





















Community Wellness Center - RIVERSIDE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Week of the Young Child Look for  and join our FREE WOYC classes.</p> <p><i>A fun-filled week celebrating early learning, young children, families, & communities.</i></p>	<p>1</p> <p>Zumba 9am-10am Honey & Tea Social (Bilingual)  10am-10:30am Balance & Stability 10:30am-11:30am Fitness To Function 12pm-1pm Disco Cardio 1:30pm-2:30pm Arts & Crafts (Bilingual) 2pm-3pm Chair Fitness 3pm-4pm Circuit Training for Kids (ages 4-11) 4pm-4:45pm Game Hour for Kids (ages 4-11) 5pm-5:45pm Yoga 5pm-6pm</p>	<p>2</p> <p><i>IEHP Renewal Specialist</i></p> <p>Well Child and Young Adult Clinic 9am-4pm Active IEHP Members ages 3-21</p> <p>Is your child due for a WellCare Visit? Call 951-444-0467 to verify eligibility and schedule an appointment or walk in to participate.</p> <p>Everyone is welcome! Join us for a fun-filled day with the family.</p> <p>9am-5pm</p> 	<p>3</p> <p>Cardio Dance 9am-10am Arts & Crafts (Bilingual) 9am-10am Knitting & Crochet (Bilingual, Self-led) 10:30am-11:30am Yin Yoga 10:30am-11:30am Zumba 12pm-1pm Balance & Stability 1:30pm-2:30pm Medicare 101 3pm-3:30pm 3:30pm-4pm (Spanish) Seated Strength for Seniors and People w/disabilities 3pm-4pm Bootcamp for Kids (ages 4-11) 4pm-4:45pm Arts & Crafts for Kids (ages 4-11) 5pm-5:45pm Disco Cardio 5pm-6pm</p>	<p>4</p> <p>Bootcamp 9am-10am My Life, My Choice (Spanish) 9am-10am Understanding Diabetes #7 (Spanish) 10:30am-11:30am Yoga Flow 10:30am-11:30am My Life, My Choice 12pm-1pm Fit to Function 12pm-1pm Disco Cardio 1:30pm-2:30pm Understanding Diabetes #7 2:30pm-3:30pm Circuit Training 3pm-4pm Cardio Strength for Kids (ages 4-11) 4pm-4:45pm 24/7 Dads: Cohort 7, Session 4 4pm-6pm Strength & Conditioning 5pm-6pm</p>
<p>7</p> <p>Strength & Conditioning 9am-10am Baby and Me Social (ages 0-3)  10am-10:45am Meditation 10:30am-11:30am Arts & Crafts (Bilingual) 11:30am-12:30pm Mindful Stretch 12pm-1pm Seated Strength for Seniors and People w/disabilities 1:30pm-2:30pm Form & Functional 3pm-4pm Baby and Me Social (ages 0-3)  4pm-4:45pm Yoga for Kids (ages 4-11) 4pm-4:45pm Zumba 5pm-6pm </p>	<p>8</p> <p>Goodwill Hiring Event 10am-1pm Bring copies of your resume and come dressed and ready for your job interview. For more information email riversidecrrc@goodwillcsocal.org</p>  <p>Chair Fitness 3pm-4pm Breathe Well, Live Well #1 3:30pm-4:30pm Circuit Training for Kids (ages 4-11) 4pm-4:45pm Healthy Living My Best Self #3 (Spanish) 5pm-6pm Yoga 5pm-6pm </p>	<p>9</p> <p><i>IEHP Renewal Specialist</i></p> <p>Form & Functional 9am-10am Understanding your Edison Bill & Collection Agency (Bilingual) 10am-11am Cardio & Strength Training 10:30am-11:30am Yoga for Beginners 12pm-1pm Your Health & Wellness Benefits 1pm-2pm Strength & Conditioning 1:30pm-2:30pm Digital tools for a Healthier You 2:30pm-3:30pm Core Training 3pm-4pm Meditation for Kids (ages 4-11) 4pm-4:45pm Game Hour for Kids (ages 4-11) 5pm-5:45pm Zumba 5pm-6pm </p>	<p>10</p> <p>Cardio Dance 9am-10am Knitting & Crochet (Bilingual, Self-led) 10:30am-11:30am Yin Yoga 10:30am-11:30am Zumba 12pm-1pm Balance & Stability 1:30pm-2:30pm Arts & Crafts (Bilingual) 2pm-3pm Seated Strength for Seniors and People w/disabilities 3pm-4pm Bootcamp for Kids (ages 4-11) 4pm-4:45pm Arts & Crafts for Kids (ages 4-11) 5pm-5:45pm Disco Cardio 5pm-6pm </p>	<p>11</p> <p>Bootcamp 9am-10am Healthy Heart #2 (Spanish) 10:30am-11:30am Yoga Flow 10:30am-11:30am Fit to Function 12pm-1pm Healthy Living My Best Self #3 12pm-1pm Disco Cardio 1:30pm-2:30pm Circuit Training 3pm-4pm Cardio Strength for Kids (ages 4-11) 4pm-4:45pm 24/7 Dads: Cohort 7, Session 5 4pm-6pm Strength & Conditioning 5pm-6pm </p>
<p>14</p> <p>Strength & Conditioning 9am-10am Baby and Me Social (ages 0-3)  10am-10:45am Meditation 10:30am-11:30am Game Hour (Bilingual) 11:30am-12:30pm Mindful Stretch 12pm-1pm Seated Strength for Seniors and People w/disabilities 1:30pm-2:30pm Form & Functional 3pm-4pm Baby and Me Social (ages 0-3)  4pm-4:45pm Yoga for Kids (ages 4-11) 4pm-4:45pm Zumba 5pm-6pm</p>	<p>15</p> <p>Zumba 9am-10am Pregnancy Prevention Methods (Bilingual) 9am-10am *Breast and Cervical Cancer (Bilingual) 10am-11am <i>*Prize Raffle in Class</i></p> <p>Balance & Stability 10:30am-11:30am Fit to Function 12pm-1pm Disco Cardio 1:30pm-2:30pm Chair Fitness 3pm-4pm Circuit Training for Kids (ages 4-11) 4pm-4:45pm Arts & Crafts for Kids (ages 4-11) 5pm-5:45pm Yoga 5pm-6pm</p>	<p>16</p> <p><i>IEHP Renewal Specialist</i></p> <p>Form & Functional 9am-10am Know Your Rights/Citizenship (Bilingual) 10am-11am Cardio & Strength Training 10:30am-11:30am Yoga for Beginners 12pm-1pm Your Health & Wellness Benefits (Spanish) 1pm-2pm Strength & Conditioning 1:30pm-2:30pm Digital tools for a Healthier You (Spanish) 2:30pm-3:30pm Core Training 3pm-4pm Meditation for Kids (ages 4-11) 4pm-4:45pm Zumba 5pm-6pm</p>	<p>17</p> <p>CLOSED 9am-11am</p> <p>Cardio Dance Canceled Yin Yoga Canceled Arts & Crafts (Bilingual) 11:30am-12:30pm Zumba 12pm-1pm Balance & Stability 1:30pm-2:30pm Seated Strength for Seniors and People w/disabilities 3pm-4pm Bootcamp for Kids (ages 4-11) 4pm-4:45pm Game Hour for Kids (ages 4-11) 5pm-5:45pm Disco Cardio 5pm-6pm</p>	<p>18</p> <p>Bootcamp 9am-10am Understanding Diabetes #9 (Spanish) 9am-10am Mindful Living #3 (Spanish) 10:30am-11:30am Yoga Flow 10:30am-11:30am Fit to Function 12pm-1pm Understanding Diabetes #9 12pm-1pm Disco Cardio 1:30pm-2:30pm Mindful Living #3 2:30pm-3:30pm Circuit Training 3pm-4pm Cardio Strength for Kids (ages 4-11) 4pm-4:45pm 24/7 Dads: Cohort 7, Make-up Session 4pm-6pm Strength & Conditioning 5pm-6pm</p>
<p>21</p> <p>Strength & Conditioning 9am-10am Baby and Me Social (ages 0-3)  10am-10:45am Meditation 10:30am-11:30am Arts & Crafts (Bilingual) 11:30am-12:30pm Mindful Stretch 12pm-1pm Seated Strength for Seniors and People w/disabilities 1:30pm-2:30pm Form & Functional 3pm-4pm Baby and Me Social (ages 0-3)  4pm-4:45pm Yoga for Kids (ages 4-11) 4pm-4:45pm Zumba 5pm-6pm</p>	<p>22</p> <p>Zumba 9am-10am Balance & Stability 10:30am-11:30am Fit to Function 12pm-1pm Disco Cardio 1:30pm-2:30pm Chair Fitness 3pm-4pm Healthy Heart #2 3:30pm-4:30pm Circuit Training for Kids (ages 4-11) 4pm-4:45pm Healthy Living my Best Self #4 (Spanish) 5pm-6pm Yoga 5pm-6pm</p>	<p>23</p> <p><i>IEHP Renewal Specialist</i></p> <p>Form & Functional 9am-10am Cardio & Strength Training 10:30am-11:30am Game Hour (Bilingual) 11:30am-12:30pm Yoga for Beginners 12pm-1pm Strength & Conditioning 1:30pm-2:30pm Core Training 3pm-4pm Meditation for Kids (ages 4-11) 4pm-4:45pm Zumba 5pm-6pm</p>	<p>24</p> <p> Community Wellness Center CLOSED</p>	<p>25</p> <p>Bootcamp 9am-10am Healthy Living my Best Self #1 (Spanish) 10:30am-11:30am Yoga Flow 10:30am-11:30am Fit to Function 12pm-1pm Healthy Living my Best Self #4 12pm-1pm Disco Cardio 1:30pm-2:30pm Circuit Training 3pm-4pm Cardio Strength for Kids (ages 4-11) 4pm-4:45pm 24/7 Dads: Cohort 7, Session 6 4pm-6pm Strength & Conditioning 5pm-6pm</p>
<p>28</p> <p>Strength & Conditioning 9am-10am Baby and Me Social (ages 0-3)  10am-10:45am Meditation 10:30am-11:30am Game Hour (Bilingual) 11:30am-12:30pm Mindful Stretch 12pm-1pm Seated Strength for Seniors and People w/disabilities 1:30pm-2:30pm Form & Functional 3pm-4pm Baby and Me Social (ages 0-3)  4pm-4:45pm Yoga for Kids (ages 4-11) 4pm-4:45pm Zumba 5pm-6pm</p>	<p>29</p> <p>Zumba 9am-10am Balance & Stability 10:30am-11:30am Fit to Function 12pm-1pm Disco Cardio 1:30pm-2:30pm Game Hour (Bilingual) 2pm-3pm Chair Fitness 3pm-4pm Circuit Training for Kids (ages 4-11) 4pm-4:45pm Game Hour for Kids (ages 4-11) 5pm-5:45pm Yoga 5pm-6pm</p>	<p>30</p> <p>Form & Functional 9am-10am Honey & Tea Social (Bilingual)  10am-10:30am Cardio & Strength Training 10:30am-11:30am Arts & Crafts (Bilingual) 11:30am-12:30pm Yoga for Beginners 12pm-1pm Strength & Conditioning 1:30pm-2:30pm Core Training 3pm-4pm Meditation for Kids (ages 4-11) 4pm-4:45pm Zumba 5pm-6pm</p>	<p>June 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>	<p> SCAN ME! Use your phone to scan the QR code to view our full schedule of FREE classes.</p>

We heal and inspire the human spirit.

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

 3590 Tyler Street, Suite 101, Riverside, CA 92503
(across from Galleria at Tyler)

 Monday-Friday, 9am-6pm • Saturday, 8:30am-1pm

 1-866-228-4347 • TTY users should call 711

 www.iehp.org/crcClasses