









INGLEWOOD OCTOBER 2024

Community Resource Center

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 CRC Website	1 Boot Camp 9 - 10 a.m. Kick Boxing 10 - 11 a.m. FEAST-Spanish Orientación (Comida, Educación, Acceso, Apoyo, Juntos) 10:30 a.m. - 12:30 p.m. Balance & Stability 11:10 a.m. - 12:10 p.m. CENTER CLOSED 1 - 3 p.m. Pilates 4 - 5 p.m.	2 Yoga Therapy 9 - 10 a.m. Wellness Nutrition Group (Hourly Sessions) 10 a.m. - 1 p.m. FEAST-English Orientation (Food, Education, Access, Support, Together) 10:30 a.m. - 12:30 p.m. Line Dancing 1 - 2:30 p.m. Zumba 4 - 5 p.m.	3 Yoga Therapy Virtual 9 - 10 a.m. Anger Management Virtual 10 - 11:30 a.m. Tai Chi 10:30 - 11:30 a.m. Beginners Line Dancing 12 - 1:30 p.m. Breakthrough Parenting Virtual 12 - 1:30 p.m. Pilates 2 - 3 p.m. Anger Management Virtual 4:30 - 6 p.m.	4 Yoga Therapy 9 - 10 a.m. Mommy & Me (Ages 0 - 5) 10 - 11 a.m. The Arts of Fruit and Vegetables 10:30 a.m. - 12 p.m. Line Dancing 1 - 2:30 p.m. Zumba 4 - 5 p.m.	5 Family Fitness Virtual 9 - 10 a.m. 
7 Tai Chi 10 - 11 a.m. Healthcare Navigation Healthcare Systems in the U.S. 11 a.m. - 12 p.m. CPR & First Aid 12:30 - 3:30 p.m. Hip-Hop Step Class 4 - 5 p.m. Healthy Cooking for Kids (Ages 6 - 12) 4 - 5 p.m.	8 Boot Camp 9 - 10 a.m. Kick Boxing 10 - 11 a.m. FEAST-Spanish Introducción al Sistema Alimentario 10:30 a.m. - 12:30 p.m. Balance & Stability 11:10 a.m. - 12:10 p.m. Pilates 4 - 5 p.m.	9 Yoga Therapy 9 - 10 a.m. Wellness Nutrition Group (Hourly Sessions) 10 a.m. - 1 p.m. FEAST-English Introduction to the Food System 10:30 a.m. - 12:30 p.m. Line Dancing 1 - 2:30 p.m. Zumba 4 - 5 p.m.	10 Yoga Therapy Virtual 9 - 10 a.m. Anger Management Virtual 10 - 11:30 a.m. Tai Chi 10:30 - 11:30 a.m. Beginners Line Dancing 12 - 1:30 p.m. Breakthrough Parenting Virtual 12 - 1:30 p.m. Pilates 2 - 3 p.m. Anger Management Virtual 4:30 - 6 p.m.	11 Yoga Therapy 9 - 10 a.m. Mommy & Me (Ages 0 - 5) 10 - 11 a.m. Healthy Cooking 10:30 a.m. - 12 p.m. Line Dancing 1 - 2:30 p.m. Zumba 4 - 5 p.m.	12 Family Fitness Virtual 9 - 10 a.m. 
14 Tai Chi 10 - 11 a.m. Healthcare Navigation Medicaid and Medicare 11 a.m. - 12 p.m. Boot Camp 4 - 5 p.m. Healthy Cooking for Kids (Ages 6 - 12) 4 - 5 p.m.	15 Boot Camp 9 - 10 a.m. Kick Boxing 10 - 11 a.m. FEAST-Spanish Introducción a la Comida Integral frente a la Comida Procesada 10:30 a.m. - 12:30 p.m. Balance & Stability 11:10 a.m. - 12:10 p.m. Pilates 4 - 5 p.m.	16 Yoga Therapy 9 - 10 a.m. Wellness Nutrition Group (Hourly Sessions) 10 a.m. - 1 p.m. FEAST-English Intro to Processed vs. Whole Foods 10:30 a.m. - 12:30 p.m. Line Dancing 1 - 2:30 p.m. Zumba 4 - 5 p.m.	17 Yoga Therapy Virtual 9 - 10 a.m. Anger Management Virtual 10 - 11:30 a.m. Tai Chi 10:30 - 11:30 a.m. Beginners Line Dancing 12 - 1:30 p.m. Breakthrough Parenting Virtual 12 - 1:30 p.m. Pilates 2 - 3 p.m. CENTER CLOSED 3:30 - 5 p.m. Anger Management Virtual 4:30 - 6 p.m.	18 Yoga Therapy 9 - 10 a.m. Mommy & Me (Ages 0 - 5) 10 - 11 a.m. The Arts of Fruit and Vegetables 10:30 a.m. - 12 p.m. Line Dancing 1 - 2:30 p.m. Zumba 4 - 5 p.m.	19 Family Fitness Virtual 9 - 10 a.m. 
21 Tai Chi 10 - 11 a.m. Healthcare Navigation Community Health Centers and Clinics 11 a.m. - 12 p.m. Boot Camp 4 - 5 p.m. Healthy Cooking for Kids (Ages 6 - 12) 4 - 5 p.m.	22 Boot Camp 9 - 10 a.m. Kick Boxing 10 - 11 a.m. FEAST-Spanish Conexiones Sociales 10:30 a.m. - 12:30 p.m. Balance & Stability 11:10 a.m. - 12:10 p.m. Pilates 4 - 5 p.m.	23 Yoga Therapy 9 - 10 a.m. Wellness Nutrition Group (Hourly Sessions) 10 a.m. - 1 p.m. FEAST-English Social Connections 10:30 a.m. - 12:30 p.m. Line Dancing 1 - 2:30 p.m. Zumba 4 - 5 p.m.	24 Yoga Therapy Virtual 9 - 10 a.m. Anger Management Virtual 10 - 11:30 a.m. Tai Chi 10:30 - 11:30 a.m. Beginners Line Dancing 12 - 1:30 p.m. Breakthrough Parenting Virtual 12 - 1:30 p.m. Pilates 2 - 3 p.m. Family BOO! Arts & Crafts 3:30 - 5 p.m. Anger Management Virtual 4:30 - 6 p.m.	25 Yoga Therapy 9 - 10 a.m. Mommy & Me (Ages 0 - 5) 10 - 11 a.m. Healthy Cooking 10:30 a.m. - 12 p.m. Line Dancing 1 - 2:30 p.m. Zumba 4 - 5 p.m.	26 Family Fitness Virtual 9 - 10 a.m. CPR & First Aid Virtual 9:30 a.m. - 12:30 p.m. 
28 Tai Chi 10 - 11 a.m. Healthcare Navigation Low-Cost and Free Health Services 11 a.m. - 12 p.m. Boot Camp 4 - 5 p.m. Healthy Cooking for Kids (Ages 6 - 12) 4 - 5 p.m.	29 Boot Camp 9 - 10 a.m. Kick Boxing 10 - 11 a.m. FEAST-Spanish Cambios Estructurales 10:30 a.m. - 12:30 p.m. Balance & Stability 11:10 a.m. - 12:10 p.m. Pilates 4 - 5 p.m.	30 Yoga Therapy 9 - 10 a.m. Wellness Nutrition Group (Hourly Sessions) 10 a.m. - 1 p.m. FEAST-English Structural Changes 10:30 a.m. - 12:30 p.m. Line Dancing 1 - 2:30 p.m. Zumba 4 - 5 p.m.	31 Yoga Therapy Virtual 9 - 10 a.m. Anger Management Virtual 10 - 11:30 a.m. Tai Chi 10:30 - 11:30 a.m. Beginners Line Dancing 12 - 1:30 p.m. Breakthrough Parenting Virtual 12 - 1:30 p.m. Pilates 2 - 3 p.m. Anger Management Virtual 4:30 - 6 p.m.	Covered California Enrollments Wednesdays 10 a.m. - 3 p.m. CalFresh Assistance Thursdays 9:30 a.m. - 4 p.m. Diaper Distribution Thursdays 9:30 a.m. - 3:30 p.m. PLEASE CALL before visiting for eligibility requirements	 <p>Classes in BLUE qualify for the My Rewards for a Healthy Life Program</p> <p>Classes in GREEN are by appointment and registration only.</p>

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**



2864 W. Imperial Hwy.
Inglewood, CA 90303



CENTER HOURS:

Monday - Friday: **9 a.m. - 5 p.m.**
Saturday: **CLOSED**









310.330.3130

CommunityResourceCenterLA.org



INGLEWOOD OCTUBRE 2024

Community Resource Center

LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO
 CRC Sitio de Web	Entrenamiento Intenso 1 9 - 10 a.m. Kick Boxing 10 - 11 a.m. FEAST-Español Orientación (Comida, Educación, Acceso, Apoyo, Juntos) 10:30 a.m. - 12:30 p.m. Equilibrio y Estabilidad 11:10 a.m. - 12:10 p.m. CENTRO CERRADO 1 - 3 p.m. Pilates 4 - 5 p.m.	Terapia de Yoga 2 9 - 10 a.m. Nutrición y Bienestar (Sesiones de una Hora) 10 a.m. - 1 p.m. FEAST-Inglés Orientation (Food, Education, Access, Support, Together) 10:30 a.m. - 12:30 p.m. Baile en Línea 1 - 2:30 p.m. Zumba 4 - 5 p.m.	Terapia de Yoga Virtual 3 9 - 10 a.m. Manejo de Ira Virtual 10 - 11:30 a.m. Tai Chi 10:30 - 11:30 a.m. Baile en Línea para Principiantes 12 - 1:30 p.m. Cultivando Familias Virtual 12 p.m. - 1:30 p.m. Pilates 2 - 3 p.m. Manejo de Ira Virtual 4:30 - 6 p.m.	Terapia de Yoga 4 9 - 10 a.m. Mami y Yo (0 - 5 años) 10 - 11 a.m. El Arte de las Frutas y Vegetales 10:30 a.m. - 12 p.m. Baile en Línea 1 - 2:30 p.m. Zumba 4 - 5 p.m.	Ejercicio Familiar Virtual 5 9 - 10 a.m. 
Tai Chi 7 10 - 11 a.m. Navegación de Salud Médica Sistemas de Atención Sanitaria en los Estados Unidos 11 a.m. - 12 p.m. RCP y Primeros Auxilios 12:30 - 3:30 p.m. Clase de Paso de Hip-Hop 4 - 5 p.m. Cocina Saludable para Niños (6 - 12 años) 4 - 5 p.m.	Entrenamiento Intenso 8 9 - 10 a.m. Kick Boxing 10 - 11 a.m. FEAST-Español Introducción al Sistema Alimentario 10:30 a.m. - 12:30 p.m. Equilibrio y Estabilidad 11:10 a.m. - 12:10 p.m. Pilates 4 - 5 p.m.	Terapia de Yoga 9 9 - 10 a.m. Nutrición y Bienestar (Sesiones de una Hora) 10 a.m. - 1 p.m. FEAST-Inglés Introduction to the Food System 10:30 a.m. - 12:30 p.m. Baile en Línea 1 - 2:30 p.m. Zumba 4 - 5 p.m.	Terapia de Yoga Virtual 10 9 - 10 a.m. Manejo de Ira Virtual 10 - 11:30 a.m. Tai Chi 10:30 - 11:30 a.m. Baile en Línea para Principiantes 12 - 1:30 p.m. Cultivando Familias Virtual 12 p.m. - 1:30 p.m. Pilates 2 - 3 p.m. Manejo de Ira Virtual 4:30 - 6 p.m.	Terapia de Yoga 11 9 - 10 a.m. Mami y Yo (0 - 5 años) 10 - 11 a.m. Cocina Saludable 10:30 a.m. - 12 p.m. Baile en Línea 1 - 2:30 p.m. Zumba 4 - 5 p.m.	Ejercicio Familiar Virtual 12 9 - 10 a.m. 
Tai Chi 14 10 - 11 a.m. Navegación de Salud Médica Sistemas de Atención Sanitaria en los Estados Unidos 11 a.m. - 12 p.m. Entrenamiento Intenso 4 - 5 p.m. Cocina Saludable para Niños (6 - 12 años) 4 - 5 p.m.	Entrenamiento Intenso 15 9 - 10 a.m. Kick Boxing 10 - 11 a.m. FEAST-Español Introducción a la Comida Integral frente a la Comida Procesada 10:30 a.m. - 12:30 p.m. Equilibrio y Estabilidad 11:10 a.m. - 12:10 p.m. Pilates 4 - 5 p.m.	Terapia de Yoga 16 9 - 10 a.m. Nutrición y Bienestar (Sesiones de una Hora) 10 a.m. - 1 p.m. FEAST-Inglés Intro to Processed vs. Whole Foods 10:30 a.m. - 12:30 p.m. Baile en Línea 1 - 2:30 p.m. Zumba 4 - 5 p.m.	Terapia de Yoga Virtual 17 9 - 10 a.m. Manejo de Ira Virtual 10 - 11:30 a.m. Tai Chi 10:30 - 11:30 a.m. Baile en Línea para Principiantes 12 - 1:30 p.m. Cultivando Familias Virtual 12 p.m. - 1:30 p.m. Pilates 2 - 3 p.m. CENTRO CERRADO 3:30 - 5 p.m. Manejo de Ira Virtual 4:30 - 6 p.m.	Terapia de Yoga 18 9 - 10 a.m. Mami y Yo (0 - 5 años) 10 - 11 a.m. El Arte de las Frutas y Vegetales 10:30 a.m. - 12 p.m. Baile en Línea 1 - 2:30 p.m. Zumba 4 - 5 p.m.	Ejercicio Familiar Virtual 19 9 - 10 a.m. 
Tai Chi 21 10 - 11 a.m. Navegación de Salud Médica Sistemas de Atención Sanitaria en los Estados Unidos 11 a.m. - 12 p.m. Entrenamiento Intenso 4 - 5 p.m. Cocina Saludable para Niños (6 - 12 años) 4 - 5 p.m.	Entrenamiento Intenso 22 9 - 10 a.m. Kick Boxing 10 - 11 a.m. FEAST-Español Conexiones Sociales 10:30 a.m. - 12:30 p.m. Equilibrio y Estabilidad 11:10 a.m. - 12:10 p.m. Pilates 4 - 5 p.m.	Terapia de Yoga 23 9 - 10 a.m. Nutrición y Bienestar (Sesiones de una Hora) 10 a.m. - 1 p.m. FEAST-Inglés Social Connections 10:30 a.m. - 12:30 p.m. Baile en Línea 1 - 2:30 p.m. Zumba 4 - 5 p.m.	Terapia de Yoga Virtual 24 9 - 10 a.m. Manejo de Ira Virtual 10 - 11:30 a.m. Tai Chi 10:30 - 11:30 a.m. Baile en Línea para Principiantes 12 - 1:30 p.m. Cultivando Familias Virtual 12 p.m. - 1:30 p.m. Pilates 2 - 3 p.m. Artesanías Family BOO! 3:30 - 5 p.m. Manejo de Ira Virtual 4:30 - 6 p.m.	Terapia de Yoga 25 9 - 10 a.m. Mami y Yo (0 - 5 años) 10 - 11 a.m. Cocina Saludable 10:30 a.m. - 12 p.m. Baile en Línea 1 - 2:30 p.m. Zumba 4 - 5 p.m.	Ejercicio Familiar Virtual 26 9 - 10 a.m. RCP y Primeros Auxilios Virtual 9:30 a.m. - 12:30 p.m. 
Tai Chi 28 10 - 11 a.m. Navegación de Salud Médica Sistemas de Atención Sanitaria en los Estados Unidos 11 a.m. - 12 p.m. Entrenamiento Intenso 4 - 5 p.m. Cocina Saludable para Niños (6 - 12 años) 4 - 5 p.m.	Entrenamiento Intenso 29 9 - 10 a.m. Kick Boxing 10 - 11 a.m. FEAST-Español Cambios Estructurales 10:30 a.m. - 12:30 p.m. Equilibrio y Estabilidad 11:10 a.m. - 12:10 p.m. Pilates 4 - 5 p.m.	Terapia de Yoga 30 9 - 10 a.m. Nutrición y Bienestar (Sesiones de una Hora) 10 a.m. - 1 p.m. FEAST-Inglés Structural Changes 10:30 a.m. - 12:30 p.m. Baile en Línea 1 - 2:30 p.m. Zumba 4 - 5 p.m.	Terapia de Yoga Virtual 31 9 - 10 a.m. Manejo de Ira Virtual 10 - 11:30 a.m. Tai Chi 10:30 - 11:30 a.m. Baile en Línea para Principiantes 12 - 1:30 p.m. Cultivando Familias Virtual 12 p.m. - 1:30 p.m. Pilates 2 - 3 p.m. Manejo de Ira Virtual 4:30 - 6 p.m.	Servicios de Inscripción para Covered California Los Miércoles 10 a.m. - 3 p.m. Servicios de Inscripción para CalFresh Los Jueves 9:30 a.m. - 4 p.m. Distribución de Pañales Los Jueves 9:30 a.m. - 3:30 p.m. POR FAVOR LLAME antes de visitar para requisitos de elegibilidad	

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**



2864 W. Imperial Hwy.
Inglewood, CA 90303



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



310.330.3130
activehealthyinformed.org