



## Community Wellness Center - SAN BERNARDINO

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>February is <b>American Heart Month</b>. Take steps to lower your risk for heart disease. Check out our FREE heart-healthy classes this month. Wear <b>RED</b> on the days you see the hearts.</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>		 <b>Community Wellness Center CLOSED</b>
<p>3 <i>Medi-Cal Eligibility Worker</i></p> <p><b>Bootcamp</b> 9am-10am <b>Core Training</b> 10:30am-11:30am <b>Healthy Living My Best Self #3</b> 11:30am-12:30pm <b>Your Heart, Your Life #2</b> 1pm-2pm <b>Balance &amp; Stability</b> 1:30pm-2:30pm <b>Mindful Living #3</b> (Spanish) 2:30pm-3:30pm <b>Chair Fitness</b> 3:30pm-4:30pm <b>Game Hour</b> (Bilingual) 4pm-5pm <b>Cardio Dance</b> 5pm-6pm</p> 	<p>4 <i>Medi-Cal Eligibility Worker</i></p> <p><b>Aerobic Boxing</b> 9am-10am <b>Medicare 101</b> 10am-10:30am (Spanish) 10:30am-11am <b>Chair Fitness</b> 10:30am-11:30am <b>Meditation</b> 12pm-1pm <b>Tabata Cardio</b> 3pm-3:30pm <b>Pure Strength</b> 4pm-5pm <b>Tabata for Kids (ages 4-11)</b> 4:30pm-5:15pm <b>HIIT</b> 5:30pm-6pm</p>	<p>5 <i>IEHP Renewal Specialist</i></p> <p><b>Tabata Dance</b> 9am-10am <b>Zumbini (ages 0-3)</b> 10:30am-11:15am <b>Talking with Your Teen About Healthy Relationships</b> 10:30am-11:30am 11:30am-12:30pm (Spanish) <b>Balance &amp; Stability</b> 12:30pm-1:30pm <b>Circuit Training</b> 2pm-3pm <b>Strength &amp; Conditioning</b> 3:30pm-4:30pm <b>Chinese New Year Arts &amp; Crafts</b> (Bilingual) 4pm-4:30pm <b>Honey &amp; Tea Social</b> (Bilingual) 4:30pm-5pm <b>Yin Yoga</b>: 5pm-6pm</p> 	<p>6</p> <p><b>Bootcamp</b>: 9am-10am <b>Knitting &amp; Crochet</b> (self-led) 10:15am-11:15am <b>Chair Training</b> 10:30am-11:30am <b>Core Training</b> 12:30pm-1:30pm <b>Arts &amp; Crafts for Seniors</b> (ages 60+) 1pm-3pm <b>Aerobic Boxing</b> 2pm-3pm <b>Meditation</b> 3:30pm-4:30pm <b>Arts &amp; Crafts for Kids (ages 4-11)</b> 4pm-4:45pm <b>Cardio Dance</b> 5pm-6pm</p>	<p>7</p> <p><b>Yoga Flow</b>: 9am-10am <b>Baby and Me Social</b> (Bilingual) (ages 0-3 and expecting parents) 9am-9:45pm <b>*Lactation-Led New Parent Group</b> *Open to all New Parents (Bilingual) 10am-12pm <b>Strength and Conditioning</b> 10:30am-11:30am <b>Zumbini (ages 0-3)</b> 12pm-12:45pm <b>*Midwifery-Led Prenatal Group</b> *Open to all Expecting Parents (Bilingual) 12:30pm-2:30pm <b>HIIT &amp; Core Training</b> 1:30pm-2:30pm <b>Fitness Training</b> 4:30pm-5:30pm <b>Boot Camp for Kids (Ages 4-11)</b> 4:30pm-5:15pm</p>	<p>8</p>  <b>Community Wellness Center CLOSED</b>
<p>10</p> <p><b>Bootcamp</b> 9am-10am <b>Core Training</b> 10:30am-11:30am <b>Healthy Heart #1</b> (Spanish) 11:30am-12:30pm <b>Balance &amp; Stability</b> 1:30pm-2:30pm <b>Understanding Diabetes #2</b> 2:30pm-3:30pm <b>Chair Fitness</b> 3:30pm-4:30pm <b>Game Hour</b> (Bilingual) 4pm-5pm <b>Cardio Dance</b> 5pm-6pm</p>	<p>11 <i>Medi-Cal Eligibility Worker</i></p> <p><b>Aerobic Boxing</b> 9am-10am <b>Chair Fitness</b> 10:30am-11:30am <b>Activity &amp; Eating Healthy for Adults</b> (Bilingual) 11:30am-12:30pm <b>Meditation</b>: 12pm-1pm <b>Digital Tools for a Healthier You</b> 2pm-3pm <b>Your Health &amp; Wellness Benefits</b> (Spanish) 3pm-4pm <b>Tabata Cardio</b>: 3pm-3:30pm <b>Pure Strength</b> 4pm-5pm <b>Tabata for Kids (ages 4-11)</b> 4:30pm-5:15pm <b>HIIT</b>: 5:30pm-6pm</p>	<p>12 <i>IEHP Renewal Specialist</i></p> <p><b>Tabata Dance</b> 9am-10am <b>Here Comes Puberty!</b> 10:30am-11:30am 11:30am-12:30pm (Spanish) <b>Zumbini (ages 0-3)</b> 10:30am-11:15am <b>Balance &amp; Stability</b> 12:30pm-1:30pm <b>Circuit Training</b>: 2pm-3pm <b>Strength &amp; Conditioning</b> 3:30pm-4:30pm <b>Arts &amp; Crafts</b> (Bilingual) 4pm-4:30pm <b>Honey &amp; Tea Social</b> (Bilingual) 4:30pm-5pm <b>Yin Yoga</b> 5pm-6pm</p> 	<p>13</p> <p><b>Bootcamp</b>: 9am-10am <b>Knitting &amp; Crochet</b> (self-led) 10:15am-11:15am <b>Chair Training</b> 10:30am-11:30am <b>Core Training</b> 12:30pm-1:30pm <b>Aerobic Boxing</b> 2pm-3pm <b>Understanding Alcohol and Drug Use</b> 3pm-4pm <b>Meditation</b> 3:30pm-4:30pm <b>Arts &amp; Crafts for Kids (ages 4-11)</b> 4:15pm-5pm <b>Cardio Dance</b>: 5pm-6pm</p> 	<p>14</p> <p><b>Yoga Flow</b>: 9am-10am <b>Baby and Me Social</b> (Bilingual) (ages 0-3 and expecting parents) 9am-9:45am <b>*Lactation-Led New Parent Group</b> *Open to all New Parents (Bilingual) 10am-12pm <b>Strength and Conditioning</b> 10:30am-11:30am <b>Zumbini (ages 0-3)</b> 12pm-12:45pm <b>*Midwifery-Led Prenatal Group</b> *Open to all Expecting Parents (Bilingual) 12:30pm-2:30pm <b>HIIT &amp; Core Training</b> 1:30pm-2:30pm <b>Fitness Training</b>: 4:30pm-5:30pm <b>Boot Camp for Kids (Ages 4-11)</b> 4:30pm-5:15pm</p>	<p>15</p> 
<p>17</p> 	<p>18 <i>Medi-Cal Eligibility Worker</i></p> <p><b>Aerobic Boxing</b> 9am-10am <b>My Life My Choice</b> 10am-11am <b>Chair Fitness</b> 10:30am-11:30am <b>Know Your Rights/ Citizenship</b> (Bilingual) 12pm-1pm <b>Meditation</b>: 12pm-1pm <b>Healthy Living My Best Self #2</b> (Spanish) 1:30pm-2:30pm <b>Healthy Heart #3</b> 2:30pm-3:30pm <b>Tabata Cardio</b> 3pm-3:30pm <b>Pure Strength</b> 4pm-5pm <b>Tabata for Kids (ages 4-11)</b> 4:30pm-5:15pm <b>HIIT</b>: 5:30pm-6pm</p>	<p>19 <i>IEHP Renewal Specialist</i></p> <p><b>Tabata Dance</b> 9am-10am <b>Zumbini (ages 0-3)</b> 10:30am-11:15am <b>Balance &amp; Stability</b> 12:30pm-1:30pm <b>Circuit Training</b> 2pm-3pm <b>Strength &amp; Conditioning</b> 3:30pm-4:30pm <b>Arts &amp; Crafts</b> (Bilingual) 4pm-4:30pm <b>Honey &amp; Tea Social</b> (Bilingual) 4:30pm-5pm <b>Yin Yoga</b> 5pm-6pm</p> 	<p>20</p> <p><b>Bootcamp</b>: 9am-10am <b>Gas Aggregation &amp; Slamming</b> (Bilingual) 10am-11am <b>Chair Training</b>: 10:30am-11:30am <b>Breast &amp; Cervical Health</b> (Bilingual) *Prize raffle in class 12pm-1pm <b>Core Training</b>: 12:30pm-1:30pm <b>Black History Month Celebration</b> <b>*Black History Month Activity</b> (Bilingual) 2pm-3:30pm *Refreshments &amp; Snacks Provided. RSVP Required. <b>Aerobic Boxing</b>: 2pm-3pm <b>Meditation</b>: 3:30pm-4:30pm <b>Arts &amp; Crafts for Kids (ages 4-11)</b> 4pm-4:45pm <b>Cardio Dance</b>: 5pm-6pm</p> 	<p>21</p> <p><b>Yoga Flow</b>: 9am-10am <b>Baby and Me Social</b> (Bilingual) (ages 0-3 and expecting parents) 9am-9:45am <b>*Lactation-Led New Parent Group</b> *Open to all New Parents (Bilingual) 10am-12pm <b>Strength and Conditioning</b> 10:30am-11:30am <b>Zumbini (ages 0-3)</b> 12pm-12:45pm <b>*Midwifery-Led Prenatal Group</b> *Open to all Expecting Parents (Bilingual) 12:30pm-2:30pm <b>HIIT &amp; Core Training</b> 1:30pm-2:30pm <b>Understanding Alcohol and Drug Use</b> (Spanish) 3pm-4pm <b>Fitness Training</b>: 4:30pm-5:30pm <b>Boot Camp for Kids (Ages 4-11)</b> 4:30pm-5:15pm</p>	<p>22</p> <p><b>Free Tax Preparation Service</b> (Bilingual) 9:30am-12pm  Call to Schedule Your Appointment 1-877-410-8829</p> 
<p>24</p> <p><b>Bootcamp</b> 9am-10am <b>Core Training</b> 10:30am-11:30am <b>Your Heart, Your Life #2</b> (Spanish) 1pm-2pm <b>Balance &amp; Stability</b> 1:30pm-2:30pm <b>Living Well in the Community #2</b> 2:30pm-3:30pm <b>Breathe Well, Live Well #2</b> 3:30pm-4:30pm <b>Chair Fitness</b> 3:30pm-4:30pm <b>Game Hour</b> (Bilingual) 4pm-5pm <b>Cardio Dance</b>: 5pm-6pm</p> 	<p>25 <i>Medi-Cal Eligibility Worker</i></p> <p><b>Aerobic Boxing</b>: 9am-10am <b>CPR</b> (Spanish) 10am-1pm <b>Chair Fitness</b> 10:30am-11:30am <b>Meditation</b>: 12pm-1pm <b>Digital Tools for a Healthier You</b> (Spanish) 2pm-3pm <b>Your Health &amp; Wellness Benefits</b> 3pm-4pm <b>Tabata Cardio</b>: 3pm-3:30pm <b>Pure Strength</b>: 4pm-5pm <b>Tabata for Kids (ages 4-11)</b> 4:30pm-5:15pm <b>HIIT</b>: 5:30pm-6pm</p>	<p>26 <i>IEHP Renewal Specialist</i></p> <p><b>Tabata Dance</b> <b>Cancelled</b> <b>Pamper My Baby</b> (Bilingual) 10am-1pm <b>Zumbini (ages 0-3)</b> <b>Cancelled</b> <b>Balance &amp; Stability</b> <b>Cancelled</b> <b>Circuit Training</b> 2pm-3pm <b>CPR</b> 2pm-5pm <b>Strength &amp; Conditioning</b> 3:30pm-4:30pm <b>Yin Yoga</b>: 5pm-6pm</p>	<p>27</p>  <b>Community Wellness Center CLOSED</b>	<p>28</p> <p><b>Well Child and Young Adult Clinic</b> 9am-4pm (IEHP Members only, ages 3-21)</p>  <b>Join us for a Day Full of Family Friendly</b> Games   Activities   Fun 9am-5pm Everyone is welcome!	 <b>SCAN ME!</b> Use your phone to scan the QR code to view our full schedule of FREE classes.

*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](http://www.iehp.org/crcClasses)