








Community Wellness Center - SAN BERNARDINO

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---|--|---|--|---|---|
| <p>2</p>  <p>CLOSED</p> | <p>3</p> <p><i>Medi-Cal Eligibility Worker</i></p> <p>Knitting & Crochet (self-led) 9am-10am</p> <p>Medicare 101 10am-10:30am (Spanish) 10:30am-11am</p> <p>Pineapple with Sweet Mole — Food Demo (Bilingual) 11:45am-12:45pm</p> <p>Meditation: 1pm-2pm</p> <p>Your Health & Wellness Benefits 1:30pm-2:30pm</p> <p>Zumba Gold: 2:30pm-3:30pm</p> <p>Community Health Worker (CHW) Workshop 3pm-4pm</p> <p>Pure Strength: 4pm-5pm</p> <p>Verry Berry Angel Food Cake — Food Demo for Kids (Ages 4-17) 4:30pm-5:15pm</p> <p>HIIT: 5:30pm-6pm</p> | <p>4</p> <p><i>IEHP Renewal Specialist</i></p> <p>Zumba: 9am-10am</p> <p>Listening Skills for Talking about Sensitive Topics 10am-11am</p> <p>Healthy Living: My Best Self #2 (Spanish) 11:30am-12:30pm</p> <p>Yoga for Seniors & PWD 12:30pm-1:30pm</p> <p>Understanding Diabetes #5 2pm-3pm</p> <p>Fitness Training: 2:30pm-3:15pm</p> <p>Living Well in the Community #1 3:30pm-4:30pm</p> <p>Strength & Conditioning 3:30pm-4:30pm</p> <p>Ice Cream Social (Bilingual) *Refreshments Provided 4:30pm-5:30pm</p> <p>Yin Yoga Flow: 5pm-6pm</p> | <p>5</p> <p>Body Sculpting 9am-10am</p> <p>Cardio Dance 10:30am-11:30am</p> <p>Core Training 12:45pm-1:45pm</p> <p>Line Dance 2pm-3pm</p> <p>Aerobic Boxing 3:30pm-4:30pm</p> <p>Game Hour (Bilingual) 4pm-5pm</p> <p>Chair Fitness 5pm-6pm</p> | <p>6</p> <p>Yoga Flow: 9am-10am</p> <p>Mommy Social (Bilingual) Join us and meet with other moms 9am-10am</p> <p>*Lactation-Led New Parent Group *Open to all New Parents (Bilingual) 10am-12pm</p> <p>Strength and Conditioning 10:30am-11:30am</p> <p>*Midwifery-Led Prenatal Group *Open to all Expecting Parents (Bilingual) 12:30pm-2:30pm</p> <p>HIIT & Core Training 1:30pm-2:30pm</p> <p>Community Health Worker (CHW) Workshop (Spanish) 3pm-4pm</p> <p>Body Flow: 3pm-4pm</p> <p>Fitness Training: 4:30pm-5:30pm</p> <p>Zumba for Kids (ages 4-11) 4:30pm-5:15pm</p> | <p>7</p>  <p>Community Wellness Center CLOSED</p> |
| <p>9</p> <p><i>IEHP Renewal Specialist</i></p> <p>Zumba: Cancelled</p> <p>Mindful Living #2 (Spanish) 10am-11am</p> <p>Body Sculpting: Cancelled</p> <p>Healthy Living: My Best Self #3 11:30am-12:30pm</p> <p>Line Dance: 12pm-1pm</p> <p>Understanding Diabetes #5 (Spanish) 1pm-2pm</p> <p>Yoga for Seniors & PWD 1:30pm-2:30pm</p> <p>My Life My Choice (Spanish) 2:30pm-3:30pm</p> <p>Chair Fitness: 3:30pm-4:30pm</p> <p>Infused Water Social (Bilingual) 4:30pm-5:30pm</p> <p>Cardio Dance: Cancelled</p> | <p>10</p> <p><i>Medi-Cal Eligibility Worker</i></p> <p>Knitting & Crochet (self-led) 9am-10am</p> <p>Listening Skills for Talking about Sensitive Topics (Spanish) 10am-11am</p> <p>Meditation: 1pm-2pm</p> <p>Understanding Anxiety 2:30pm-3:30pm</p> <p>Zumba Gold: Cancelled</p> <p>Pure Strength: 4pm-5pm</p> <p>Arts & Crafts for Kids (ages 4-17) 4:30pm-5:30pm</p> <p>HIIT: 5:30pm-6pm</p> | <p>11</p> <p>CLOSED</p> <p>9am-2pm</p> <p>Zumba: Cancelled</p> <p>Yoga for Seniors & PWD Cancelled</p> <p>Fitness Training 2:30pm-3:15pm</p> <p>Self-Care Activity (Bilingual) 3:30pm-4:30pm</p> <p>Strength & Conditioning 3:30pm-4:30pm</p> <p>Ice Cream Social *Refreshments Provided 4:45pm-5:45pm</p> <p>Yin Yoga Flow 5pm-6pm</p> | <p>12</p> <p>Body Sculpting 9am-10am</p> <p>Cardio Dance 10:30am-11:30am</p> <p>Tuna Boats — Food Demo (Bilingual) 11:45am-12:45pm</p> <p>Core Training 12:45pm-1:45pm</p> <p>Line Dance 2pm-3pm</p> <p>Aerobic Boxing 3:30pm-4:30pm</p> <p>Cheesy Broccoli Quesadillas — Food Demo for Kids (Ages 4-11) 4:30pm-5:30pm</p> <p>Chair Fitness 5pm-6pm</p> | <p>13</p> <p>Yoga Flow: 9am-10am</p> <p>Mommy Social (Bilingual) Join us and meet with other moms 9am-10am</p> <p>*Lactation-Led New Parent Group *Open to all New Parents (Bilingual) 10am-12pm</p> <p>Strength and Conditioning 10:30am-11:30am</p> <p>*Midwifery-Led Prenatal Group *Open to all Expecting Parents (Bilingual) 12:30pm-2:30pm</p> <p>HIIT & Core Training 1:30pm-2:30pm</p> <p>*Infused Water Social (Bilingual) *Refreshments Provided 3pm-4pm</p> <p>Body Flow: 3pm-4pm</p> <p>Fitness Training: 4:30pm-5:30pm</p> <p>Zumba for Kids (ages 4-11) 4:30pm-5:15pm</p> | <p>14</p>  <p>Community Wellness Center CLOSED</p> |
| <p>16</p> <p><i>IEHP Renewal Specialist</i></p> <p>Zumba: 9am-10am</p> <p>Mommy Social (Bilingual) Join us and meet with other moms 9am-10am</p> <p>*Lactation-Led New Parent Group *Open to all New Parents (Bilingual) 10am-12pm</p> <p>Body Sculpting: 10:30am-11:30am</p> <p>Line Dance: 12pm-1pm</p> <p>*Midwifery-Led Prenatal Group *Open to all Expecting Parents (Bilingual) 12:30pm-2:30pm</p> <p>Yoga for Seniors & PWD 1:30pm-2:30pm</p> <p>Breast & Cervical Health (Bilingual) 3pm-4pm</p> <p>Chair Fitness: 3:30pm-4:30pm</p> <p>*Meet the Coach (Bilingual) 4:30pm-5:30pm</p> <p>*Infused Water Social (Bilingual) 4:30pm-5:30pm</p> <p>*Refreshments Provided</p> <p>Cardio Dance: 5pm-6pm</p> | <p>17</p> <p><i>Medi-Cal Eligibility Worker</i></p> <p>Knitting & Crochet (self-led) 9am-10am</p> <p>Free Citizenship/Immigration Services and Legal Assistance (Bilingual) 10am-11am</p> <p>Electric and Natural Gas Safety & Understanding Your Phone Bill (Bilingual) 12pm-1pm</p> <p>Meditation: 1pm-2pm</p> <p>Talking about Sex: Getting Past Roadblocks 2pm-3pm</p> <p>Zumba Gold: 2:30pm-3:30pm</p> <p>Your Health & Wellness Benefits 3pm-4pm</p> <p>Pure Strength: 4pm-5pm</p> <p>*Arts & Crafts for Kids (Ages 4-17) *Refreshments Provided 4:30pm-5:30pm</p> <p>HIIT: 5:30pm-6pm</p> | <p>18</p> <p>CLOSED</p> <p>9am-11am</p> <p>Emergency Preparedness and Safety Fair 11am-1pm</p> <p>DEMOS GAMES FOOD</p> <p>Join us to learn ways you can prepare for emergencies.</p> <p>Fitness Training 2:30pm-3:15pm</p> <p>Talking about Sex: Getting Past Roadblocks (Spanish) 2:30pm-3:30pm</p> <p>Strength & Conditioning 3:30pm-4:30pm</p> <p>Understanding Anxiety (Spanish) 4pm-5pm</p> <p>Yin Yoga Flow: 5pm-6pm</p> | <p>19</p> <p>Body Sculpting 9am-10am</p> <p>Cardio Dance 10:30am-11:30am</p> <p>Bean Tostadas — Food Demo (Bilingual) 11:45am-12:45pm</p> <p>Core Training 12:45pm-1:45pm</p> <p>*Meet the Coach (Bilingual) 1:45pm-2:45pm</p> <p>*Infused Water Social (Bilingual) 1:45pm-2:45pm</p> <p>*Refreshments Provided</p> <p>Line Dance 2pm-3pm</p> <p>Aerobic Boxing 3:30pm-4:30pm</p> <p>Bagel Fruit Pizzas — Food Demo for Kids (Ages 4-11) 4:30pm-5:15pm</p> <p>Chair Fitness 5pm-6pm</p> | <p>20</p> <p>Yoga Flow 9am-10am</p> <p>Self-Care Activity (Bilingual) 10am-11am</p> <p>Strength and Conditioning 10:30am-11:30am</p> <p>HIIT & Core Training 1:30pm-2:30pm</p> <p>*Ice Cream Social (Bilingual) *Refreshments Provided 1:45pm-2:45pm</p> <p>Body Flow 3pm-4pm</p> <p>Fitness Training 4:30pm-5:30pm</p> <p>Zumba for Kids (ages 4-11) 4:30pm-5:15pm</p> | <p>21</p>  <p>Community Wellness Center CLOSED</p> |
| <p>23</p> <p><i>IEHP Renewal Specialist</i></p> <p>Zumba: 9am-10am</p> <p>Healthy Heart #2 10am-11am</p> <p>Body Sculpting 10:30am-11:30am</p> <p>Healthy Heart #2 (Spanish) 11:30am-12:30pm</p> <p>Line Dance: 12pm-1pm</p> <p>Understanding Diabetes #6 1pm-2pm</p> <p>Yoga for Seniors & PWD 1:30pm-2:30pm</p> <p>Breathe Well, Live Well #2 2:30pm-3:30pm</p> <p>*Ice Cream Social *Refreshments Provided 3:30pm-4:30pm</p> <p>Chair Fitness: 3:30pm-4:30pm</p> <p>Arts & Crafts for Kids (Ages 4-17) *Refreshments Provided 4:45pm-5:45pm</p> <p>Cardio Dance: 5pm-6pm</p> | <p>24</p> <p><i>Medi-Cal Eligibility Worker</i></p> <p>Knitting & Crochet (self-led) 9am-10am</p> <p>CPR 10am-1pm</p> <p>Meditation 1pm-2pm</p> <p>CPR (Spanish) 2pm-5pm</p> <p>Zumba Gold 2:30pm-3:30pm</p> <p>Pure Strength 4pm-5pm</p> <p>HIIT 5:30pm-6pm</p> | <p>25</p>  <p>Community Wellness Center CLOSED</p> | <p>26</p> <p>Hispanic Heritage Month Celebration 2pm-6pm</p> <p>Body Sculpting: 9am-10am</p> <p>Quitting Tobacco: 10am-11am</p> <p>Cardio Dance: 10:30am-11:30am</p> <p>*Meet the Coach (Bilingual) *Refreshments Provided 11:30am-12pm</p> <p>Core Training: 12:45pm-1:45pm</p> <p>Line Dance: 2pm-3pm</p> <p>Hispanic Heritage Craft (Bilingual) 2pm-3pm</p> <p>Aerobic Boxing: 3:30pm-4:30pm</p> <p>Red and Green Spinach Enchiladas — Food Demo (Bilingual) 3:30pm-4:30pm</p> <p>Cheesy Nachos — Food Demo for Kids (Ages 4-17) 5pm-5:45pm</p> <p>Chair Fitness: 5pm-6pm</p> | <p>27</p> <p>Yoga Flow: 9am-10am</p> <p>Mommy Social (Bilingual) Join us and meet with other moms 9am-10am</p> <p>*Lactation-Led New Parent Group *Open to all New Parents (Bilingual) 10am-12pm</p> <p>Strength and Conditioning 10:30am-11:30am</p> <p>*Midwifery-Led Prenatal Group *Open to all Expecting Parents (Bilingual) 12:30pm-2:30pm</p> <p>HIIT & Core Training 1:30pm-2:30pm</p> <p>Body Flow: 3pm-4pm</p> <p>*Infused Water Social (Bilingual) *Refreshments provided 3pm-4pm</p> <p>Fitness Training 4:30pm-5:30pm</p> <p>Zumba for Kids (ages 4-11) 4:30pm-5:15pm</p> | <p>28</p> <p>Aerobic Boxing 8am-9am</p> <p>Strength & Conditioning 9:30am-10:30am</p> <p>Bootcamp for New Dads (Bilingual) 10am-1pm</p> <p>Zumba for Kids (ages 4-11) 11am-11:45am</p> <p>Line Dance 12pm-1pm</p> |
| <p>30</p>  <p>Community Wellness Center CLOSED</p> | <p>September is:</p> <ul style="list-style-type: none"> Self-Care Awareness Month. Take time for yourself and stay healthy during this upcoming flu season. Look for self-care activities in purple. National Emergency Preparedness Month. Join us on Wednesday, September 18 from 11am-2pm for our Emergency Preparedness and Safety Fair | | <p>November 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>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.

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