



















Community Wellness Center - RIVERSIDE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>February is American Heart Month. Take steps to lower your risk for heart disease. Check out our FREE heart-healthy classes this month. Wear RED on the days you see the hearts.</p> 		 <p>SCAN ME! Use your phone to scan the QR code to view our full schedule of FREE classes.</p>		<p>April 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>3</p> <p>Strength & Conditioning 9am-10am Zumbini (ages 0-3) 10am-10:45am Meditation 10:30am-11:30am Chinese New Years Arts & Crafts (Bilingual) 11:30am-12:30pm Pure Strength 12pm-1pm HIIT & Core Training 1:30pm-2:30pm Game Hour (Bilingual) 2:30pm-3:30pm Game Hour for Kids (ages 4-11) 4pm-4:45pm Bootcamp for Kids (ages 4-11) 5:15pm-6pm</p> 	<p>4</p> <p>Circuit Training 9am-10am Honey & Tea Social (Bilingual) 10am-10:30am Balance & Stability 10:30am-11:30am Fitness Training 12pm-1pm Your Health & Wellness Benefits 1pm-2pm Body Flow 1:30pm-2:30pm Digital tools for a Healthier You 2:30pm-3:30pm Chair Fitness 3:30pm-4:30pm Arts & Crafts for Kids (ages 4-11) 5pm-5:45pm</p> 	<p><i>IEHP Renewal Specialist</i> 5</p> <p>Game hour (Bilingual) 9am-10am Arts & Crafts (Bilingual) 10:30am-11:30am Core Fitness 10:30am-11:30am Aerobic Boxing 12pm-1pm Pure Strength 1:30pm-2:30pm Tabata Chair 3pm-4pm Tabata for Kids (ages 4-11) 4:30pm- 5:15pm Bootcamp 5pm-6pm</p> 	<p>6</p> <p>Chair Fitness 9am-10am Knitting & Crochet (Bilingual, Self-led) 9:30am-11am Yin Yoga 10:30am-11:30am Arts & Crafts (Bilingual) 12pm-1pm Balance & Stability 2pm-3pm Body Sculpting 3:30pm-4:30pm Game Hour for Kids (ages 4-11) 5pm-5:45pm Cardio Kickboxing 5pm-6pm</p>	<p>7</p> <p>Bootcamp 9am-10am Living Well in the Community #1 9am-10am Healthy Heart #3 (Spanish) 10:30am-11:30am Zumbini (ages 0-3) 10:30am-11:15am Healthy Living My Best Self #4 12pm-1pm Yoga for Beginners 12:30pm-1:30pm Circuit Training 2pm-3pm Healthy Heart #3 2:30pm-3:30pm Balance & Stability 3:30pm-4:30pm 24/7 Dads: Cohort 6, Session 4 4pm-6pm</p> 
<p>10</p> <p>Strength & Conditioning 9am-10am Zumbini (ages 0-3) 10am-10:45am Meditation 10:30am-11:30am Game Hour (Bilingual) 11:30am-12:30pm Pure Strength 12pm-1pm HIIT & Core Training 1:30pm-2:30pm Arts & Crafts (Bilingual) 2:30pm-3:30pm Game Hour for Kids (ages 4-11) 4pm-4:45pm Bootcamp for Kids (ages 4-11) 5:15pm-6pm</p>	<p>11</p> <p>Circuit Training 9am-10am How to have a healthy Relationship (Bilingual) 9am-10am Balance & Stability 10:30am-11:30am Healthy Living My Best Self #4 (Spanish) 10:30am-11:30am Fitness Training 12pm-1pm My life, My Choice 12pm-1pm Body Flow 1:30pm-2:30pm Understanding Diabetes #3 (Spanish) 2:30pm-3:30pm Chair Fitness 3:30pm-4:30pm Understanding Diabetes #3 4pm-5pm Game Hour for Kids (ages 4-11) 5:15pm-6pm</p> 	<p><i>IEHP Renewal Specialist</i> 12</p> <p>Honey & Tea Social (Bilingual) 9am-9:30am Gas Aggregation and Slamming (Bilingual) 10am-11am Core Fitness 10:30am-11:30am Aerobic Boxing 12pm-1pm Pure Strength 1:30pm-2:30pm Tabata Chair 3pm-4pm Tabata for Kids (ages 4-11) 4:30pm- 5:15pm Pure Stretch 5pm-6pm</p> 	<p>13</p> <p>Chair Fitness 9am-10am Knitting & Crochet (Bilingual, Self-led) 9:30am-11am Yin Yoga 10:30am-11:30am Game hour (Bilingual) 12pm-1pm *Breast and Cervical Cancer (Bilingual) 1pm-2pm <i>*Prize Raffle in Class</i> Balance & Stability 2pm-3pm Body Sculpting 3:30pm-4:30pm Arts & Crafts for Kids (ages 4-11) 4pm-4:45pm Cardio Kickboxing 5pm-6pm</p> 	<p>14</p> <p>Bootcamp 9am-10am Know Your Rights/ Citizenship (Bilingual) 10am-11am Zumbini (ages 0-3) 10:30am-11:15am Honey & Tea Social (Bilingual) 12pm-12:30pm Yoga for Beginners 12:30pm-1:30pm Circuit Training 2pm-3pm Balance & Stability 3:30pm-4:30pm 24/7 Dads: Cohort 6, Session 5 4pm-6pm</p> 
<p>17</p> <p>CLOSED</p> 	<p>18</p> <p>Caregiver's Toolbox: Health Living for Body and Mind (Spanish) 9am-10am Circuit Training 9am-10am Balance & Stability 10:30am-11:30am My life, My Choice (Spanish) 10:30 am-11:30am Mindful Living #2 (Spanish) 11:45am-12:45pm Fitness Training 12pm-1pm Your Health & Wellness Benefits (Spanish) 1pm-2pm Body Flow 1:30pm-2:30pm Digital tools for a Healthier You (Spanish) 2:30pm-3:30pm Chair Fitness 3:30pm-4:30pm Healthy Living My Best Self #1 3:45pm- 4:45pm Healthy Living My Best Self #1 (Spanish) 5pm-6pm</p> 	<p><i>IEHP Renewal Specialist</i> 19</p> <p>Well Child and Young Adult Clinic 9am-4pm (IEHP Members only ages 3-21)</p>  <p>Join us for a Day Full of Family Friendly Games Activities Fun 9am-5pm Everyone is welcome!</p>	<p>20</p> <p>*Black History Month Celebration (All Ages) 10am-12pm</p>  <p><i>*Refreshments & Snacks Provided. RSVP Required.</i></p> <p>Knitting & Crochet (Bilingual, Self-led) 1pm-2:30pm Tabata Gold 2pm-3pm Body Sculpting 3:30pm-4:30pm Black History Month for Kids (ages 4-11) 4pm-4:45pm Cardio Kickboxing 5pm-6pm</p> 	<p>21</p> <p>Bootcamp 9am-10am Pamper My Baby (Bilingual) 10am-1pm Zumbini (ages 0-3) Canceled Yoga for Beginners 12:30pm-1:30pm Circuit Training 2pm-3pm Balance & Stability 3:30pm-4:30pm 24/7 Dads: Cohort 6, Make-up Session 4pm-6pm</p>
<p>24</p> <p>Strength & Conditioning 9am-10am Zumbini (ages 0-3) 10am-10:45am Meditation 10:30am-11:30am Game Hour (Bilingual) 11:30am-12:30pm Pure Strength 12pm-1pm HIIT & Core Training 1:30pm-2:30pm Arts & Crafts (Bilingual) 2:30pm-3:30pm Arts & Crafts for Kids (ages 4-11) 4pm-4:45pm Bootcamp for Kids (ages 4-11) 5:15pm-6pm</p> 	<p>25</p> <p>Circuit Training 9am-10am Balance & Stability 10:30am-11:30am Fitness Training 12pm-1pm Honey & Tea Social (Bilingual) 12pm-12:30pm Body Flow 1:30pm-2:30pm Arts & Crafts (Bilingual) 2:30pm-3:30pm Chair Fitness 3:30pm-4:30pm Game Hour for Kids (ages 4-11) 5pm-5:45pm</p> 	<p><i>IEHP Renewal Specialist</i> 26</p> <p>Game Hour (Bilingual) 9am-10am Core Fitness 10:30am-11:30am Aerobic Boxing 12pm-1pm Pure Strength 1:30pm-2:30pm Tabata Chair 3pm-4pm Tabata for Kids (ages 4-11) 4:30pm- 5:15pm Pure Stretch 5pm-6pm</p>	<p>27</p> <p>Community Wellness Center CLOSED</p> 	<p>28</p> <p>Bootcamp 9am-10am Understanding Diabetes #4 (Spanish) 10:30am-11:30am Zumbini (ages 0-3) 10:30am-11:15am Mindful Living #2 12pm-1pm Yoga for Beginners 12:30pm-1:30pm Circuit Training 2pm-3pm Understanding Diabetes #4 2:30pm-3:30pm Balance & Stability 3:30pm-4:30pm 24/7 Dads: Cohort 6, Session 6 4pm-6pm</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