



POMONA

DECEMBER

2023

Community Resource Center

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
CENTER SERVICES - Member Services - Enrollment Services* • Medi-cal, MediCare, Covered California, & Calfresh - New Member Orientation *Contact Center for Availability of Services ALL SERVICES AND CLASSES ARE FREE FOR EVERYONE!	Classes in BLUE qualify for the My Rewards for a Healthy Life Program Classes in GREEN are by appointment and registration only.	CRC Website		1 Boot Camp 9-10am Zumba 11:30am-12:30pm Vinyasa Yoga 3-4pm Kids Dance Class 4-5pm	2 CENTER CLOSED
4 Zumba 9:30-10:30am Yoga 10:45-11:45am Mommy Yoga 10:45-11:45 Meditation 12-1pm Boot Camp 4-5pm	5 Circuit Training 9:15-10:15am Healthy Cooking 10:30am-12pm Healthy Juicing 12:30-2pm Zumba 3-4pm HIIT 4-5pm	6 Zumba 9:30-10:30am Yoga 10:45-11:45am Kids Fitness 3-4pm Bullying Prevention 3-4pm ESP Boot Camp 4-5pm Kid's Health Education 4-5pm	7 Circuit Training 9:15-10:15am Healthy Cooking 10:30am-12pm CPR/First Aid Register at freecprla.com 12-3pm ENG Vinyasa Yoga 3-4pm	8 Boot Camp 9-10am Zumba 11:30am-12:30pm	9 CENTER CLOSED
11 Zumba 9:30-10:30am Yoga 10:45-11:45am Mommy Yoga 10:45-11:45 Meditation 12-1pm Boot Camp 4-5pm	12 CENTER CLOSED	13 Zumba 9:30-10:30am Yoga 10:45-11:45am Kids Fitness 3-4pm Child Abuse Prevention 3-4pm ESP Boot Camp 4-5pm Kid's Health Education 4-5pm	14 Circuit Training 9:15-10:15am Healthy Cooking 10:30am-12pm New Member Orientation 12-12:30pm Vinyasa Yoga 3-4pm Asthma Education 4-5pm ESP Teen Fitness & Wellness 4-5pm	15 Winter Wonderland Holiday Resource Fair 3-6pm	16 CENTER CLOSED
18 Zumba 9:30-10:30am Yoga 10:45-11:45am Mommy Yoga 10:45-11:45 Meditation 12-1pm Boot Camp 4-5pm	19 Circuit Training 9:15-10:15am Healthy Cooking 10:30am-12pm Healthy Juicing 12:30-2pm Zumba 3-4pm HIIT 4-5pm	20 Zumba 9:30-10:30am Yoga 10:45-11:45am Kids Fitness 3-4pm Understanding Childhood Behaviors and Disorders 3-4pm ESP Boot Camp 4-5pm Kid's Health Education 4-5pm	21 Circuit Training 9:15-10:15am Healthy Cooking 10:30am-12pm	22 CENTER CLOSED	23 CENTER CLOSED
25 CENTER CLOSED	26 CENTER CLOSED	27 CENTER CLOSED	28 CENTER CLOSED	29 CENTER CLOSED	30 CENTER CLOSED

Class space is limited (first come, first served). Classes are subject to change, rescheduling or cancellation without notice. Child care is provided while you attend a class. (Ages 4+)

BE ACTIVE,

HEALTHY & INFORMED



696 W. Holt Ave.

Pomona, CA 91768



CENTER HOURS:

Monday - Friday: 9 a.m. - 5 p.m.

Saturday: CLOSED



909.620.1661

CommunityResourceCenterLA.org



POMONA

DICIEMBRE

2023

Community Resource Center

LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO
SERVICIOS DEL CENTRO - Servicios a los miembros - Servicios de Inscripción* - Medi-cal, MediCare, Covered California, y CalFresh - Orientación para nuevos miembros *Comuníquese con el Centro para disponibilidad de Servicios TODOS LOS SERVICIOS Y LAS CLASES SON GRATIS ¡PARA TODOS!	La clases en Azul califican para el programa mis recompensas para una vida sana. Las clases en Verde son por cita y registro solamente.	 CRC Sitio de Web		1 Boot Camp9-10amZumba11:30am-12:30pmVinyasa Yoga3-4pmClase de Baile para Niños4-5pm	2  CENTRO CERRADO
4 Zumba9:30-10:30amYoga10:45-11:45amYoga Para Mamas10:45-11:45amMeditacion12-1pmBoot Camp4-5pm	5 Entrenamiento Circuito9:15-10:15amCocina Saludable10:30am-12pmJugos Saludables12:30-2pmZumba3-4pmHIIT4-5pm	6 Zumba9:30-10:30amYoga10:45-11:45amCardio Para Niños3-4pmPrevencion De Acoso3-4pm ESPBoot Camp4-5pmEducacion de Salud para Niños4-5pm	7 Entrenamiento Circuito9:15-10:15amCocina Saludable10:30am-12pmRCP/Primeros AuxiliosRegistrese en freecprla.com12-3pm ENG Vinyasa Yoga3-4pm	8 Boot Camp9-10amZumba11:30am-12:30pm	9  CENTRO CERRADO
11 Zumba9:30-10:30amYoga10:45-11:45amYoga Para Mamas10:45-11:45amMeditacion12-1pmBoot Camp4-5pm	12  CENTRO CERRADO	13 Zumba9:30-10:30amYoga10:45-11:45amCardio Para Niños3-4pmPrevencion del Abuso Infantil3-4pm ESPBoot Camp4-5pmEducacion de Salud para Niños4-5pm	14 Entrenamiento Circuito9:15-10:15amCocina Saludable10:30am-12pmOrientacion para nuevos Miembros12-12:30pmVinyasa Yoga3-4pmEducacion de Asthma4-5pm ESPFitnes y Bienestar para adolescentes4-5pm	15 Winter Wonderland Holiday Resource Fair3-6pm	16  CENTRO CERRADO
18 Zumba9:30-10:30amYoga10:45-11:45amYoga Para Mamas10:45-11:45amMeditacion12-1pmBoot Camp4-5pm	19 Entrenamiento Circuito9:15-10:15amCocina Saludable10:30am-12pmJugos Saludables12:30-2pmZumba3-4pmHIIT4-5pm	20 Zumba9:30-10:30amYoga10:45-11:45amCardio Para Niños3-4pmTrastornos de Menores3-4pm ESPBoot Camp4-5pmEducacion de Salud para Niños4-5pm	21 Entrenamiento Circuito9:15-10:15amCocina Saludable10:30am-12pm	22  CENTRO CERRADO	23  CENTRO CERRADO
25  CENTRO CERRADO	26  CENTER CLOSED CENTRO CERRADO	27	28	29	30  CENTRO CERRADO

Espacio de las clases es limitado (Se le sirve en orden de llegada). Las clases están sujetas a cambio, reprogramación o cancelación sin previo aviso. Cuidado de niños está disponible durante las clases. (Edades 4+)

SEA ACTIVO,
SALUDABLE E INFORMADO



696 W. Holt Ave.
Pomona, CA 91768



HORARIO DEL CENTRO:
Lunes a Viernes: 9 a.m. - 5 p.m.
Sábado: Cerrado



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