









## Community Wellness Center - RIVERSIDE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>2</p>  <p><b>CLOSED</b></p>	<p>3</p> <p>Line Dance 9am-10am</p> <p>Living Well in the Community #1 9am-10am</p> <p>Fitness Training 10:30am-11:30am</p> <p>Healthy Heart #1 (Spanish) 10:30am-11:30am</p> <p>Body Flow 12pm-1pm</p> <p>Healthy Living, My Best Self #1 (Spanish) 1pm-2pm</p> <p>Yoga for Seniors &amp; 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>4</p> <p><i>IEHP Renewal Specialist</i></p> <p>Yoga Flow for Beginners 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>Pineapple with Sweet Mole — Food Demo (Spanish) 11:30am-12:30pm</p> <p>Pure Strength 12:30pm-1:30pm</p> <p>Medicare 101 2pm-2:30pm 2:30pm-3pm (Spanish)</p> <p>Very Berry Angel Food Cake — Kids Food Demo (Ages 4-11) 4pm-4:45pm</p> <p>Arts &amp; Crafts for Kids (Ages 4-11) 5pm-5:45pm</p> <p>Body Flow 5pm-6pm</p>	<p>5</p> <p>Chair Fitness 9am-10am</p> <p>Knitting &amp; Crochet Club (Self-led, Bilingual) 10am-11:30am</p> <p>Yin Yoga 10:30am-11:30am</p> <p>Line Dance 12pm-1pm</p> <p>Zumba Gold 2pm-3pm</p> <p>Body Sculpting 3:30pm-4:30pm</p>	<p>6</p> <p>Pamper My Baby (Bilingual) 10am-1pm</p> <p>Yoga for Seniors &amp; PWD 2pm-3pm</p> <p>24/7 Dads — Cohort 4, Session 1 4pm-6pm</p> <p>Yoga for Kids (Ages 4-11) 4pm-4:45pm</p> <p>Strength &amp; Conditioning 5pm-6pm</p>	<p>7</p>  <p><b>Community Wellness Center CLOSED</b></p>
<p>9</p> <p>Strength &amp; Conditioning 9am-10am</p> <p>*Tuna Boats — Food Demo 10am-11am</p> <p>Meditation 10:30am-11:30am</p> <p>*Tuna Boats — Food Demo 11:30am-12:30pm</p> <p>*Food Demo 30 max capacity</p> <p>Pure Strength: 12pm-1pm</p> <p>Your Health &amp; Wellness Benefits (Spanish) 1pm-2pm</p> <p>Zumba Gold <del>Cancelled</del></p> <p>*Ice Cream Social (Bilingual) 2pm-3pm</p> <p>*Refreshments provided</p> <p>HIIT &amp; Core Training 3pm-4pm</p> <p>Self Care: Arts &amp; Crafts (Bilingual) 4pm-5pm</p>	<p>10</p> <p><i>IEHP Renewal Specialist</i></p> <p>Line Dance 9am-10am</p> <p>Boundaries and Consent 9am-10am</p> <p>Fitness Training 10:30am-11:30am</p> <p>Tuna Boats — Food Demo (Spanish) 11:30am-12:30pm</p> <p>Body Flow 12pm-1pm</p> <p>Yoga for Seniors &amp; PWD 2pm-3pm</p> <p>Chair Fitness 3:30pm-4:30pm</p> <p>Zumba <del>Cancelled</del></p>	<p>11</p> <p><b>CLOSED</b> 9am-2pm</p> <p>Yoga Flow for Beginners <del>Cancelled</del></p> <p>Aerobic Boxing <del>Cancelled</del></p> <p>Pure Strength <del>Cancelled</del></p> <p>Cheesy Broccoli Quesadillas — Kids Food Demo (Ages 4-11) 4pm-4:45pm</p> <p>Arts &amp; Crafts for Kids (Ages 4-11) 5pm-5:45pm</p> <p>Body Flow 5pm-6pm</p>	<p>12</p> <p>Chair Fitness 9am-10am</p> <p>Knitting &amp; Crochet Club (Self-led, Bilingual) 10am-11:30am</p> <p>Yin Yoga 10:30am-11:30am</p> <p>CPR 12pm-3pm</p> <p>Line Dance 12pm-1pm</p> <p>Zumba Gold 2pm-3pm</p> <p>*Infused Water Social 3:30pm-4:30pm</p> <p>Body Sculpting 3:30pm-4:30pm</p> <p>*Refreshments provided</p>	<p>13</p> <p>Breathe Well Live Well #1 9am-10am</p> <p>Understanding Diabetes #2 (Spanish) 10:30am-11:30pm</p> <p>Mindful Living #3 12pm-1pm</p> <p>Yoga for Seniors &amp; PWD 2pm-3pm</p> <p>Understanding Diabetes #2 2:30pm-3:30pm</p> <p>24/7 Dads — Cohort 4, Session 2 4pm-6pm</p> <p>Yoga for Kids (Ages 4-11) 4pm-4:45pm</p> <p>Strength &amp; Conditioning 5pm-6pm</p>	<p>14</p> <p>Aerobic Boxing 8:30am-9:30am</p> <p>Mindful Living #1 (Spanish) 9:30am-10:30am</p> <p>Strength &amp; Conditioning 10am-11am</p> <p>Zumba for Kids (Ages 4-11) 11:15am-12pm</p> <p>Waffles and Fruit Kabobs — Kids Food Demo (Ages 4-11) 12pm-12:45pm</p> <p>Zumba 12:15pm-1pm</p>
<p>16</p> <p>Strength &amp; Conditioning 9am-10am</p> <p>*Bean Tostadas — Food Demo 10am-11am</p> <p>Meditation 10:30am-11:30am</p> <p>*Bean Tostadas — 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>*Ice Cream Social (Bilingual) 2pm-3pm</p> <p>*Refreshments provided</p> <p>HIIT &amp; Core Training 3pm-4pm</p> <p>Self Care: Arts &amp; Crafts (Bilingual) 4pm-5pm</p>	<p>17</p> <p>Line Dance 9am-10am</p> <p>Living Well in the Community #2 9am-10am</p> <p>Fitness Training 10:30am-11:30am</p> <p>Quitting Tobacco — Where to Start? 10:30am-11:30am</p> <p>Body Flow 12pm-1pm</p> <p>Healthy Living: My Best Self #2 1pm-2pm</p> <p>Yoga for Seniors &amp; PWD 2pm-3pm</p> <p>Chair Fitness 3:30pm-4:30pm</p> <p>Healthy Living My Best Self #2 4pm-5pm</p> <p>Zumba 5pm-6pm</p>	<p>18</p> <p><i>IEHP Renewal Specialist</i></p> <p>Yoga Flow for Beginners 9am-10am</p> <p>*Meet the Coach (Bilingual) 10am-10:30am</p> <p>* Refreshments provided</p> <p>Electric and Natural Gas Safety &amp; Understanding Your Phone Bill (Bilingual) 10am-11am</p> <p>Aerobic Boxing 11:15am-12:15pm</p> <p>Bean Tostadas — Food Demo (Spanish) 11:30am-12:30pm</p> <p>Pure Strength 12:30pm-1:30pm</p> <p>Fruit Salad — Kids Food Demo (Ages 4-11) 4pm-4:45pm</p> <p>Arts &amp; Crafts for Kids (Ages 4-11) 5pm-5:45pm</p> <p>Body Flow 5pm-6pm</p>	<p>19</p> <p><b>CLOSED</b> 9am-11am</p> <p>Emergency Preparedness &amp; Safety Fair 11am-1pm</p> <p>DEMOS   GAMES   FOOD</p> <p>Join us to learn ways you can prepare for emergencies.</p> <p>Zumba Gold 2pm-3pm</p> <p>Body Sculpting 3:30pm-4:30pm</p> <p>Game Hour 4pm-5pm</p>	<p>20</p> <p>Hispanic Heritage Month Celebration 9:30am-12pm </p> <p>Arts &amp; Crafts (Bilingual) 9:30am-11:30am</p> <p>Red and Green Spinach Enchiladas — Food Demo (Bilingual) 11:30am-12:30pm</p> <p>Yoga for Seniors &amp; PWD 2pm-3pm</p> <p>24/7 Dads — Cohort 4, Session 3 <del>Cancelled</del></p> <p>Yoga for Kids (Ages 4-11) 4pm-4:45pm</p> <p>Arts &amp; Crafts for Kids (Ages 4-11) 5pm-5:45pm</p> <p>Strength &amp; Conditioning 5pm-6pm</p>	<p>21</p>  <p><b>Community Wellness Center CLOSED</b></p>
<p>23</p> <p>Strength &amp; Conditioning 9am-10am</p> <p>*Pumpkin Oatmeal — Food Demo 10am-11am</p> <p>Meditation 10:30am-11:30am</p> <p>*Pumpkin Oatmeal — Food Demo 11:30am-12:30pm</p> <p>*Food Demo 30 max capacity</p> <p>Pure Strength 12pm-1pm</p> <p>Your Health &amp; Wellness Benefits 1pm-2pm</p> <p>Zumba Gold 1:30pm-2:30pm</p> <p>*Meet the Coach (Bilingual) 2:30pm-3:30pm</p> <p>*Ice Cream Social (Bilingual) 2:30pm-3:30pm</p> <p>*Refreshments Provided</p> <p>HIIT &amp; Core Training 3pm-4pm</p> <p>Self Care: Arts &amp; Crafts (Bilingual) 4pm-5pm</p>	<p>24</p> <p><i>IEHP Renewal Specialist</i></p> <p>Line Dance 9am-10am</p> <p>Boundaries and Consent (Spanish) 9am-10am</p> <p>Fitness Training 10:30am-11:30am</p> <p>Body Flow 12pm-1pm</p> <p>*Meet the Coach (Bilingual) 1pm-2pm</p> <p>*Infused Water Social 1pm-2pm</p> <p>*Refreshments Provided</p> <p>Yoga for Seniors &amp; PWD 2pm-3pm</p> <p>Chair Fitness 3:30pm-4:30pm</p> <p>Master Your Glucose: The Basics of Monitoring Blood Sugar Levels 4:30pm-6pm</p> <p>Zumba 5pm-6pm</p>	<p>25</p>  <p><b>Community Wellness Center CLOSED</b></p>	<p>26</p> <p>Chair Fitness 9am-10am</p> <p>Breast &amp; Cervical Health (Bilingual) 9am-10am</p> <p>Knitting &amp; Crochet Club (Self-led, Bilingual) 10am-11:30am</p> <p>Yin Yoga 10:30am-11:30am</p> <p>CPR (Spanish) 12pm-3pm</p> <p>Line Dance 12pm-1pm</p> <p>Zumba Gold 2pm-3pm</p> <p>Body Sculpting 3:30pm-4:30pm</p> <p>Game Hour (Bilingual) 4pm-5pm</p>	<p>27</p> <p>Breathe Well Live Well #1 (Spanish) 9am-10am</p> <p>Understanding Diabetes #3 (Spanish) 10:30am-11:30am</p> <p>Healthy Heart #1 12pm-1pm</p> <p>Yoga for Seniors &amp; PWD 2pm-3pm</p> <p>Understanding Diabetes #3 2:30pm-3:30pm</p> <p>24/7 Dads — Cohort 4, Session 4 4pm-6pm</p> <p>Yoga for Kids (Ages 4-11) 4pm-4:45pm</p> <p>Strength &amp; Conditioning 5pm-6pm</p>	<p>28</p>  <p><b>Community Wellness Center CLOSED</b></p>
<p>30</p>  <p><b>Community Wellness Center CLOSED</b></p>	<p>September is:</p> <ul style="list-style-type: none"> <li><b>Self-Care Awareness Month.</b> Take time for yourself and stay healthy during this upcoming flu season. Look for <b>self-care activities</b> in purple.</li> <li><b>National Emergency Preparedness Month.</b> Join us on Wednesday, September 18 from 11am-2pm for our <b>Emergency Preparedness and Safety Fair.</b></li> </ul>		<p>November Medi-Cal packets have been mailed out, not sure what to do?</p> <p>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>

*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)