

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Strength & Conditioning 9am-10am Energy Education & Budgeting** 9am-10am & 1pm-2pm Playdate Hour (Self Led) 9am-10am & 10am-11am Dance Fitness 9:30am-10:30am</p> <p>Cal Fresh Applications 10am-2pm</p> <p>Zumbini 10:15am-11am & 11:15am-12pm Kickboxing 10:30am-11:30am Nutrition Fundamentals 11am-12pm Movement & Mobility 12pm-1pm Chair Yoga 1pm-2pm Selfcare & Crafts 1:30pm-2:30pm Goodwill Orientation 1:30pm-2:30pm Tea Meditation 3pm-4pm Zumba Toning 4pm-5pm Tone & Sculpt 4:30pm-5:30pm Arts & Crafts for Kids 4:15pm-5pm Hatha 5pm-6pm Zumba Kids 5:15pm-6pm</p>	<p>IEHP Enrollment & Renewal 4</p> <p>Energy Education & Budgeting** 9am-10am & 1pm-2pm Play Time for Little Minds 9am-10am Becoming a Mom #2 9:30am-10:30am Bootcamp Training 10am-11am Citizenship Class 10am-11am & 4pm-5pm Resume & Development** 10am-12pm Reading & Crafts Club for Littles 10:15am-11am Zumba 10:30am-11:30am Energy Flow 11am-12pm Healthy Living My Best Self #1 11am-12pm Zumba Gold 12pm-1pm Computer Basics 12pm-1:30pm Tone & Sculpt 12:30pm-1:30pm Chair Kickboxing 1pm-2pm Healthy Habits with Lizette 1:30pm-2:30pm <i>Food demo</i> Healthy Heart #2 1:30pm-2:30pm (Spanish) Word Fundamentals 1:30pm-2:30pm Circuit Training 2:30pm-3:30pm Intro to Artificial Intelligence 2:30pm-3:30pm My Life, My Choice 3pm-4pm (Spanish) Restorative Yoga 3:30pm-4:30pm Pound Fitness 4pm-5pm Dance Fitness 4:30pm-5:30pm Tasty Eats for Kids with Alex 4:15pm-5pm <i>Food Demo</i> Family Fitness Hour 5:15pm-6pm Low Impact Training 5pm-6pm</p>	<p>Medi-Cal Eligibility Worker 5</p> <p>HIIT 9am-10am Energy Education & Budgeting** 9am-10am & 1pm-2pm Playdate Hour (Self Led) 9am-10am & 10am-11am Kickboxing 9:30am-10:30am Chapter Chats & Activities 10am-11am Your Health and Wellness Benefits 10am-11am (Spanish) Grief & Loss Support Group 10am-11am (Spanish) Job Club** 10am-12pm Zumbini 10:15am-11am & 11:15am-12pm Tone & Sculpt 10:30am-11:30am PIYo 11am-12pm A Better Me 11am-12pm Digital Health Literacy 11:30am-12:30pm (Spanish) Healthy Habits with Alex 12pm-1pm Chair Fitness 12:30pm-1:30pm Zumba Chair 1:30pm-2:30pm Meditation & Color 2pm-3pm Flex and Move 3pm-4pm Arts & Crafts for Kids 4pm-4:45pm Kidfit Sports Training 5pm-5:45pm <i>Sport exercise & conditioning</i> Zumba 5pm-6pm</p>	<p>Power Yoga 9am-10am Energy Education & Budgeting** 9am-10am & 1pm-2pm Playdate Hour (Self Led) 9am-10am & 10am-11am Mommy Social 9:30am-10am HIIT 9:30am-10:30am</p> <p>New Parent Support 10am-2:30pm Calling all new & expecting parents! We would like to invite you to get help with answering questions, make connections, and receive support! Partners encouraged. Light lunch provided.</p> <p>Lactation New Parent Group 10am-12pm Midwifery-Led Prenatal Group 12:30pm-2:30pm</p> <p>English as a Second Language 10am-11am & 4pm-5pm Zumbini 10:15am-11am & 11:15am-12pm Dance Fitness 10:30am-11:30am Healthy Habits with Lizette 11am-12pm Chair Yoga 12pm-1pm Zumba Gold 12:30pm-1:30pm Movement & Mobility 1:30pm-2:30pm Low Impact Training 2pm-3pm Bootcamp Training 3pm-4pm Nutrition Fundamentals 4pm-5pm Family Fitness Hour 4pm-4:45pm Pound Fitness 5pm-6pm Bootcamp Kids 5:15pm-6pm</p>	<p>Zumba 9am-10am Kickboxing 9:30am-10:30am Chapter Chats & Activities 10am-11am Playdate Hour (Self Led) 10am-11am Circuit Training 10:30am-11:30am Chair Kickboxing 11am-12pm Reading & Crafts Club for Littles 11:15am-12pm Healthy Habits with Lizette 12pm-1pm Energy Flow 12:30pm-1:30pm Zumba Gold 1:30pm-2:30pm Yin Yoga 2pm-3pm HIIT 3pm-4pm Strength & Conditioning 4pm-5pm Zumba Kids 4:15pm-5pm Kidfit Sports Training 5pm-5:45pm <i>Sport exercise & conditioning</i> Bump & Balance 5pm-6pm <i>Prenatal Yoga. Significant others welcome. First time participants receive a free gift. While supplies last.</i></p>
<p>Strength & Conditioning 9am-10am Energy Education & Budgeting** 9am-10am & 1pm-2pm Playdate Hour (Self Led) 9am-10am & 10am-11am Dance Fitness 9:30am-10:30am</p> <p>Cal Fresh Applications 10am-2pm</p> <p>VITA Free Tax Preparation** 10am-3pm Call to schedule your appointment 909-723-1566</p> <p>Zumbini 10:15am-11am & 11:15am-12pm Kickboxing 10:30am-11:30am Nutrition Fundamentals 11am-12pm Movement & Mobility 12pm-1pm Chair Yoga 1pm-2pm Selfcare & Crafts 1:30pm-2:30pm Goodwill Orientation 1:30pm-2:30pm Tea Meditation 3pm-4pm Zumba Toning 4pm-5pm Tone & Sculpt 4:30pm-5:30pm Arts & Crafts for Kids 4:15pm-5pm Hatha 5pm-6pm Zumba Kids 5:15pm-6pm</p>	<p>IEHP Enrollment & Renewal 11</p> <p>Energy Education & Budgeting** 9am-10am & 1pm-2pm Bootcamp Training 10am-11am Playdate Hour (Self Led) 10am-11am Citizenship Class 10am-11am & 4pm-5pm Resume & Development** 10am-12pm Zumba 10:30am-11:30am Energy Flow 11am-12pm Disaster Preparedness 11am-11:30am (Spanish) Reading & Crafts Club for Littles 11:15am-12pm Zumba Gold 12pm-1pm Computer Basics 12pm-1:30pm Tone & Sculpt 12:30pm-1:30pm Sewing Class 1pm-3pm Word Fundamentals 1:30pm-2:30pm Circuit Training 2:30pm-3:30pm Intro to Artificial Intelligence 2:30pm-3:30pm Restorative Yoga 3:30pm-4:30pm Pound Fitness 4pm-5pm Dance Fitness 4:30pm-5:30pm Tasty Eats for Kids with Alex 4:15pm-5pm <i>Food Demo</i> Family Fitness Hour 5pm-5:45pm Low Impact Training 5pm-6pm</p>	<p>Medi-Cal Eligibility Worker 12</p> <p>HIIT 9am-10am Energy Education & Budgeting** 9am-10am & 1pm-2pm Playdate Hour (Self Led) 9am-10am & 10am-11am Breathe Well, Live Well #2 9:30am-10:30am CPR 9:30am-12:30pm 1:30pm-4:30pm (Spanish) Disaster Preparedness 10am-12pm Zumbini 10:15am-11am & 11:15am-12pm Tone & Sculpt 10:30am-11:30am Mindful Living #1 11am-12pm Healthy Habits with Alex 12:30pm-1:30pm Chair Fitness 12:30pm-1:30pm Mindful Living #1 1:30pm-2:30pm (Spanish) Zumba Chair 1:30pm-2:30pm Meditation & Color 2pm-3pm Healthy Living My Best Self #2 3pm-4pm (Spanish) Flex and Move 3pm-4pm</p> <p>Happy Heart Dance for Kids Ages 5-11 with parent 4pm-5:30pm</p> <p>Creative Arts for Teens 4pm-5:30pm</p>	<p>Power Yoga 9am-10am Energy Education & Budgeting** 9am-10am & 1pm-2pm Playdate Hour (Self Led) 9am-10am & 10am-11am</p> <p>Partner Network Meeting 9am-11am</p> <p>Mommy Social 9:30am-10am HIIT 9:30am-10:30am</p> <p>New Parent Support 10am-2:30pm Calling all new & expecting parents! We would like to invite you to get help with answering questions, make connections, and receive support! Partners encouraged. Light lunch provided.</p> <p>Lactation New Parent Group 10am-12pm Midwifery-Led Prenatal Group 12:30pm-2:30pm</p> <p>English as a Second Language 10am-11am & 4pm-5pm Zumbini 10:15am-11am & 11:15am-12pm Healthy Habits with Lizette 11am-12pm Chair Yoga 12pm-1pm Excel Fundamentals** 12pm-1:30pm Zumba Gold 12:30pm-1:30pm Movement & Mobility 1pm-2pm PowerPoint Fundamentals** 1:30pm-2:30pm Bootcamp Training 2pm-3pm Intro to Artificial Intelligence 2:30pm-3:30pm Nutrition Fundamentals 3pm-4pm Family Fitness Hour 4pm-4:45pm Pound Fitness 5pm-6pm Bootcamp Kids 5:15pm-6pm</p>	<p>Zumba 9am-10am Kickboxing 9:30am-10:30am Chapter Chats & Activities 10am-11am Playdate Hour (Self Led) 10am-11am Circuit Training 10:30am-11:30am Chair Kickboxing 11am-12pm Reading & Crafts Club for Littles 11:15am-12pm Healthy Habits with Lizette 12pm-1pm Energy Flow 12:30pm-1:30pm Zumba Gold 1:30pm-2:30pm Yin Yoga 2pm-3pm</p> <p>Dance Your Heart Out 3:30pm-5:30pm</p> <p>Zumba Kids 4:15pm-5pm Kidfit Sports Training 5pm-5:45pm <i>Sport exercise & conditioning</i> Bump & Balance 5pm-6pm <i>Prenatal Yoga. Significant others welcome. First time participants receive a free gift. While supplies last.</i></p>
<p>Community Wellness Center CLOSED</p>	<p>IEHP Enrollment & Renewal 18</p> <p>Energy Education & Budgeting** 9am-10am & 1pm-2pm My Life, My Choice 9:30am-10:30am Bootcamp Training 10am-11am Playdate Hour (Self Led) 10am-11am Citizenship Class 10am-11am & 4pm-5pm Resume & Development** 10am-12pm Zumba 10:30am-11:30am Energy Flow 11am-12pm Understanding Diabetes #2 11am-12pm Breast & Cervical Health 11am-12pm Reading & Crafts Club for Littles 11:15am-12pm Zumba Gold 12pm-1pm Computer Basics 12pm-1:30pm Tone & Sculpt 12:30pm-1:30pm Chair Kickboxing 1pm-2pm Healthy Habits with Lizette 1:30pm-2:30pm <i>Food demo</i> Word Fundamentals 1:30pm-2:30pm Becoming a Mom #4 1:30pm-2:30pm (Spanish) Circuit Training 2:30pm-3:30pm Intro to Artificial Intelligence 2:30pm-3:30pm Understanding Diabetes #1 3pm-4pm (Spanish) Restorative Yoga 3:30pm-4:30pm Pound Fitness 4pm-5pm Dance Fitness 4:30pm-5:30pm Tasty Eats for Kids with Alex 4:15pm-5pm <i>Food Demo</i> Family Fitness Hour 5pm-5:45pm Low Impact Training 5pm-6pm</p>	<p>Medi-Cal Eligibility Worker 19</p> <p>HIIT 9am-10am Energy Education & Budgeting** 9am-10am & 1pm-2pm Playdate Hour (Self Led) 9am-10am & 10am-11am Kickboxing 9:30am-10:30am Chapter Chats & Activities 10am-11am Job Club** 10am-12pm Grief & Loss Support Group 10am-11am Zumbini 10:15am-11am & 11:15am-12pm Tone & Sculpt 10:30am-11:30am PIYo 11am-12pm A Better Me 11am-12pm Healthy Habits with Alex 12pm-1pm Chair Fitness 12:30pm-1:30pm Your Health and Wellness Benefits 1pm-2pm Zumba Chair 1:30pm-2:30pm Meditation & Color 2pm-3pm Digital Health Literacy 2:30pm-3:30pm Arts & Crafts for Kids 4pm-4:45pm Flex and Move 4pm-5pm Creative Arts for Teens 4pm-5:30pm Kidfit Sports Training 5pm-5:45pm <i>Sport exercise & conditioning</i> Zumba 5pm-6pm</p>	<p>Power Yoga 9am-10am Energy Education & Budgeting** 9am-10am & 1pm-2pm Playdate Hour (Self Led) 9am-10am & 10am-11am HIIT 9:30am-10:30am Mommy Social 9:30am-10am English as a Second Language 10am-11am & 4pm-5pm</p> <p>New Parent Support 10am-2:30pm Calling all new & expecting parents! We would like to invite you to get help with answering questions, make connections, and receive support! Partners encouraged. Light lunch provided.</p> <p>Lactation New Parent Group 10am-12pm Midwifery-Led Prenatal Group 12:30pm-2:30pm</p> <p>Zumbini 10:15am-11am & 11:15am-12pm Dance Fitness 10:30am-11:30am Healthy Habits with Lizette 11am-12pm Chair Yoga 12pm-1pm Excel Fundamentals** 12pm-1:30pm Zumba Gold 12:30pm-1:30pm Movement & Mobility 1pm-2pm Medicare 101 1pm-2pm & 2pm-3pm (Spanish) PowerPoint Fundamentals** 1:30pm-2:30pm Bootcamp Training 2pm-3pm Intro to Artificial Intelligence 2:30pm-3:30pm Nutrition Fundamentals 3pm-4pm Family Fitness Hour 4pm-4:45pm Pound Fitness 5pm-6pm Bootcamp Kids 5:15pm-6pm</p>	<p>Zumba 9am-10am</p> <p>VITA Free Tax Preparation** 9am-5:30pm Call to schedule your appointment 877-410-8829</p> <p>Kickboxing 9:30am-10:30am Chapter Chats & Activities 10am-11am Playdate Hour (Self Led) 10am-11am Circuit Training 10:30am-11:30am Chair Kickboxing 11am-12pm Reading & Crafts Club for Littles 11:15am-12pm Energy Flow 12:30pm-1:30pm</p> <p>Black History Through The Decades <i>Experience the taste of culture with guest speakers, poetry & singing</i> 2pm-4pm</p> <p>HIIT 3pm-4pm Strength & Conditioning 4pm-5pm Zumba Kids 4:15pm-5pm Kidfit Sports Training 5pm-5:45pm <i>Sport exercise & conditioning</i> Bump & Balance 5pm-6pm <i>Prenatal Yoga. Significant others welcome. First time participants receive a free gift. While supplies last.</i></p>
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Legend

****Pre-registration Required**

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

To better serve you, the Community Wellness Center will operate on a revised schedule for a limited time, with closures on Saturdays. We appreciate your understanding and support as we actively enhance our staffing levels to improve service for you.

Do you need assistance renewing your Medi-Cal or applying for IEHP health coverage? Call us at 1-866-294-4347 or visit our center to make an appointment.

Do you need help with benefits, updating demographics, or changing your provider? We have Member Services Representatives on-site Monday-Friday 9am-5:30pm. Ask to speak with them today!