumba for Kids (ages 4-11) 3:30pm-4:15pm Chair Fitness 3:30pm-4:30pm Fudgy Fruit — Food Demo for Kids (ages 4-11) 4:45pm-5:30pm Cardio Dance 5pm-6pm</p>	<p>25</p> <p>Medi-Cal Eligibility Worker CPR (Spanish) 10am-1pm Family Fitness (SPARK) (ages 4-11) 11am-12pm Yoga for Kids (ages 4-11) 12:15pm-12:50pm Meditation 1pm-2pm Pride Month Activities Zumba Dance Party 2:30pm-3:30pm *Pride Trivia (Bilingual) 3:30pm-4:30pm *Refreshments provided Pure Strength 4pm-5pm HIIT Training 5:30pm-6pm</p>	<p>26</p> <p><b>CLOSED</b> 9am-10:30am</p> <p>Zumba Canceled Understanding Diabetes #9 (Spanish) 11am-12pm Yoga for Seniors &amp; People w/Disabilities 12:30pm-1:30pm Mindful Living #3 (Spanish) 12:30pm-1:30pm Healthy Living My Best Self #2 (Spanish) 2pm-3pm Full Body Workout 2:15pm-3:15pm Strength &amp; Conditioning 3:30pm-4:30pm Yin Yoga Flow 5pm-6pm</p>	<p>27</p> <p>Body Sculpting 9am-10am Cardio Dance 10:30am-11:30am Fish in a Flash — Food Demo (Bilingual) 11:45am-12:45pm Core Training 12:30pm-1:30pm Cocoa Rice — Food Demo for Kids (ages 4-11) 1:15pm-2pm Line Dance 2pm-3pm Movie Time for Kids (ages 4-17) *Refreshments provided 3pm-5pm Aerobic Boxing 3:30pm-4:30pm Chair Fitness 5pm-6pm</p>	<p>28</p> <p>Yoga Flow 9am-10am *Lactation-Led New Parent Group (Bilingual) *Open to all New Parents 10am-12pm Strength and Conditioning 10:30am-11:30pm Yoga for Kids (ages 4-11) 12pm-12:45pm Your Health and Wellness Benefits (Spanish) 12pm-1pm HIIT/Core Training 1:30pm-2:30pm *Midwifery-Led Prenatal Group (Bilingual) *Open to all Expecting Parents 2pm-4pm Body Flow 3pm-4pm Full Body Workout 4:30pm-5:30pm</p>	<p>29</p> <p>Line Dance 8:30am-9:30am CPR (Bilingual) *Open to all New Parents 9:30am-12:30pm Strength &amp; Conditioning 10am-11am Yoga for Kids (ages 4-11) 11:30am-12:15pm HIIT Training 12:15pm-12:45pm</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