## COMMUNITY WELLNESS CENTER









## **CLASS CALENDAR** January 2025

Action **VICTORVILLE MONDAY TUESDAY** WEDNESDAY **THURSDAY FRIDAY** Power Yoga 9am-10am Energy Education & Budgeting\*\* 9am-10am & 1pm-2pm Playdate Hour (Self Led) 9am-10am & 10am-11am Zumba
9am-10am
Chapter Chats & Activities
10am-11am
Playdate Hour (Self Led)
10am-11am
Reading & Crafts Club for Littles
11:15am-12om Do you need assistance filling out your Medi-Cal Renewal? Call us at 1-888-860-1296 2 or visit our center to make an appointment. Do you need help with benefits, updating demographics, or changing your 930am-10:30am
English as a Second Language
10am-11am & 4pm-5pm
Healthy Habits with Lizette
10am-11am
Zumbini
10:15am-11am & 11:15am-12pm
Dance Fitness
10:30am-11:30am
Chair Fitness
12:30pm-1:30pm
Flex & Move
1pm-2pm CLOSED HIIT provider? We have Member Services Representatives on-site Monday-Friday 9am-11:15am-12pm Healthy Habits with Lizette 5:30pm. Ask to speak with them today! Healthy Habits with Liz 12pm-1pm Zumba Gold 1:30pm-2:30pm Yin Yoga 2pm-3pm Flex and Move 4pm-5pm Zumba Kids 4:15pm-5pm Kidft Sports Training 5pm5:45pm Sport exercise & condition To better serve you, the Community Wellness Center will operate on a revised schedule or a limited time, with closures on Saturdays. We appreciate your understanding and upport as we actively enhance our staffing levels to improve service for you. Legend
\*\*Pre-registration Required 1pm-2pm Chair Yoga e & conditioning Sport exercise & Zumba Toning 2pm-3pm Nutrition Fundamentals Blue font color - Infant & toddler 5pm-6pm Bump & Balance 5pm-6pm Prenatal Yoga. Significant others welcome. First time participants receive a free gift. While supplies last. 3pm-4pm 3ootcamp Kids classes ages 0-5 with parents 4:15pm-5pm **Family Fitness Hour** Purple font color - Kids classes ages 5-11 with parents ppm-5:45pm Bootcamp Training 5pm-6pm Green font color - Teens classes ages 12-17 Black font color - Classes for ages 12 and older Zumba
9am-10am
Kickboxing
9:30am-10:30am
Chapter Chats & Activities
10am-11am
Playdate Hour (Self Led) HIIT
9am-10am
Energy Education & Budgeting\*\*
9am-10am & 1pm-2pm
Playdate Hour (Self Led)
9am-10am & 10am-11am Strength & Conditioning
9am-10am
Energy Education & Budgeting\*\*
9am-10am & 1pm-2pm
Playdate Hour (Self Led)
9am-10am & 10am-11am
Becoming a Mom 1
9:30am-10:30am Medi-Cal Renewal Specialist
Energy Education & Budgeting\*\*
9am-10am & 1pm-2pm
Play Time for Little Minds
9am-10am Power Yoga 9am-10am Energy Education & Budgeting\*\* 9am-10am & 1pm-2pm Playdate Hour (Self Led) 9am-10am & 10am-11am 9 10 9am-10am
Bootcamp Training
10am-11am
Playdate Hour (Self Led)
10am-11am
Citizenship Class
10am-11am & 4pm-5pm
Resume & Development\*\*
10am-12pm
Zumba 10:30am-11:30am
Reading & Crafts Club for Littles
11:15am-12pm 30am-10:30am CPR
9:30am-12:30pm
9:30pm-4:30pm (Spanish)
Chapter Chats & Activities
10am-11am
Job Club\*\*
10am-12pm 9:30am-10:30am English as a Second Language 10am-11am & 4pm-5pm New Parent Support Circuit Training 10:30am-11:30am Cal Fresh Applications New Parent Support
10am-2:30pm
Calling all new & expecting parents! We would like to
invite you to get help with answering
questions, make connections, and
receive support! Partners encouraged. Light lunch
provided. 11:15am-12pm Healthy Habits with Lizette 12pm-1pm Zumba Gold **Zumbini** 10:15am-11am & 11:15am-12pm Your Health and Wellness Benefits Joan Treatur aftu vveirriess Benefi 10am-11am Zumbini 10:15am-11am & 11:15am-12pm Tone & Sculpt 10:30am-11:30am Chair Fitness 10:15am-11am & 11:15am-12pm Kickboxing 10:30am-11:30am Healthy Living My Best Self 4 11am-12pm Movement & Mobility 12pm-1pm Lean Fusion 1pm-2pm Combo of Dance Fit & Kickboxing Goodwill Orientation 1:30pm-2:30pm 1:30pm-2: Yin Yoga 11:15am-12pm Chair Yoga 12pm-1pm Computer Basics 12pm-1:30pm Zumba Gold 1pm-2pm Word Fundamentals 1:30pm-2:30pm 2pm-3pm Flex and Move 4pm-5pm Lactation New Parent Group 10am-12pm Mommy Social 12pm-1pm Midwifery-Led Prenatal Group 1pm-2:30pm 12pm-1pm Circuit Training **Family Movie Night** 1pm-2pm **Zumba Chair** 4pm-6pm 1:30pm-2:30pm Healthy Habits with Lizette 2:30pm-3:30pm Food demo Intro to Al 2:30pm-3:30pm Tasty Eats for Kids with Alex Zumbini 10:15am-11am & 11:15am-12pm Dance Fitness 10:30am-11:30am Chair Yoga 12pm-1pm Excel Fundamentals\*\* 12pm-1:30pm Movement & Mobility 1pm-2pm PowerPoint Fundamentals\*\* For kids ages 5-11 with parents Light snacks provided. 2pm-3pm Arts & Crafts for Kids 1:30pm-2:30pm Healthy Heart 1 1:30pm-2:30pm (Spanish) Tea Meditation 4pm-4:45pm Flex and Move 4pm-5pm Kidfit Sports Training 5pm-5:45pm Sport exercise & conditioning While Supplies last. **Zumba Kids** 4pm-4:30pm **Movie** 4:30pm-6pm 1:30pm-2:30pm Intro to Al 2:30pm-3:30pm Nutrition Fundamentals 3pm-4pm Bootcamp Kids 4:15pm-5pm Family Fitness Hour 3pm-4pm **My Life, My Choice** (Spanish) 3pm-4pm rood Demo Hot Coco & Crafts 4:30pm-5:30pm Family Fitness Hour 5pm-5:45pm Circuit Training 5pm-6pm Zumba 5pm-6pm Zumba Toning
5pm-6pm
Bump & Balance
5pm-6pm
Prenatal Yoga. Significant others welcome.
First time participants receive a free gift. While supplies last. Arts & Crafts for Kids 4:30pm-5:15pm Tone & Sculpt 4:30pm-5:30pm Bootcamp Training 5pm-6pm Dance Kids of Stretch 5:30pm-6pm HIIT 9am-10am
Energy Education & Budgeting\*\*
9am-10am & 1pm-2pm
Playdate Hour (Self Led)
9am-10am & 10am-11am
Chapter Chats & Activities
10am-11am
Job Club\*\*
10am-12pm Strength & Conditioning 9am-10am Energy Education & Budgeting\*\* 9am-10am & 1pm-2pm Playdate Hour (Self Led) 9am-10am & 10am-11am Living Well 3 9:30am-10:30am Power Yoga 9am-10am Energy Education & Budgeting\*\* 9am-10am & 1pm-2pm Playdate Hour (Self Led) 9am-10am & 10am-11am Zumba 9am-10am Kickboxing 9:30am-10:30am Chapter Chats & Activities 10am-11am Medi-Cal Renewal Specialist 17 Medi-Cal Renewal Spe Energy Education & Budgeting\*\* 9am-10am & 1pm-2pm Bootcamp Training 10am-11am Playdate Hour (Self Led) 10am-11am & 4pm-5pm Resume & Development\*\* 10am-12pm Zumba 10:30am-11:30am Disaster Preparedness 11am-11:30am (Spanish) Reading & Crafts Club for Littles 11:15am-12pm 9:30am-10:30am English as a Second Language 10am-11am & 4pm-5pm Job Club\*\*
10am-12pm
A Better Me
10am-11am
Zumbini
10:15am-11am & 11:15am-12pm
Tone & Sculpt 10:30am-11:30am
Grief & Loss Support Group
11am-12pm (Spanish)
Chair Fitness
12pm-1pm Pamper My Baby<sup>a</sup> 10am-1pm Cal Fresh Applications 10am-2pm New Parent Support or participating care given 10am-2:30pm
10am-2:30pm
Calling all new & expecting parents! We would like to invite you to get help with answering questions, make connections, and receive support! Partners encouraged. Light lunch provided. **Zumbini** 10:15am<sub>-</sub>11am & 11:15am-12pm an QR code to register 10:15am-11am & 11:15am-12pm Kickboxing 10:30am-11:30am Breathe Well, Live Well 1 11am-12pm Movement & Mobility 12pm-1pm Lean Fusion 1pm-2pm Combo of Dance Fit & Kickboxing Mindful Living 3 1:30pm-2:30pm (Spanish) Goodwill Orientation 1:30pm-2:30pm Circuit Training 10:30am-11:30am Healthy Habits with Lizette T1:15am-12pm Chair Yoga 12pm-1pm Computer Basics 12pm-1:30pm Lactation New Parent Group 10am-12pm Mommy Social 12pm-1pm Midwifery-Led Prenatal Group 1pm-2:30pm 12pm-1pm Circuit Training 12pm-1pm Zumba Gold 1:30pm-2:30pm Yin Yoga Sewing Class 1pm-3pm Word Fundamentals 1:30pm-2:30pm Healthy Habits with Lizette 2:30pm-3:30pm Ipm-∠pm Zumba Chair Zumba Cnair 2pm-3pm Body Image 4pm-5pm Talking to teens about self-image. Arts & Crafts for Kids 4pm-4:45pm Zumbini 10:15am-11am & 11:15am-12pm Dance Fitness 10:30am-11:30am Chair Yoga 12pm-1pm Excel Fundamentals\*\* 12pm-1:30pm Movement & Mobility 1pm-2pm PowerPoint Fundamentals\*\* 2pm-3pm Flex and Move 4pm-5pm Zumba Kids 1:30pm-2:30pm Tea Meditation Food demo Intro to Al 2:30pm-3:30pm Tasty Eats for Kids with Alex 3pm-4pm Healthy Living My Best Self 1 Apm-4:45pm Flex and Move 4pm-5pm Kidfit Sports Training 5pm-5:45pm Sport exercise & conditioning Zumba 5pm-6pm 4:15pm-5pm **Kidfit Sports Training** 5pm-5:45pm 3pm-4pm (Spānish) **Tone & Sculpt** 4:30pm-5:30pm Hot Coco & Crafts 4:30pm-5:30pm Sport exercise & conditioning Zumba Toning 5pm-6pm 1:30pm-2:30pm Intro to AI 2:30pm-3:30pm Nutrition Fundamentals 3pm-4pm 5pm-5:45pm Stretch 5:30pm-6pm Circuit Training 5pm-6pm Bootcamp Kids 4:15pm-5pm Family Fitness Hour 5pm-5:45pm Bootcamp Training 5pm-6pm Medi-Cal Renewal Specialist
Energy Education & Budgeting\*\*
9am-10am & 1pm-2pm
My Life, My Choice 9:30am-10:30am
Bootcamp Training 10am-11am
Playdate Hour (Self Led)
10am-11am
Citizenship Class
10am-11am & 4pm-5pm
Resume & Development\*\*10am-12pm
Breast & Cervical Health 11am-12pm
Understanding Diabetes 1
11am-12pm
Reading & Crafts Club for Littles
11:15am-12pm
Clasir Voga 12pm HIIT
9am-10am
Energy Education & Budgeting\*\*
9am-10am & 1pm-2pm
Playdate Hour (Self Led)
9am-10am & 10am-11am
Beginning Zumba
9:30am-10:30am
Chapter Chats & Activities
10am-11am
Job Club\*\*
10am-12pm
Zumbini
10.15am-11am & 11:15am-12pm Zumba
9am-10am
Kickboxing
9:30am-10:30am
Chapter Chats & Activities
10am-11am
Playdate Hour (Self Led)
10am-11am Power Yoga 9am-10am English as a Second Language 10am-11am & 4pm-5pm 23 New Parent Support
10am-2:30pm
Calling all new & expecting parents! We would like to invite you to get help with answering questions, make connections, and receive support! Partners encouraged. Light lunch provided. 10am-11am (control of the control of Lactation New Parent Group Mommy Social 12pm-1pm Midwifery-Led Prenatal Group 1pm-2:30pm Tone & Sculpt 10:30am-11:30am Chair Fitness Chair Yoga 12pm-1pm
Chair Yoga 12pm-1pm
Computer Basics 12pm-1:30pm
Zumba Gold 1pm-2pm
Word Fundamentals 1:30pm-2:30pm
Becoming a Mom 3
1:30pm-2:30pm (Spanish)
Healthy Habits with Lizette
2:30pm-3:30pm
Food demo
Intro to Al 2:30pm-3:30pm
Inderstanding Diabetes 8 12pm-1pm Circuit Training 10:15am-11am & 11:15am-12pm Dance Fitness 10:30am-11:30am Chair Yoga 2pm-3pm Flex and Move 4pm-5pm Zumba Kids 4:15pm-5pm Kidfit Sports Training 5pm-5:45pm Your Health and Wellness Benefits 1pm-2pm (Spanish) Zumba Chair Excel Fundamentals\*\* 12pm-1:30pm Movement & Mobility 2pm-3pm Arts & Crafts for Kids Understanding Diabetes 8
3pm-4pm (Spanish)
Tasty Eats for Kids with Alex Flex and Move Zumba Toning 5pm-6pm

Hot Coco & Crafts 4:30pm-5:30pm Family Fitness Hour 5pm-5:45pm Circuit Training 5pm-6pm

4pm-5pm Kidfit Sports Training 5pm-5:45pm *Sport exercise & conditioning* Zumba 5pm-6pm

PowerPoint Fundamentals\*\*

1:30pm-2:30pm
Intro to Al 2:30pm-3:30pm
Nutrition Fundamentals 3pm-4pm
Bootcamp Kids 4:15pm-5pm
Family Fitness Hour
5pm-545pm Bootcamp Training 5pm-6pm

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9am-10am Energy Education & Budgeting\*\* 9am-10am & 1pm-2pm Playdate Hour (Self Led) 9am-10am & 10am-11am 9am-10am & 10am-11am Quitting Tobacco 9:30am-10:30am

Cal Fresh Applications 10am-2pm

Zumbini 10:15am-11am & 11:15am-12pm Kickboxing 10:30am-11:30am Healthy Heart 1 11am-12pm Movement & Mobility 12pm-1pm Lean Fusion 1pm-2pm Combo of Dance Fit & Kickboxing Breathe Well, Live Well 1 1:30pm-2:30pm (Spanish) Goodwill Orientation 1:30pm-2:30pm Tea Meditation 2pm-3pm Understanding Diabetes 9 3pm-4pm (Spanish) Arts & Crafts for Kids Tone & Sculpt 4:30pm-5:30pm Stretch 5:30pm-6pm

Medi-Cal Renewal Specialist
Energy Education & Budgeting\*\*
9am-10am & 1pm-2pm
Playdate Hour (Self Led)
gam-10am & 10am -11am 9am-10am & 10am-1 Bootcamp Training 10am-11am Family Playtime 10am-11am Citizenship Class 10am-11am & 4pm-5pm Resume & Development\*\* 10am-12pm Reading & Crafts Club for Littles Chair Yoga 12pm-1pm Computer Basics 12pm-1:30pm
Zumba Gold 1pm-2pm
Word Fundamentals
1:30pm-2:30pm
Healthy Habits with Lizette
2:30pm-3:30pm
Food demo

0pm-3:30pm sty Eats for Kids with Alex

Intro to Al 2:30pm-3:

Hot Coco & Crafts 4:30pm-5:30pm Family Fitness Hour 5pm-5:45pm

**Circuit Training** 5pm-6pm

HIIT
9am-10am
Energy Education & Budgeting\*\*
9am-10am & 1pm-2pm
Playdate Hour (Self Led)
9am-10am & 10am-11am 9am-10am & 10am-11am Beginning Zumba 9:30am-10:30am Chapter Chats & Activities 10am-11am Job Club\*\* 10am-12pm Zumbini 2umbini 10:15am-11am & 11:15am-12pm Tone & Sculpt 10:30am-11:30am Chair Fitness 12pm-1pm Circuit Training 1pm-2pm Zumba Chair 2pm-3pm Arts & Crafts for Kids Flex and Move 4pm-5pm Kidfit Sports Training 5pm-5:45pm Sport exercise & conditioning Zumba

HIIT

Zumba 9am-10am Kickboxing 9:30am-10:30am Chapter Chats & Activities 10am-11am **Birthday Bash** Ages 0-5 with parents 10am-12pm Bring your tiny human and celebrate with us!



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Circuit Training
10:30am-11:30am
Healthy Habits with Lizette
12pm-1pm
Zumba Gold
1:30pm-2:30pm
Yin Yoga
2pm-3pm
Flex and Move
4pm-5pm
Zumba Kitds
4:15pm-5pm
Kidfit Sports Training
5pm-5:45pm
Sport exercise & conditioning e & conditioning Zumba Toning