

Community Wellness Center - SAN BERNARDINO

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<div>Week of the Young Child</div> <div>Look for  and join our FREE WOYC classes.</div> <div>A fun-filled week celebrating early learning, young children, families, & communities.</div>	<div>Medi-Cal Eligibility Worker1</div> <div>Aerobic Boxing 9am-10am</div> <div>Medicare 101 10am-10:30am (Spanish) 10:30am-11am</div> <div>Chair Yoga 10:30am-11:30am</div> <div>Pure Stretch 1pm-2pm</div> <div>Movement & Mobility 2:30pm-3:30pm</div> <div>Pure Strength 4pm-5pm</div> <div>Yin Yoga 5pm-6pm</div> <div>HIIT 5:30pm-6pm</div>	<div>IEHP Renewal Specialist2</div> <div>Tabata Dance: 9am-10am</div> <div>Cal Fresh (Resource Table) 10am-1pm</div> <div>Energy Flow: 10:30am-11:30am</div> <div>Zumbini (ages 0-3) 10:30am-11:15am</div> <div>Arts & Crafts* (Bilingual) *Snacks provided 12pm-1pm</div> <div>Movement & Mobility: 12pm-1pm</div> <div>Chair Fitness: 1:30pm-2:30pm</div> <div>Game Hour for Kids (bilingual) 2:30pm-3:30pm</div> <div>Strength & Conditioning 3pm-4pm</div> <div>Pure Stretch: 4:30pm-5:30pm</div> <div>Tabata for Kids (Ages 4-11) 4:30pm-5:15pm</div>	<div>3</div> <div>Well Child and Young Adult Clinic 9am-4pm</div> <div>Active IEHP Members ages 3-21</div> <div>Is your child due for a Well Care Visit? Call 951-444-0467 to verify eligibility and schedule an appointment or walk in to participate.</div> <div>Everyone is welcome!</div> <div>Join us for a fun-filled day with the family. 9am-5pm</div> <div></div>	<div>4</div> <div>Bootcamp 9am-10am</div> <div>Baby and Me Social (Bilingual) (ages 0-3 and expecting parents) 9am-9:45am</div> <div>Body Sculpting 10:30am-11:30am</div> <div>Zumbini (ages 0-3) 12pm-12:45pm</div> <div>Chair Fitness Gold 1:30pm-2:30pm</div> <div>Arts & Crafts for Kids (Ages 4-11) 3pm-4pm</div> <div>Fitness Training 4:30pm-5:30pm</div> <div>Boot Camp for Kids (Ages 4-11) 4:30pm-5:15pm</div>
<div>7</div> <div>Bootcamp: 9am-10am</div> <div>Body Sculpting 10:30am-11:30am</div> <div>Healthy Living My Best Self #1 11:30am-12:30pm</div> <div>Body Flow 12pm-1pm</div> <div>Fitness Training 1:30pm-2:30pm</div> <div>Mindful Living #2 1:30pm-2:30pm</div> <div>Healthy Heart #3 (Spanish) 2:30pm-3:30pm</div> <div>Tabata Chair 3:30pm-4:30pm</div> <div>Arts & Crafts for Kids (ages 4-11) 4:30pm-5:15pm</div> <div></div>	<div>Medi-Cal Eligibility Worker8</div> <div>Aerobic Boxing: 9am-10am</div> <div>Your Teen's Development & New Ways of Communicating 10:30am-11:30am (Spanish)</div> <div>Chair Yoga 10:30am-11:30am</div> <div>Your Teen's Development & New Ways of Communicating 11:30am-12:30pm</div> <div>Pure Stretch 1pm-2pm</div> <div>Movement & Mobility 2:30pm-3:30pm</div> <div>Pure Strength 4pm-5pm</div> <div>Yin Yoga: 5pm-6pm</div> <div>HIIT: 5:30pm-6pm</div> <div></div>	<div>IEHP Renewal Specialist9</div> <div>Tabata Dance: 9am-10am</div> <div>Energy Flow: 10:30am-11:30am</div> <div>Zumbini (ages 0-3) 10:30am-11:15am</div> <div>Arts & Crafts* (Bilingual) *Snacks provided 12pm-1pm</div> <div>Movement & Mobility: 12pm-1pm</div> <div>Chair Fitness: 1:30pm-2:30pm</div> <div>Stress Management 2:30pm-3:30pm</div> <div>Strength & Conditioning 3pm-4pm</div> <div>Pure Stretch 4:30pm-5:30pm</div> <div>Tabata for Kids (Ages 4-11) 4:30pm-5:15pm</div> <div></div>	<div>10</div> <div>Yoga Flow: 9am-10am</div> <div>Honey & Tea Social (Bilingual) 10am-10:30am</div> <div>Chair Kickboxing 10:30am-11:30am</div> <div>Stress Management (Spanish) 11:30am-12:30pm</div> <div>Arts & Crafts for Seniors (ages 60+, Bilingual) 1pm-3pm</div> <div>Aerobic Boxing: 1:30pm-2:30pm</div> <div>Strength & Conditioning 3pm-4pm</div> <div>Game Hour for Kids (Ages 4-11) 4pm-5pm</div> <div>Tabata Dance 5pm-6pm</div> <div></div>	<div>11</div> <div>CLOSED</div> <div>9am-1pm</div> <div>Bootcamp: Cancelled</div> <div>Body Sculpting: Cancelled</div> <div>Zumbini: Cancelled</div> <div>Chair Fitness Gold 1:30pm-2:30pm</div> <div>Game Hour 3pm-4pm</div> <div>Fitness Training 4:30pm-5:30pm</div> <div>Boot Camp for Kids (Ages 4-11) 4:30pm-5:15pm</div> <div></div>
<div>14</div> <div>Bootcamp: 9am-10am</div> <div>Body Sculpting 10:30am-11:30am</div> <div>Understanding Diabetes #4 11:30am-12:30pm</div> <div>Body Flow 12pm-1pm</div> <div>Fitness Training 1:30pm-2:30pm</div> <div>My Life My Choice 1:30pm-2:30pm</div> <div>Understanding Diabetes #3 (Spanish) 2:30pm-3:30pm</div> <div>Tabata Chair 3:30pm-4:30pm</div> <div>Arts & Crafts for Kids (ages 4-11) 4:30pm-5:15pm</div>	<div>Medi-Cal Eligibility Worker15</div> <div>Aerobic Boxing: 9am-10am</div> <div>Chair Yoga: 10:30am-11:30am</div> <div>Know Your Rights/ Citizenship (Bilingual) 12pm-1pm</div> <div>Pure Stretch 1pm-2pm</div> <div>Digital Tools for a Healthier You (Spanish) 2pm-3pm</div> <div>Movement & Mobility 2:30pm-3:30pm</div> <div>Your Health & Wellness Benefits (Spanish) 3pm-4pm</div> <div>Pure Strength 4pm-5pm</div> <div>Yin Yoga 5pm-6pm</div> <div>HIIT: 5:30pm-6pm</div>	<div>IEHP Renewal Specialist16</div> <div>Tabata Dance: 9am-10am</div> <div>Cal Fresh (Resource Table) 10am-1pm</div> <div>Energy Flow: 10:30am-11:30am</div> <div>Zumbini (ages 0-3) 10:30am-11:15am</div> <div>Childhood Lead Poisoning Prevention (Bilingual) 11:30am-12:30pm</div> <div>Movement & Mobility: 12pm-1pm</div> <div>Chair Fitness 1:30pm-2:30pm</div> <div>Listening Skills for Talking About Sensitive Topics 2:30pm-3:30pm</div> <div>Strength & Conditioning 3pm-4pm</div> <div>Pure Stretch: 4:30pm-5:30pm</div> <div>Tabata for Kids (Ages 4-11) 4:30pm-5:15pm</div>	<div>17</div> <div>Yoga Flow 9am-10am</div> <div>Honey & Tea Social 10am-10:30am</div> <div>Chair Kickboxing 10:30am-11:30am</div> <div>Arts & Crafts (Bilingual) 12pm-1pm</div> <div>Understanding Your Edison Bill & Collection Agency (Bilingual) 1:30pm-2:30pm</div> <div>Aerobic Boxing 1:30pm-2:30pm</div> <div>Breast & Cervical Health (Bilingual) *Prize raffle in class 2:30pm-3:30pm</div> <div>Strength & Conditioning 3pm-4pm</div> <div>Tabata Dance 5pm-6pm</div>	<div>18</div> <div>Bootcamp: 9am-10am</div> <div>Baby and Me Social (Bilingual) (ages 0-3 and expecting parents) 9am-9:45am</div> <div>*Lactation-Led New Parent Group *Open to all New Parents (Bilingual) 10am-12pm</div> <div>Body Sculpting: 10:30am-11:30am</div> <div>Zumbini (ages 0-3) 12pm-12:45pm</div> <div>*Midwifery-Led Prenatal Group *Open to all Expecting Parents (Bilingual) 12:30pm-2:30pm</div> <div>Chair Fitness Gold : 1:30pm-2:30pm</div> <div>Game Hour 3pm-4pm</div> <div>Fitness Training: 4:30pm-5:30pm</div> <div>Boot Camp for Kids (Ages 4-11) 4:30pm-5:15pm</div>
<div>21</div> <div>Bootcamp: 9am-10am</div> <div>Healthy Heart #2 10am-11am</div> <div>Body Sculpting 10:30am-11:30am</div> <div>Breathe Well Live Well #2 (Spanish) 11am-12pm</div> <div>Body Flow 12pm-1pm</div> <div>Quitting Tobacco 1pm-2pm</div> <div>Fitness Training 1:30pm-2:30pm</div> <div>Quitting Tobacco (Spanish) 2:30pm-3:30pm</div> <div>Tabata Chair 3:30pm-4:30pm</div> <div>Arts & Crafts for Kids (ages 4-11) 4:30pm-5:15pm</div>	<div>Medi-Cal Eligibility Worker22</div> <div>Aerobic Boxing: 9am-10am</div> <div>CPR 10am-1pm</div> <div>Chair Yoga 10:30am-11:30am</div> <div>Pure Stretch: 1pm-2pm</div> <div>Digital Tools for a Healthier You 2pm-3pm</div> <div>Movement & Mobility 2:30pm-3:30pm</div> <div>Your Health & Wellness Benefits 3pm-4pm</div> <div>Pure Strength 4pm-5pm</div> <div>Yin Yoga 5pm-6pm</div> <div>HIIT 5:30pm-6pm</div>	<div>IEHP Renewal Specialist23</div> <div>Tabata Dance: 9am-10am</div> <div>Energy Flow: 10:30am-11:30am</div> <div>Zumbini (ages 0-3) 10:30am-11:15am</div> <div>Arts & Crafts* (Bilingual) *Snacks provided 12pm-1pm</div> <div>Movement & Mobility: 12pm-1pm</div> <div>Chair Fitness 1:30pm-2:30pm</div> <div>CWC Bingo (bilingual) 2:30pm-3:30pm</div> <div>Strength & Conditioning 3pm-4pm</div> <div>Pure Stretch 4:30pm-5:30pm</div> <div>Tabata for Kids (Ages 4-11) 4:30pm-5:15pm</div>	<div>24</div> <div></div> <div>Community Wellness Center CLOSED</div>	<div>25</div> <div>Bootcamp 9am-10am</div> <div>Baby and Me Social (Bilingual) (ages 0-3 and expecting parents) 9am-9:45am</div> <div>Body Sculpting 10:30am-11:30am</div> <div>Zumbini (ages 0-3) 12pm-12:45pm</div> <div>Chair Fitness Gold 1:30pm-2:30pm</div> <div>Game Hour (bilingual) 3pm-4pm</div> <div>Fitness Training 4:30pm-5:30pm</div> <div>Boot Camp for Kids (Ages 4-11) 4:30pm-5:15pm</div>
<div>28</div> <div>Bootcamp: 9am-10am</div> <div>My Life My Choice (Spanish) 10am-11am</div> <div>Body Sculpting: 10:30am-11:30am</div> <div>Healthy Living My Best Self #4 (Spanish) 11am-12pm</div> <div>Body Flow: 12pm-1pm</div> <div>Fitness Training 1:30pm-2:30pm</div> <div>Understanding Diabetes #5 1:30pm-2:30pm</div> <div>Living Well in the Community #4 2:30pm-3:30pm</div> <div>Tabata Chair : 3:30pm-4:30pm</div> <div>Arts & Crafts for Kids (ages 4-11) 4:30pm-5:15pm</div>	<div>29</div> <div>Aerobic Boxing: 9am-10am</div> <div>CPR (Spanish) 10am-1pm</div> <div>Chair Yoga: 10:30am-11:30am</div> <div>Pure Stretch 1pm-2pm</div> <div>Listening Skills for Talking About Sensitive Topics (Spanish) 2pm-3pm</div> <div>Movement & Mobility 2:30pm-3:30pm</div> <div>Pure Strength 4pm-5pm</div> <div>Yin Yoga 5pm-6pm</div> <div>HIIT 5:30pm-6pm</div>	<div>30</div> <div>Tabata Dance: 9am-10am</div> <div>Energy Flow: 10:30am-11:30am</div> <div>Zumbini (ages 0-3) 10:30am-11:15am</div> <div>Arts & Crafts* (Bilingual) *Snacks provided 12pm-1pm</div> <div>Movement & Mobility: 12pm-1pm</div> <div>Chair Fitness: 1:30pm-2:30pm</div> <div>CWC Bingo (bilingual) 2:30pm-3:30pm</div> <div>Strength & Conditioning 3pm-4pm</div> <div>Pure Stretch 4:30pm-5:30pm</div> <div>Tabata for Kids (Ages 4-11) 4:30pm-5:15pm</div>	<div>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.</div>	<div></div> <div>SCAN ME!</div> <div>Use your phone to scan the QR code to view our full schedule of FREE classes.</div>

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