

MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY

Legend

Blue font color - Infant & toddler classes ages 0-5 with parents
Purple font color - Kids classes ages 5-11 with parents
Green font color - Teens classes ages 12-17
Black font color - Classes for ages 12 and older
****Pre-registration Required**

Do you need assistance filling out your Medi-Cal Renewal?
 IEHP is here to help. Call us at **1-888-860-1296** or visit our center to make an appointment.

Medi-Cal Eligibility Worker - Get Medi-Cal application assistance and more from the on-site Medi-Cal worker. Schedule your appointment at the center.

Strength & Conditioning 1
 9am-10am
Kickboxing
 10am-11am
Brunch Club (18+)
 10:30am-12:30pm
Eat Well with Russell
 11am-12pm
Yoga
 12pm-1pm

Zumba Core 9am-10am
Energy Education & Budgeting**
 9am-10am & 1pm-2pm
Playdate Hour (Self Led)
 9am-10am & 10am-11am
Tone & Sculpt 10am-11am

Cal Fresh Applications
 10am-2pm

Zumbini
 10:15am-11am & 11:15am-12pm
Chair Fitness 12pm-1pm
Arts & Crafts for Kids 12pm-1pm
Chair Yoga 1pm-2pm
Zumba for Kids 1pm-2pm
My Life, My Choice 1pm-2pm
Goodwill Orientation
 1:30pm-2:30pm
Meditation 2pm-3pm
Becoming A Mom 10
 2:30pm-3:30pm (Spanish)
Bootcamp Training 4pm-5pm
Fitness for Kids 4pm-5pm
Breathe Well, Live Well 2 4pm-5pm
Creative Arts for Teens
 4pm-5:30pm
Parent Club 4pm-5:30pm
Hatha Yoga 5pm-6pm
Dance for Kids 5pm-6pm

Medi-Cal Renewal Specialist 4
Medi-Cal Eligibility Worker
Energy Education & Budgeting**
 9am-10am & 1pm-2pm
Playdate Hour (Self Led)
 9am-10am & 10am-11am
Zumba Toning
 10am-11am
Resume & Development**
 10am-12pm
Citizenship Class
 10am-11am & 4pm-5pm
Reading & Crafts Club for Littles
 10:15am-11am
Nutrition Fundamentals
 11am-12pm
IEHP Benefits Class 1pm-2pm
Sewing Class 1pm-3pm
Zumba Chair 2pm-3pm
Kickboxing 4pm-5pm
Latin Dance 5pm-6pm

Family Summer Camp
 For kids ages 5-11 with parents
 Join us for a variety of activities
 and fun for the family
 12pm-2pm & 4pm-6pm

Bootcamp Training 9am-10am
Energy Education & Budgeting**
 9am-10am & 1pm-2pm
Healthy Heart 3
 9:30am-10:30am (Spanish)
A Better Me 10am-11am
Job Club** 10am-12pm
Lactation New Parent Group
 10am-12pm
Family Nutrition 10:15am-11am
Grief & Loss Support Group
 11am-12pm
Healthy Living: My Best Self 2
 11am-12pm
Chair Fitness 12pm-1pm
Kids Eat Well 12pm-1pm
Eat Well with Russell 1pm-2pm
Fitness for Kids 1pm-2pm
Mindful Living 2
 1:30pm-2:30pm (Spanish)
Midwifery-Led Prenatal Group
 2pm-4pm
Beginning Zumba 3pm-4pm
Zumba 4pm-5pm
Mindful Movers for Kids 4pm-5pm
Creative Arts for Teens 4pm-5:30pm
Parent Club 4pm-5:30pm
Restorative Yoga 5pm-6pm
Zumba for Kids 5pm-6pm

Community Resource Center CLOSED

Strength & Conditioning 9am-10am
Kickboxing 10am-11am
Beginning Zumba 10am-11am
Family Nutrition 10:15am-11am
Playdate Hour (Self Led)
 10am-11am & 11am-12pm
Reading & Crafts Club for Littles
 11:15am-12pm
Zumba Chair 11am-12pm
Beginner Yoga 11am-12pm
Mindful Movers for Kids 12pm-1pm
Yoga for Kids 1pm-2pm
Eat Well with Russell 1pm-2pm
Chair Yoga 2pm-3pm

Family Movie Night
 For kids ages 5-11 with parents
 3:30pm-5:30pm
 Vision Screenings Available
 Light snacks provided.
 While Supplies last.

Zumba for Kids
 3:30pm-4pm
Movie 4pm-5:30pm

Parent Club 4pm-5:30pm
Teen Leadership Club 4pm-5:30pm

Bootcamp Training 9am-10am
Dance Fitness
 10am-11am
Zumba Chair
 11am-12pm
Restorative Yoga
 12pm-1pm

Zumba Core 9am-10am
Energy Education & Budgeting**
 9am-10am & 1pm-2pm
Playdate Hour (Self Led)
 9am-10am & 10am-11am
Tone & Sculpt 10am-11am

Cal Fresh Applications
 10am-2pm

Being Self Sufficient 10am-11am
Zumbini
 10:15am-11am & 11:15am-12pm
Chair Fitness 12pm-1pm
Arts & Crafts for Kids 12pm-1pm
Chair Yoga 1pm-2pm
Zumba for Kids 1pm-2pm
Understanding Diabetes 1
 1pm-2pm
Goodwill Orientation
 1:30pm-2:30pm
Meditation 2pm-3pm
Breathe Well, Live Well 1
 2:30pm-3:30pm (Spanish)
Bootcamp Training 4pm-5pm
Fitness for Kids 4pm-5pm
Living Well 9
 4pm-5pm
Creative Arts for Teens
 4pm-5:30pm
Parent Club 4pm-5:30pm
Hatha Yoga 5pm-6pm
Dance for Kids 5pm-6pm

Medi-Cal Renewal Specialist 11
Medi-Cal Eligibility Worker
Energy Education & Budgeting**
 9am-10am & 1pm-2pm

Tiny Human Zone
 For kids ages 0-5 with parents
 Developmental & Vision Screenings Available
 Free gifts for participating babies
Rise & Shine Morning Playtime
 9:30am-10am
Zumbini
 10:15am-11am & 11:15am-12pm
Developmental Screenings
 10am-12pm

Zumba Toning
 10am-11am
Resume & Development**
 10am-12pm
Citizenship Class
 10am-11am & 4pm-5pm
Nutrition Fundamentals
 11am-12pm
Chair Yoga 1pm-2pm
Zumba Chair 2pm-3pm
Kickboxing 4pm-5pm
Latin Dance 5pm-6pm

Family Summer Camp
 For kids ages 5-11 with parents
 Join us for a variety of activities
 and fun for the family
 12pm-2pm & 4pm-6pm

Bootcamp Training 9am-10am
Energy Education & Budgeting**
 9am-10am & 1pm-2pm
Healthy Living: My Best Self 3
 9:30am-10:30am (Spanish)
CPR
 9:30am-12:30pm
 1:30pm-4:30pm (Spanish)
A Better Me 10am-11am
Job Club** 10am-12pm
Playdate Hour (Self Led)
 10am-11am
Family Nutrition 10:15am-11am
Grief & Loss Support Group
 11am-12pm (Spanish)
Healthy Heart 1 11am-12pm
Chair Fitness 12pm-1pm
Kids Eat Well 12pm-1pm
Understanding Diabetes 2
 12:30pm-1:30pm (Spanish)
Eat Well with Russell 1pm-2pm
Fitness for Kids 1pm-2pm
Beginning Zumba 3pm-4pm
Zumba 4pm-5pm
Mindful Movers for Kids 4pm-5pm
Creative Arts for Teens 4pm-5:30pm
Parent Club 4pm-5:30pm
Restorative Yoga 5pm-6pm
Zumba for Kids 5pm-6pm

Partner Network Meeting**
 9am-11am

Energy Education & Budgeting**
 9am-10am & 1pm-2pm
Playdate Hour (Self Led)
 9am-10am & 10am-11am
English as a Second Language
 10am-11am & 4pm-5pm
Lactation New Parent Group
 10am-12pm
Zumbini
 10:15am-11am & 11:15am-12pm
Zumba Gold 11am-12pm
Eat Well with Russell
 12pm-1pm
Zumba Chair 1pm-2pm
Movement & Mobility
 2pm-3pm
Midwifery-Led Prenatal Group
 2pm-4pm
Here Comes Puberty!
 (For kids ages 8-11 with parents)
 2pm-3pm
 3pm-4pm (Spanish)
Hatha Yoga 4pm-5pm
U-Jam 5pm-6pm

Family Summer Camp
 For kids ages 5-11 with parents
 Join us for a variety of activities
 and fun for the family
 12pm-2pm & 4pm-6pm

Strength & Conditioning 9am-10am
Kickboxing 10am-11am
Beginning Zumba 10am-11am
Family Nutrition 10:15am-11am
Playdate Hour (Self Led)
 10am-11am & 11am-12pm
Beginner Yoga
 11am-12pm
Zumba Chair
 11am-12pm
Reading & Crafts Club for Littles
 11:15am-12pm
Mindful Movers for Kids
 12pm-1pm
Yoga for Kids
 1pm-2pm
Eat Well with Russell
 1pm-2pm
Chair Yoga 2pm-3pm

Family Game Night
 For kids ages 5-11 with parents
 3:30pm-5:30pm
 Light snacks provided.
 While Supplies last.

Parent Club 4pm-5:30pm
Teen Leadership Club 4pm-5:30pm

Zumba Toning 9am-10am
Zumba 10am-11am
Eat Well with Russell 11am-12pm
Zumba Chair 12pm-1pm

Zumba Core 9am-10am
Energy Education & Budgeting**
 9am-10am & 1pm-2pm
Playdate Hour (Self Led)
 9am-10am & 10am-11am
Tone & Sculpt 10am-11am

Cal Fresh Applications
 10am-2pm

Zumbini
 10:15am-11am & 11:15am-12pm
Chair Fitness 12pm-1pm
Community Health Worker Workshop
 12pm-12:45pm
Zumba for Kids
 12pm-1pm
Chair Yoga 1pm-2pm
Art Class
 1pm-2pm
Mindful Living 2
 1pm-2pm
Goodwill Orientation
 1:30pm-2:30pm
Meditation 2pm-3pm
My Life, My Choice
 2:30pm-3:30pm (Spanish)
Bootcamp Training 4pm-5pm
Fitness for Kids 4pm-5pm
Breathe Well, Live Well 1
 4pm-5pm
Hatha Yoga 5pm-6pm
Dance for Kids 5pm-6pm

Medi-Cal Renewal Specialist 18
Medi-Cal Eligibility Worker
Energy Education & Budgeting**
 9am-10am & 1pm-2pm
Playdate Hour (Self Led)
 9am-10am & 10am-11am
Zumba Toning
 10am-11am
Citizenship Class
 10am-11am & 4pm-5pm
Reading & Crafts Club for Littles
 10:15am-11am
Breast & Cervical Health
 11am-12pm
Sewing Class
 1pm-3pm
Zumba Chair
 2pm-3pm
Kickboxing
 4pm-5pm
Latin Dance
 5pm-6pm

Family Summer Camp
 For kids ages 5-11 with parents
 Join us for a variety of activities and fun for the family
 12pm-2pm & 4pm-6pm

CLOSED
 in observance of
Juneteenth

CLOSED
 9am-11am

Eat Well with Russell 11am-12pm
Beginning Zumba 11am-12pm
Lactation New Parent Group
 11am-1pm
Playdate Hour (Self Led) 11am-12pm
Zumbini 11:15am-12pm
Zumba Gold 12pm-1pm
Chair Fitness 1pm-2pm
Energy Education & Budgeting**
 1pm-2pm
Movement & Mobility 2pm-3pm
Talking to Your Teen about Healthy Relationships
 2pm-3pm & 3pm-4pm (Spanish)
Medicare 101
 2pm-3pm & 3pm-4pm (Spanish)
Midwifery-Led Prenatal Group
 2pm-4pm
Hatha Yoga 4pm-5pm
English as a Second Language
 4pm-5pm
U-Jam 5pm-6pm

Family Summer Camp
 For kids ages 5-11 with parents
 Join us for a variety of activities
 and fun for the family
 12pm-2pm & 4pm-6pm

Strength & Conditioning 9am-10am
Kickboxing 10am-11am

Pamper My Baby**
 10am-1pm
 For parents and caregivers of babies ages 0-4 An educational program providing resources & support for healthy child development. Free gifts for participating care givers
 Scan QR code to register

Family Nutrition 10:15am-11am
Reading & Crafts Club for Littles
 11:15am-12pm
Zumba Chair 11am-12pm
Mindful Movers for Kids
 12pm-1pm
Yoga for Kids 1pm-2pm
Eat Well with Russell 1pm-2pm
Healthy Heart 1
 1pm-2pm (Spanish)
Chair Yoga 2pm-3pm
Becoming A Mom 7 2:30pm-3:30pm

Family Game Night
 For kids ages 5-11 with parents
 3:30pm-5:30pm
 Light snacks provided.
 While supplies last.

Healthy Living: My Best Self 4
 4pm-5pm (Spanish)

2024 Graduate Celebration
 Bring your graduates to celebrate their special accomplishment
 10:30am-12:30pm

Zumba Core 9am-10am
Energy Education & Budgeting**
 9am-10am & 1pm-2pm
Playdate Hour (Self Led)
 9am-10am & 10am-11am
Tone & Sculpt 10am-11am

Cal Fresh Applications
 10am-2pm

Being Self Sufficient 10am-11am
Zumbini
 10:15am-11am & 11:15am-12pm
Chair Fitness 12pm-1pm
Arts & Crafts for Kids 12pm-1pm
Chair Yoga 1pm-2pm
Zumba for Kids 1pm-2pm
Mindful Living 3 1pm-2pm
Goodwill Orientation
 1:30pm-2:30pm
Meditation 2pm-3pm
Breathe Well, Live Well 2
 2:30pm-3:30pm (Spanish)
Understanding Diabetes 2
 4pm-5pm
Bootcamp Training 4pm-5pm
Family Arts & Crafts 4pm-5pm
 Invite grandparents to the family fun. Snacks & refreshments provided. While supplies last.
Hatha Yoga 5pm-6pm
Dance for Kids 5pm-6pm

Medi-Cal Renewal Specialist 25
Medi-Cal Eligibility Worker
Energy Education & Budgeting**
 9am-10am & 1pm-2pm
Zumba Toning
 10am-11am
Resume & Development**
 10am-12pm
Citizenship Class
 10am-11am & 4pm-5pm
Reading & Crafts Club for Littles
 10:15am-11am
IEHP Benefits Class
 10:30am-11:30am (Spanish)
Nutrition Fundamentals
 11am-12pm
Disaster Preparedness
 11am-12pm (Spanish)
Yoga Chair
 1pm-2pm
Zumba Chair
 2pm-3pm
Kickboxing
 4pm-5pm
Latin Dance
 5pm-6pm

Family Summer Camp
 For kids ages 5-11 with parents
 Join us for a variety of activities and fun for the family
 12pm-2pm & 4pm-6pm

CLOSED
 9am-2pm

Energy Education & Budgeting**
 2pm-3pm

Diversity Dance Party
 Celebrate PRIDE month with us!
 3:30pm-5:30pm

Energy Education & Budgeting**
 9am-10am & 1pm-2pm

June Birthday Bash
 For kids ages 0-5 with parents
 10am-12pm
 Bring your tiny humans and celebrate with us!

Lactation New Parent Group
 10am-12pm
English as a Second Language
 10am-11am & 4pm-5pm
Zumba Gold 12pm-1pm
Chair Fitness 1pm-2pm
Zumba for Kids 1pm-2pm
Movement & Mobility
 2pm-3pm
Talking to your Teen about Reproductive Health
 2pm-3pm
 3pm-4pm (Spanish)
Midwifery-Led Prenatal Group
 2pm-4pm
Hatha Yoga 4pm-5pm
U-Jam 5pm-6pm

Family Summer Camp
 For kids ages 5-11 with parents
 Join us for a variety of activities
 and fun for the family
 4pm-6pm

Strength & Conditioning 9am-10am
Mindful Living 2
 9:30am-10:30am (Spanish)
Kickboxing 10am-11am
Beginning Zumba 10am-11am
Family Nutrition 10:15am-11am
Playdate Hour (Self Led)
 10am-11am & 11am-12pm
Zumba Chair 11am-12pm
Beginner Yoga 11am-12pm
Healthy Living: My Best Self 3
 11am-12pm
Reading & Crafts Club for Littles
 11:15am-12pm
Mindful Movers for Kids
 12pm-1pm
Yoga for Kids 1pm-2pm
Eat Well with Russell 1pm-2pm
Understanding Diabetes 3
 1:30pm-2:30pm (Spanish)
Chair Yoga 2pm-3pm

Family Movie Night
 For kids ages 5-11 with parents
 3:30pm-5:30pm
 Vision Screenings Available
 Light snacks provided.
 While Supplies last.

Zumba for Kids
 3:30pm-4pm
Movie 4pm-5:30pm

Bootcamp Training 9am-10am
Dance Fitness
 10am-11am
Zumba Chair
 11am-12pm
Restorative Yoga
 12pm-1pm