









Community Resource Center



PANORAMA CITY NOVEMBER 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>Call or email us to register for our virtual classes. You can reach us at 213.438.5497 or email us at: PanoramaCityCRC@lacare.org</p>		<p>Virtual Boot Camp 8—9 a.m.</p> <p>Virtual Zumba 12:30 —1:30 p.m.</p>	<p>1 Virtual Boot Camp 8—9 a.m.</p> <p>Virtual Low-Impact Zumba 12:30 —1:30 p.m.</p> <p>Virtual Breakthrough Parenting Series 2—4 p.m. Spa.</p>	<p>2 Virtual CPR & First Aid (Ages 14+) Register at freecprla.com 9 a.m.—12 p.m. Eng.</p> <p>3</p>	<p>4</p> <p></p>
<p>Virtual Boot Camp 8—9 a.m.</p> <p>Virtual Zumba 11:00 a.m. —12:00 p.m.</p> <p>Virtual Breakthrough Parenting Series 2—4 p.m. Eng.</p>	<p>6 Virtual Boot Camp 8—9 a.m.</p> <p>Virtual Zumba 9:15—10 a.m.</p> <p>Virtual World of Juicing & Salads 10:15 — 11 a.m. Eng./Spa.</p> <p>Virtual Healthy Cooking 11:15 a.m. — 12:45 p.m. Eng./Spa.</p> <p>Virtual Breakthrough Parenting Series 2—4 p.m. Eng.</p> <p>Virtual Healthy Cooking for Families (5—14 yrs old) 3:45—4:45 p.m. Eng./Spa.</p>	<p>7 Virtual Boot Camp 8—9 a.m.</p> <p>Virtual Zumba 12:30 —1:30 p.m.</p>	<p>8 Virtual Boot Camp 8—9 a.m.</p> <p>Virtual Low-Impact Zumba 12:30 —1:30 p.m.</p> <p>Virtual Breakthrough Parenting Series 2—4 p.m. Spa.</p>	<p>9</p> <p>10</p> <p></p>	<p>11</p> <p></p>
<p>Virtual Boot Camp 8—9 a.m.</p> <p>Virtual Zumba 11:00 a.m. —12:00 p.m.</p> <p>Virtual Breakthrough Parenting Series 2—4 p.m. Eng.</p>	<p>13 Virtual Boot Camp 8—9 a.m.</p> <p>Virtual Zumba 9:15—10 a.m.</p> <p>Virtual World of Juicing & Salads 10:15 — 11 a.m. Eng./Spa.</p> <p>Virtual Healthy Cooking 11:15 a.m. — 12:45 p.m. Eng./Spa.</p> <p>Virtual Breakthrough Parenting Series 2—4 p.m. Eng.</p> <p>Virtual Healthy Cooking for Families (5—14 yrs old) 3:45—4:45 p.m. Eng./Spa.</p>	<p>14 Virtual Boot Camp 8—9 a.m.</p> <p>Virtual Zumba 12:30 —1:30 p.m.</p>	<p>15 Virtual Boot Camp 8—9 a.m.</p> <p>Virtual Low-Impact Zumba 12:30 —1:30 p.m.</p> <p>Virtual Breakthrough Parenting Series 2—4 p.m. Spa.</p>	<p>16 Virtual CPR & First Aid (Ages 14+) Register at freecprla.com 9 a.m.—12 p.m. Spa.</p> <p>17</p>	<p>18</p> <p></p>
<p>Virtual Boot Camp 8—9 a.m.</p> <p>Virtual Zumba 11:00 a.m. —12:00 p.m.</p> <p>Virtual Breakthrough Parenting Series 2—4 p.m. Eng.</p>	<p>20 Virtual Boot Camp 8—9 a.m.</p> <p>Virtual Zumba 9:15—10 a.m.</p> <p>Virtual World of Juicing & Salads 10:15 — 11 a.m. Eng./Spa.</p> <p>Virtual Healthy Cooking 11:15 a.m. — 12:45 p.m. Eng./Spa.</p> <p>Virtual Breakthrough Parenting Series 2—4 p.m. Eng.</p> <p>Virtual Healthy Cooking for Families (5—14 yrs old) 3:45—4:45 p.m. Eng./Spa.</p>	<p>21 Virtual Boot Camp 8—9 a.m.</p> <p>Virtual Zumba 12:30 —1:30 p.m.</p>	<p>22</p> <p>23</p> <p>24</p> <p></p>	<p>25</p> <p></p>	
<p>Virtual Boot Camp 8—9 a.m.</p> <p>Virtual Zumba 11:00 a.m. —12:00 p.m.</p> <p>Virtual Breakthrough Parenting Series 2—4 p.m. Eng.</p>	<p>27 Virtual Boot Camp 8—9 a.m.</p> <p>Virtual Zumba 9:15—10 a.m.</p> <p>Virtual World of Juicing & Salads 10:15 — 11 a.m. Eng./Spa.</p> <p>Virtual Healthy Cooking 11:15 a.m. — 12:45 p.m. Eng./Spa.</p> <p>Virtual Breakthrough Parenting Series 2—4 p.m. Eng.</p> <p>Virtual Healthy Cooking for Families (5—14 yrs old) 3:45—4:45 p.m. Eng./Spa.</p>	<p>28 Virtual Boot Camp 8—9 a.m.</p> <p>Virtual Zumba 12:30 —1:30 p.m.</p>	<p>29 Virtual Boot Camp 8—9 a.m.</p> <p>Virtual Low-Impact Zumba 12:30 —1:30 p.m.</p> <p>Virtual Breakthrough Parenting Series 2—4 p.m. Spa.</p>	<p>30</p>	<p>Call or email us to register for our virtual classes. You can reach us at 213.438.5497 or email us at: PanoramaCityCRC@lacare.org</p>

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**BE ACTIVE,
HEALTHY & INFORMED**



7868 Van Nuys Blvd.
Panorama City, CA 91402



CENTER HOURS:
Closed until early 2024.



213.438.5497
CommunityResourceCenterLA.org



LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO
<p>Para registrarse en nuestras clases virtuales llame al 213.438.5497 o envíe un correo electrónico a: PanoramaCityCRC@lacare.org</p>		<p>1 Boot Camp Virtual 8—9 a.m. Zumba Virtual 12:30—1:30 p.m.</p>	<p>2 Boot Camp Virtual 8—9 a.m. Zumba Bajo Impacto Virtual 12:30 —1:30 p.m. Serie Cultivando Familias Virtual 2— 4 p.m. Esp.</p>	<p>3 RCP Virtual/ Primeros Auxilios Registrarse en freecprla.com (Edades 14+) 9 a.m.—12 p.m. Ing.</p>	<p>4 </p>
<p>6 Boot Camp Virtual 8—9 a.m. Zumba Virtual 11:00 a.m. —12:00 p.m. Serie Cultivando Familias Virtual 2— 4 p.m. Ing.</p>	<p>7 Boot Camp Virtual 8—9 a.m. Zumba Virtual 9:15—10 a.m. El Mundo de Jugos y Ensaladas Virtual 10:15 — 11 a.m. Ing. /Esp. Cocinando Saludable Virtual 11:15 a.m.-12:45 p.m. Ing./Esp. Serie Cultivando Familias Virtual 2— 4 p.m. Ing. Cocinado Saludable para Familias Virtual (5—14 años) 3:45—4:45 p.m. Ing./Esp.</p>	<p>8 Boot Camp Virtual 8—9 a.m. Zumba Virtual 12:30—1:30 p.m.</p>	<p>9 Boot Camp Virtual 8—9 a.m. Zumba Bajo Impacto Virtual 12:30 —1:30 p.m. Serie Cultivando Familias Virtual 2— 4 p.m. Esp.</p>	<p>10 DÍA DE LOS VETERANOS CENTRO CERRADO</p>	<p>11 </p>
<p>13 Boot Camp Virtual 8—9 a.m. Zumba Virtual 11:00 a.m. —12:00 p.m. Serie Cultivando Familias Virtual 2— 4 p.m. Ing.</p>	<p>14 Boot Camp Virtual 8—9 a.m. Zumba Virtual 9:15—10 a.m. El Mundo de Jugos y Ensaladas Virtual 10:15 — 11 a.m. Ing. /Esp. Cocinando Saludable Virtual 11:15 a.m.-12:45 p.m. Ing./Esp. Serie Cultivando Familias Virtual 2— 4 p.m. Ing. Cocinado Saludable para Familias Virtual (5—14 años) 3:45—4:45 p.m. Ing./Esp.</p>	<p>15 Boot Camp Virtual 8—9 a.m. Zumba Virtual 12:30—1:30 p.m.</p>	<p>16 Boot Camp Virtual 8—9 a.m. Zumba Bajo Impacto Virtual 12:30 —1:30 p.m. Serie Cultivando Familias Virtual 2— 4 p.m. Esp.</p>	<p>17 RCP Virtual/ Primeros Auxilios Registrarse en freecprla.com (Edades 14+) 9 a.m.—12 p.m. Esp.</p>	<p>18 </p>
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<p>27 Boot Camp Virtual 8—9 a.m. Zumba Virtual 11:00 a.m. —12:00 p.m. Serie Cultivando Familias Virtual 2— 4 p.m. Ing.</p>	<p>28 Boot Camp Virtual 8—9 a.m. Zumba Virtual 9:15—10 a.m. El Mundo de Jugos y Ensaladas Virtual 10:15 — 11 a.m. Ing. /Esp. Cocinando Saludable Virtual 11:15 a.m.-12:45 p.m. Ing./Esp. Serie Cultivando Familias Virtual 2— 4 p.m. Ing. Cocinado Saludable para Familias Virtual (5—14 años) 3:45—4:45 p.m. Ing./Esp.</p>	<p>29 Boot Camp Virtual 8—9 a.m. Zumba Virtual 12:30—1:30 p.m.</p>	<p>30 Boot Camp Virtual 8—9 a.m. Zumba Bajo Impacto Virtual 12:30 —1:30 p.m. Serie Cultivando Familias Virtual 2— 4 p.m. Esp.</p>	<p>Para registrarse en nuestras clases virtuales llame al 213.438.5497 o envíe un correo electrónico a: PanoramaCityCRC@lacare.org</p>	

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**SEA ACTIVO,
SALUDABLE E INFORMADO**



HORARIO DEL CENTRO:
Cerrado Hasta Principios del 2024.



213.438.5497
CommunityResourceCenterLA.org