

MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY

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 Living Well #4 9:30am-10:30am Cal Fresh Applications 10am-2pm CAP VITA Free Tax Preparation\*\* 10am-3pm Call to schedule your appointment 909-723-1566 Zumbini 10:15am-11am & 11:15am-12pm Kickboxing 10:30am-11:30am Nutrition Fundamentals 11am-12pm Healthy Living My Best Self #2 11am-12pm Movement & Mobility 12pm-1pm Chair Yoga 1pm-2pm Selfcare & Crafts 1:30pm-2:30pm Healthy Heart #3 1:30pm-2:30pm (Spanish) Goodwill Orientation 1:30pm-2:30pm Tea Meditation 2:30pm-3:30pm Understanding Diabetes #3 3pm-4pm (Spanish) Creative Arts for Teens 4pm-5:30pm Parent Club 4pm-5:30pm Arts & Crafts for Kids 4:15pm-5pm Tone & Sculpt 4:30pm-5:30pm Hatha 5pm-6pm Zumba Kids 5pm-5:45pm

IEHP Enrollment & Renewal 9am-10am Energy Education & Budgeting\*\* 9am-10am & 1pm-2pm Play Time for Little Minds 9am-10am Bootcamp Training 10am-11am Citizenship Class 10am-11am & 4pm-5pm Resume & Development\*\* 10am-12pm Master your Glucose 10am-11am (Spanish) Reading & Crafts Club for Littles 10:15am-11am Zumba 10:30am-11:30am Energy Flow 11am-12pm Healthy Habits with Lizette 12pm-1pm Master your Glucose 12pm-1pm Computer Basics 12pm-1:30pm Tone & Sculpt 12:30pm-1:30pm Chair Kickboxing 1pm-2pm Zumba Gold 1:30pm-2:30pm Word Fundamentals 1:30pm-2:30pm Circuit Training 2:30pm-3:30pm Intro to Artificial Intelligence 2:30pm-3:30pm Pound Fitness 4pm-5pm Dance Fitness 4:30pm-5:30pm Tasty Eats for Kids with Alex 4:15pm-5pm Family Fitness Hour 5pm-5:45pm Restorative Yoga 5pm-6pm

HIIT 9am-10am Energy Education & Budgeting\*\* 9am-10am & 1pm-2pm Playdate Hour (Self Led) 9am-10am & 10am-11am Chapter Chats & Activities 10am-11am Your Health and Wellness Benefits 10am-11am Grief & Loss Support Group 10am-11am (Spanish) Job Club\*\* 10am-12pm Zumbini 10:15am-11am & 11:15am-12pm Meditation & Color 10:30am-11:30am PiYo 11am-12pm A Better Me 11am-12pm Digital Health Literacy 11:30am-12:30pm Healthy Habits with Alex 12pm-1pm Chair Fitness 12:30pm-1:30pm Zumba Chair 1:30pm-2:30pm Flex and Move 3pm-4pm Arts & Crafts for Kids 4pm-4:45pm Creative Arts for Teens 4pm-5:30pm Parent Club 4pm-5:30pm Kidfit Sports Training 5pm-5:45pm Zumba 5pm-6pm

Power Yoga 9am-10am Energy Education & Budgeting\*\* 9am-10am & 1pm-2pm Playdate Hour (Self Led) 9am-10am & 10am-11am Pamper My Baby\*\* 10am-1pm For parents and caregivers of babies ages 0-4. An educational program providing resources & support for healthy child development. Free gifts for participating care givers. Scan QR code or call 877-774-7978 to register. Lactation New Parent Group 10am-12pm 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 Excel Fundamentals\*\* 12pm-1:30pm Zumba Gold 12:30pm-1:30pm Midwifery-Led Prenatal Group 12:30pm-2:30pm Bootcamp Training 1:30pm-2:30pm PowerPoint Fundamentals\*\* 1:30pm-2:30pm Nutrition Fundamentals 2pm-3pm Zumba 3:30pm-4:30pm Family Fitness Hour 4pm-4:45pm Bootcamp Kids 5pm-5:45pm Pound Fitness 5pm-6pm

Zumba 9am-10am Kickboxing 9:30am-10:30am Chapter Chats & Activities 10am-11am Playdate Hour (Self Led) 10am-11am Chair Kickboxing 11am-12pm Reading & Crafts Club for Littles 11:15am-12pm Circuit Training 11:30am-12:30pm Healthy Habits with Lizette 12pm-1pm Energy Flow 12:30pm-1:30pm Zumba Toning 1:30pm-2:30pm Yin Yoga 2pm-3pm Flex & Move 3pm-4pm Strength & Conditioning 4pm-5pm Teen Leadership 4pm-5:30pm Parent Club 4pm-5:30pm Zumba Kids 4:15pm-5pm Kidfit Sports Training 5pm-5:45pm Bump & Balance 5pm-6pm Prenatal Yoga. Significant others welcome. First time participants receive a free gift. While supplies last.

Open House & WellCare Clinic 9am-5pm Everyone is welcome! Join us for a fun-filled day with the family. Activities, WellCare visits, Taxes & More. SB County VITA Free Tax Preparation\*\* 9:30am-12pm Call to schedule your appointment 877-410-8829. Well Child & Young Adult Clinic Active IEHP members ages 3-21 9am-5pm Is your child due for a WellCare Visit? Call 951-444-0467 to verify eligibility and schedule an appointment or walk-in to participate.

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Medi-Cal Eligibility Worker HIIT 9am-10am Energy Education & Budgeting\*\* 9am-10am & 1pm-2pm Playdate Hour (Self Led) 9am-10am & 10am-11am Mindful Living #2 9:30am-10:30am CPR 9:30am-12:30pm 1:30pm-4:30pm (Spanish) Job Club\*\* 10am-12pm Zumbini 10:15am-11am & 11:15am-12pm Meditation & Color 10:30am-11:30am Understanding Diabetes #3 11am-12pm Chair Fitness 1pm-2pm Mindful Living #2 1:30pm-2:30pm (Spanish) Zumba Chair 1:30pm-2:30pm Understanding Diabetes #4 3pm-4pm (Spanish) Yin Yoga 3pm-4pm Arts & Crafts for Kids 4pm-4:45pm Yoga 4pm-5pm Creative Arts for Teens 4pm-5:30pm Parent Club 4pm-5:30pm Kidfit Sports Training 5pm-5:45pm Zumba 5pm-6pm

Power Yoga 9am-10am Energy Education & Budgeting\*\* 9am-10am & 1pm-2pm Playdate Hour (Self Led) 9am-10am & 10am-11am HIIT 9:30am-10:30am 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 Excel Fundamentals\*\* 12pm-1:30pm Zumba Gold 12:30pm-1:30pm Bootcamp Training 1:30pm-2:30pm PowerPoint Fundamentals\*\* 1:30pm-2:30pm Nutrition Fundamentals 2pm-3pm Intro to Artificial Intelligence 2:30pm-3:30pm Zumba 3:30pm-4:30pm Family Fitness Hour 4pm-4:45pm Bootcamp Kids 5pm-5:45pm Pound Fitness 5pm-6pm

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Power Yoga 9am-10am Energy Education & Budgeting\*\* 9am-10am & 1pm-2pm Playdate Hour (Self Led) 9am-10am & 10am-11am HIIT 9:30am-10:30am 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 Bootcamp Training 1:30pm-2:30pm PowerPoint Fundamentals\*\* 1:30pm-2:30pm Nutrition Fundamentals 2pm-3pm Intro to Artificial Intelligence 2:30pm-3:30pm Zumba 3:30pm-4:30pm Family Fitness Hour 4pm-4:45pm Bootcamp Kids 5pm-5:45pm Pound Fitness 5pm-6pm

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To better serve you, coach-led classes will not be in session today as they are having a meeting to explore opportunities for center offerings. We appreciate your understanding and support as we actively enhance our programs to improve service for you. Energy Education & Budgeting\*\* 9am-10am & 1pm-2pm English as a Second Language 10am-11am & 4pm-5pm Grief & Loss Support Group 10am-11am A Better Me 11am-12pm Excel Fundamentals\*\* 12pm-1:30pm Medicare 101 1pm-2pm & 2pm-3pm (Spanish) PowerPoint Fundamentals\*\* 1:30pm-2:30pm Intro to Artificial Intelligence 2:30pm-3:30pm

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March is National Nutrition Month. Choose healthy food and set health habits. Look for and join our FREE nutrition classes.

Legend \*\*Pre-registration Required CAP - Community Action Partnership of San Bernardino County SB County - San Bernardino County 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!