

Class Calendar - March 2025

Community Wellness Center - RIVERSIDE

WEDNESDAY

Strength & Conditioning 9am-10am

MONDAY

Nutrient Dense Powerhouse — Food Demo (Bilingual)

10am-11ám Meditation 10:30am-11:30am

Pure Strength 12pm-1pm

HIIT & Core Training 1:30pm-2:30pm

Arts & Crafts (Bilingual) 3:30pm-4:30pm

Bootcamp for Kids (ages 4-11) 5:15pm-6pm

10 Strength & Conditioning 9am-10am

Healthy Comfort — Food **Demo** (Bilingual) 10am-11am

Meditation 10:30am-11:30am **Pure Strength**

12pm-1pm **HIIT & Core Training** 1:30pm-2:30pm

Arts & Crafts (Bilingual)

3:30pm-4:30pm Bootcamp for Kids (ages 4-11) 5:15pm-6pm

Strength & Conditioning

9am-10am Breakfast for Champions Food Demo (Bilingual)

10am-11am Meditation 10:30am-11:30am

Pure Strength 12pm-1pm **HIIT & Core Training**

1:30pm-2:30pm **Master Your Glucose**

2pm-3:30pm Arts & Crafts (Bilingual)

3:30pm-4:30pm **Bootcamp for Kids** (ages 4-11)

5:15pm-6pm

Strength & Conditioning 9am-10am Nutritious and Delicious —

Food Demo (Bilingual) 10am-11am Meditation

10:30am-11:30am **Pure Strength**

12pm-1pm **HIIT & Core Training** Canceled

Arts & Crafts (Bilingual)

3:30pm-4:30pm **Bootcamp for Kids** ies 4-111 5:15pm-6pm

Strength & Conditioning 9am-10am

Spring into Health — Food **Demo** (Bilingual) 10am-11am

Meditation 10:30am-11:30am

Pure Strength 12pm-1pm HIIT & Core Training

1:30pm-2:30pm

Arts & Crafts (Bilingual) 3:30pm-4:30pm **Bootcamp for Kids**

(ages 4-11) 5:15pm-6pm Circuit Training

Honey & Tea Social (Bilingual) 10am-10:30am

TUESDAY

Balance & Stability 10:30am-11:30am

3

Fitness Training

Understanding Diabetes #5 (Spanish)

Body Flow 1:30pm-2:30pm

Mindful Living #1 (Spanish) 2:15pm-3:15pm

Chair Fitness 3:30pm-4:30pm

Healthy Living My Best Self #2

(Spanish) 3:30pm-4:30pm Healthy Heart #1

5pm-6pm

Circuit Training 9am-10am

Online Safety (Bilingual) 9am-10am

Balance & Stability 10:30am-11:30am

Arts & Crafts (Bilingual) 11am-12pm

Fitness Training 12pm-1pm

Body Flow 1:30pm-2:30pm

Chair Fitness 3:30pm-4:30pm

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Arts & Crafts for Kids (ages 4-11) 5pm-5:45pm

18 **Circuit Training**

Living Well in the Community #4 9am-10am

Balance & Stability

Breathe Well, Live Well #2 (Spanish) 10:30am-11:30am

Fitness Training 12pm-1pm

Healthy Heart #1 (Spanish)

Body Flow 1:30pm-2:30pm **Chair Fitness**

Understanding Diabetes #6

Circuit Training 9am-10am

Honey & Tea Social (Bilingual) 10am-10:30am

Balance & Stability 10:30am-11:30am

Fitness Training 12pm-1pm

Body Flow 1:30pm-2:30pm

Game Hour (Bilingual) 2pm-3pm

Chair Fitness 3:30pm-4:30pm

Game Hour for Kids (ages 4-11) 4pm-5pm

IEHP Renewal Specialist Game Hour (Bilingual) 10am-11am

Core Fitness 10:30am-11:30am **Aerobic Boxing**

12pm-1pm

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Your Health & Wellness Benefits 1pm-2pm

Pure Strength 1:30pm-2:30pm

Digital tools for a Healthier You 2:30pm-3:30pm

Tabata Chair 3pm-4pm

Tabata for Kids (ages 4-11) 4:30pm-5:15pm

Pure Stretch 5pm-6pm

11

IEHP Renewal Specialist
Avoiding Disconnection/
Payment Options/Billing
Cycle (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

IEHP Renewal Specialist 19
Know Your Rights/Citizenship (Bilingual)
10am-11am

Core Fitness 10:30am-11:30am **Aerobic Boxing**

Your Health & Wellness Benefits

(Spanish) 1pm-2pm **Pure Strength** 1:30pm-2:30pm

Digital tools for a Healthier You (Spanish) 2:30pm-3:30pm

Tabata Chair

Tabata for Kids (ages 4-11) 4:30pm-5:15pm

Pure Stretch 5pm-6pm

25

IEHP Renewal Specialist **Well Child and Young Adult** Clinic

9am-4pm (Active IEHP Members ages 3-21)



Join us for a Day Full of Family Friendly

Games | Activities | Fun 9am-5pm Everyone is welcome!

Balance & Stability 2pm-3pm

10:30am-11:30am

10:30am-11:30am

Chair Fitness

9am-10am

Self-led)

Yin Yoga

Body Sculpting 3:30pm-4:30pm **Game Hour for Kids** (ages 4-11) 5pm-5:45pm

THURSDAY

Cardio Kickboxing 5pm-6pm

13 **Chair Fitness Bootcamp**

20

27

CPR (Spanish) 10am-1pm

9am-10am

Yin Yoga 10:30am-11:30am CPR

1:30pm-4:30pm **Balance & Stability**

2pm-3pm **Body Sculpting**

3:30pm-4:30pm Game Hour for Kids (ages 4-11) 5pm-5:45pm

Cardio Kickboxing 5pm-6pm

Chair Fitness 9am-10am **Knitting & Crochet** (Bilingual, Self-led) 10:30am-11:30am

Yin Yoga 10:30am-11:30am

Balance & Stability

Caregivers Toolbox: Home Safety Body Sculpting

3:30pm-4:30pm **Arts & Crafts for Kids** (ages 4-11) 4pm-4:45pm

Cardio Kickboxing 5pm-6pm

9am-1pm

*Breast and Cervical Cancer (Bilingual) 1:30pm-2:30pm

*Prize Raffle in Class Game Hour (Bilingual) 2:45pm-3:45pm

Arts & Crafts for Kids (ages 4-11) 4pm-4:45pm

9am-10am

Bootcamp

6

Knitting & Crochet (Bilingual, **Zumbini** (ages 0-3) 10:30am-11:15am

Yoga for Beginners 12:30pm-1:30pm

Arts & Crafts (Bilingual) 2pm-3pm

FRIDAY

7

14

21

28

Circuit Training 2pm-3pm

Balance & Stability 3:30pm-4:30pm

Arts & Crafts for Kids (ages 4-11) 4pm-4:45pm

Living Well in the Community #3

Understanding Diabetes #5 10:30am-11:30am

Zumbini (ages 0-3) 10:30am-11:15am Mindful Living #1 12pm-1pm

Yoga for Beginners **Circuit Training**

Becoming a Mom #3 (Spanish)

Balance & Stability 24/7 Dads: Cohort 7, Session 1 4pm-6pm

Bootcamp

Zumbini (ages 0-3) 10:30am-11:15am Honey & Tea Social

9am-10am

(Bilingual) 12pm-12:30pm Yoga for Beginners 12:30pm-1:30pm **Circuit Training**

Balance & Stability 3:30pm-4:30pm

24/7 Dads: Cohort 7, Session 2

4pm-6pm

Understanding Diabetes #6 (Spanish) **Breathe Well, Live Well #2** (Spanish) 10:30am-11:30am

Zumbini (ages 0-3) 10:30am-11:15am

Bootcamp

Healthy Living My Best Self #2 12pm-1pm Yoga for Beginners 12:30pm-1:30pm

Becoming a Mom #3 2:30pm-3:30pm

Circuit Training

Balance & Stability 24/7 Dads: Cohort 7, Session 3

March is National Nutrition Month. Choose healthy food and set healthy

Look for



habits for a healthy body.

and join our

FREE nutrition classes.

May 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.



Use your phone to

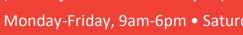
scan the QR code to view our full schedule of FREE classes.

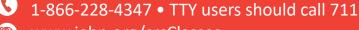
We heal and inspire the human spirit.

(across from Galleria at Tyler) Monday-Friday, 9am-6pm • Saturday, 8:30am-1pm



Classes are subject to change. All classes are first come, first serve.





3590 Tyler Street, Suite 101, Riverside, CA 92503