

## Community Wellness Center - SAN BERNARDINO

| MONDAY   | TUESDAY   | WEDNESDAY  | THURSDAY  | FRIDAY   |   |
|--|---|--|---|--|---|
| <p>3</p> <p><b>Bootcamp</b> 9am-10am</p> <p><b>Core Training</b> 10:30am-11:30am</p> <p><b>Healthy Living My Best Self #4</b> 11:30am-12:30pm</p> <p><b>Balance &amp; Stability</b> 1:30pm-2:30pm</p> <p><b>Mindful Living #1</b> 2:30pm-3:30pm</p> <p><b>Chair Fitness</b> 3:30pm-4:30pm</p> <p><b>Nutrient Dense Powerhouse — Food Demo (Bilingual)</b> 4pm-5pm</p> <p><b>Cardio Dance</b> 5pm-6pm</p>   | <p>4</p> <p><i>Medi-Cal Eligibility Worker</i></p> <p><b>Aerobic Boxing</b> 9am-10am</p> <p><b>Medicare 101</b> 10am-10:30am (Spanish)</p> <p>10:30am-11am</p> <p><b>Chair Fitness</b> 10:30am-11:30am</p> <p><b>Meditation</b> 12pm-1pm</p> <p><b>Tabata Cardio</b> 3pm-3:30pm</p> <p><b>Pure Strength</b> 4pm-5pm</p> <p><b>Tabata for Kids (ages 4-11)</b> 4:30pm-5:15pm</p> <p><b>HIIT</b> 5:30pm-6pm</p>   | <p>5</p> <p><i>IEHP Renewal Specialist</i></p> <p><b>Tabata Dance</b> 9am-10am</p> <p><b>Cal Fresh (Resource Table)</b> 10am-1pm</p> <p><b>Zumbini (ages 0-3)</b> 10:30am-11:15am</p> <p><b>Balance &amp; Stability</b> 12:30pm-1:30pm</p> <p><b>Circuit Training</b> 2pm-3pm</p> <p><b>Strength &amp; Conditioning</b> 3:30pm-4:30pm</p> <p><b>Honey &amp; Tea Social (Bilingual)</b> 4:30pm-5pm</p> <p><b>Yin Yoga</b> 5pm-6pm</p>   | <p>6</p> <p><b>Bootcamp:</b> 9am-10am</p> <p><b>Knitting &amp; Crochet (self-led)</b> 10:15am-11:15am</p> <p><b>Chair Training</b> 10:30am-11:30am</p> <p><b>Body Flow</b> 12:30pm-1:30pm</p> <p><b>Arts &amp; Crafts for Seniors (ages 60+)</b> 1pm-3pm</p> <p><b>Aerobic Boxing</b> 2pm-3pm</p> <p><b>Meditation</b> 3:30pm-4:30pm</p> <p><b>Arts &amp; Crafts for Kids (ages 4-11)</b> 4:45pm-4:55pm</p> <p><b>Cardio Dance:</b> 5pm-6pm</p>   | <p>7</p> <p><b>Yoga Flow:</b> 9am-10am</p> <p><b>Baby and Me Social (Bilingual)</b> (ages 0-3 and expecting parents) 9am-9:45am</p> <p><b>*Lactation-Led New Parent Group</b> *Open to all New Parents (Bilingual) 10am-12pm</p> <p><b>Strength and Conditioning</b> 10:30am-11:30am</p> <p><b>Zumbini (ages 0-3)</b> 12pm-12:45pm</p> <p><b>*Midwifery-Led Prenatal Group</b> *Open to all Expecting Parents (Bilingual) 12:30pm-2:30pm</p> <p><b>HIIT &amp; Core Training</b> 1:30pm-2:30pm</p> <p><b>Fitness Training</b> 4:30pm-5:30pm</p> <p><b>Boot Camp for Kids (Ages 4-11)</b> 4:30pm-5:15pm</p>  |   |
| <p>10</p> <p><b>Bootcamp</b> 9am-10am</p> <p><b>Core Training</b> 10:30am-11:30am</p> <p><b>Healthy Heart #2 (Spanish)</b> 11:30am-12:30pm</p> <p><b>Balance &amp; Stability</b> 1:30pm-2:30pm</p> <p><b>Understanding Diabetes #3</b> 2:30pm-3:30pm</p> <p><b>Chair Fitness</b> 3:30pm-4:30pm</p> <p><b>Healthy Comfort — Food Demo (Bilingual)</b> 4pm-5pm</p> <p><b>Cardio Dance</b> 5pm-6pm</p>  | <p>11</p> <p><i>Medi-Cal Eligibility Worker</i></p> <p><b>Aerobic Boxing:</b> 9am-10am</p> <p><b>Youth and Body Image</b> 10:30am-11:30am (Spanish)</p> <p>11:30am-12:30pm</p> <p><b>Chair Fitness</b> 10:30am-11:30am</p> <p><b>Meditation:</b> 12pm-1pm</p> <p><b>Digital Tools for a Healthier You</b> 2pm-3pm</p> <p><b>Your Health &amp; Wellness Benefits (Spanish)</b> 3pm-4pm</p> <p><b>Tabata Cardio:</b> 3pm-3:30pm</p> <p><b>Pure Strength:</b> 4pm-5pm</p> <p><b>Tabata for Kids (ages 4-11)</b> 4:30pm-5:15pm</p> <p><b>HIIT:</b> 5:30pm-6pm</p> | <p>12</p> <p><i>IEHP Renewal Specialist</i></p> <p><b>Goodwill Hiring Event</b> 10am-1pm</p> <p>Bring copies of your resume and come dressed and ready for your job interview.</p> <p>For more information email <a href="mailto:watermanrcr@goodwillsoocal.org">watermanrcr@goodwillsoocal.org</a></p> <p><b>Circuit Training:</b> 2pm-3pm</p> <p><b>Strength &amp; Conditioning</b> 3:30pm-4:30pm</p> <p><b>Honey &amp; Tea Social (Bilingual)</b> 4:30pm-5pm</p> <p><b>Yin Yoga:</b> 5pm-6pm</p>  | <p>13</p> <p><b>Bootcamp:</b> 9am-10am</p> <p><b>Knitting &amp; Crochet (self-led)</b> 10:15am-11:15am</p> <p><b>Chair Training</b> 10:30am-11:30am</p> <p><b>Effective Communication</b> 12pm-1pm</p> <p><b>Body Flow</b> 12:30pm-1:30pm</p> <p><b>Building Your Relationship with Your Child</b> 2pm-3pm</p> <p><b>Aerobic Boxing:</b> 2pm-3pm</p> <p><b>Meditation:</b> 3:30pm-4:30pm</p> <p><b>Arts &amp; Crafts for Kids (ages 4-11)</b> 4pm-4:45pm</p> <p><b>Cardio Dance:</b> 5pm-6pm</p>        | <p>14</p> <p><b>Yoga Flow</b> 9am-10am</p> <p><b>Baby and Me Social (Bilingual)</b> (ages 0-3 and expecting parents) 9am-9:45am</p> <p><b>Strength and Conditioning</b> 10:30am-11:30am</p> <p><b>Zumbini (ages 0-3)</b> 12pm-12:45pm</p> <p><b>HIIT &amp; Core Training</b> 1:30pm-2:30pm</p> <p><b>Fitness Training</b> 4:30pm-5:30pm</p> <p><b>Boot Camp for Kids (Ages 4-11)</b> 4:30pm-5:15pm</p>   |   |
| <p>17</p> <p><b>Bootcamp</b> 9am-10am</p> <p><b>Core Training</b> 10:30am-11:30am</p> <p><b>My Life My Choice (Spanish)</b> 11:30am-12:30pm</p> <p><b>Balance &amp; Stability</b> 1:30pm-2:30pm</p> <p><b>Understanding Diabetes #4</b> 2:30pm-3:30pm</p> <p><b>Chair Fitness</b> 3:30pm-4:30pm</p> <p><b>Breakfast of Champions — Food Demo (Bilingual)</b> 4pm-5pm</p> <p><b>Cardio Dance</b> 5pm-6pm</p>  | <p>18</p> <p><i>Medi-Cal Eligibility Worker</i></p> <p><b>Aerobic Boxing</b> 9am-10am</p> <p><b>Chair Fitness</b> 10:30am-11:30am</p> <p><b>Know Your Rights/ Citizenship (Bilingual)</b> 12pm-1pm</p> <p><b>Meditation</b> 12pm-1pm</p> <p><b>Digital Tools for a Healthier You (Spanish)</b> 2pm-3pm</p> <p><b>Your Health &amp; Wellness Benefits</b> 3pm-4pm</p> <p><b>Tabata Cardio</b> 3pm-3:30pm</p> <p><b>Pure Strength</b> 4pm-5pm</p> <p><b>Tabata for Kids (ages 4-11)</b> 4:30pm-5:15pm</p> <p><b>HIIT:</b> 5:30pm-6pm</p>                        | <p>19</p> <p><i>IEHP Renewal Specialist</i></p> <p><b>Tabata Dance</b> 9am-10am</p> <p><b>Cal Fresh (Resource Table)</b> 10am-1pm</p> <p><b>Home Safety</b> 10am-12pm</p> <p><b>Zumbini (ages 0-3)</b> 10:30am-11:15am</p> <p><b>Balance &amp; Stability</b> 12:30pm-1:30pm</p> <p><b>Breast &amp; Cervical Health (Bilingual)</b> *Prize raffle in class 2pm-3pm</p> <p><b>Circuit Training</b> 2pm-3pm</p> <p><b>Strength &amp; Conditioning</b> 3:30pm-4:30pm</p> <p><b>Honey &amp; Tea Social (Bilingual)</b> 4:30pm-5pm</p> <p><b>Yin Yoga</b> 5pm-6pm</p>                        | <p>20</p> <p><b>Bootcamp</b> 9am-10am</p> <p><b>Free Tax Preparation Service (Bilingual)</b> 9:30am-12pm</p> <p>*Call to Schedule Your Appointment 1-877-410-8829</p> <p><b>Chair Training</b> 10:30am-11:30am</p> <p><b>Body Flow</b> 12:30pm-1:30pm</p> <p><b>Effective Communication (Spanish)</b> 1:30pm-2:30pm</p> <p><b>Aerobic Boxing</b> 2pm-3pm</p> <p><b>Meditation</b> 3:30pm-4:30pm</p> <p><b>Arts &amp; Crafts for Kids (ages 4-11)</b> 4pm-4:45pm</p> <p><b>Cardio Dance:</b> 5pm-6pm</p> | <p>21</p> <p><b>Yoga Flow:</b> 9am-10am</p> <p><b>Baby and Me Social (Bilingual)</b> (ages 0-3 and expecting parents) 9am-9:45am</p> <p><b>*Lactation-Led New Parent Group</b> *Open to all New Parents (Bilingual) 10am-12pm</p> <p><b>Strength and Conditioning</b> 10:30am-11:30am</p> <p><b>Zumbini (ages 0-3)</b> 12pm-12:45pm</p> <p><b>*Midwifery-Led Prenatal Group</b> *Open to all Expecting Parents (Bilingual) 12:30pm-2:30pm</p> <p><b>HIIT &amp; Core Training</b> 1:30pm-2:30pm</p> <p><b>Fitness Training</b> 4:30pm-5:30pm</p> <p><b>Boot Camp for Kids (Ages 4-11)</b> 4:30pm-5:15pm</p> |   |
| <p>24</p> <p><b>Bootcamp</b> 9am-10am</p> <p><b>Core Training</b> 10:30am-11:30am</p> <p><b>Healthy Living My Best Self #3 (Spanish)</b> 11:30am-12:30pm</p> <p><b>Balance &amp; Stability</b> 1:30pm-2:30pm</p> <p><b>Healthy Heart #1</b> 2:30pm-3:30pm</p> <p><b>Chair Fitness</b> 3:30pm-4:30pm</p> <p><b>Nutritious and Delicious — Food Demo (Bilingual)</b> 4pm-5pm</p> <p><b>Cardio Dance:</b> 5pm-6pm</p>   | <p>25</p> <p><i>Medi-Cal Eligibility Worker</i></p> <p><b>Well Child and Young Adult Clinic</b> 9am-4pm</p> <p>Active IEHP Members ages 3-21</p> <p><b>Join us for a Day Full of Family Friendly</b> Games   Activities   Fun 9am-5pm</p> <p>Everyone is welcome!</p>   | <p>26</p> <p><i>IEHP Renewal Specialist</i></p> <p><b>Tabata Dance:</b> 9am-10am</p> <p><b>Pamper My Baby (Bilingual)</b> 10am-1pm</p> <p><b>Zumbini (ages 0-3)</b> 10:30am-11:15am</p> <p><b>Balance &amp; Stability</b> 12:30pm-1:30pm</p> <p><b>Avoiding Disconnection/ Payment Options/ Billing Cycle and Fees for Late Payments, Disconnection and Deposit (Bilingual)</b> 2pm-3pm</p> <p><b>Circuit Training:</b> 2pm-3pm</p> <p><b>Strength &amp; Conditioning</b> 3:30pm-4:30pm</p> <p><b>Honey &amp; Tea Social (Bilingual)</b> 4:30pm-5pm</p> <p><b>Yin Yoga</b> 5pm-6pm</p> | <p>27</p> <p><b>CLOSED</b> 9am-1pm</p> <p><b>Bootcamp:</b> Cancelled</p> <p><b>Chair Training:</b> Cancelled</p> <p><b>Body Flow:</b> Cancelled</p> <p><b>Arts &amp; Crafts (Bilingual)</b> 1:30pm-2:30pm</p> <p><b>Aerobic Boxing:</b> Cancelled</p> <p><b>Game Hour for Kids (ages 4-11)</b> 3pm-4pm</p> <p><b>Meditation:</b> Cancelled</p> <p><b>Arts &amp; Crafts for Kids (ages 4-11)</b> 4:30pm-5:30pm</p> <p><b>Cardio Dance:</b> Cancelled</p>   | <p>28</p> <p><b>Yoga Flow:</b> 9am-10am</p> <p><b>Baby and Me Social (Bilingual)</b> (ages 0-3 and expecting parents) 9am-9:45am</p> <p><b>Strength and Conditioning</b> 10:30am-11:30am</p> <p><b>Zumbini (ages 0-3)</b> 12pm-12:45pm</p> <p><b>HIIT &amp; Core Training</b> 1:30pm-2:30pm</p> <p><b>Building Your Relationship with Your Child (Spanish)</b> 3pm-4pm</p> <p><b>Fitness Training</b> 4:30pm-5:30pm</p> <p><b>Boot Camp for Kids (Ages 4-11)</b> 4:30pm-5:15pm</p>   |   |
| <p>31</p> <p><b>Bootcamp:</b> 9am-10am</p> <p><b>Core Training:</b> 10:30am-11:30am</p> <p><b>Living Well in the Community #3</b> 11:30am-12:30pm</p> <p><b>Balance &amp; Stability:</b> 1:30pm-2:30pm</p> <p><b>Breathe Well Live Well #1 (Spanish)</b> 1:30pm-2:30pm</p> <p><b>Understanding Diabetes #2 (Spanish)</b> 2:30pm-3:30pm</p> <p><b>Chair Fitness:</b> 3:30pm-4:30pm</p> <p><b>Spring Into Health — Food Demo (Bilingual)</b> 4pm-5pm</p> <p><b>Cardio Dance:</b> 5pm-6pm</p> | <p><b>March is National Nutrition Month.</b> Choose healthy foods and set healthy habits for a healthy body.</p> <p>Look for  and join our <b>FREE</b> nutrition classes.</p>   |  | <p><b>May Medi-Cal packets</b> have been mailed out, not sure what to do? <b>IEHP is here to help. Let us schedule an appointment with our Renewal Specialist every Wednesday.</b></p>  |  | <p><b>SCAN ME!</b> Use your phone to scan the QR code to view our full schedule of <b>FREE</b> 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](http://www.iehp.org/crcClasses)