




Community Resource Center

| MONDAY                                                                                                                                                                                                                                                                                                                                                                                     | TUESDAY                                                                                                                                                                                                                                                                                                                                                                                                                | WEDNESDAY                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          | THURSDAY                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    | FRIDAY                                                                                                                                                                                                                                                                                                                                                  | SATURDAY                                                                                                                                                     |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------|
|  <p>CRC Website</p>                                                                                                                                                                                                                                                                                       | <p>1</p> <p><b>Gentle Yoga</b><br/>9:15 a.m. - 10:15 a.m.</p> <p><b>Active Yoga</b><br/>10:30 a.m. - 11:30 a.m.</p> <p><b>Spanish - Let's Talk About High Blood Pressure (1 of 4)</b><br/>11:45 a.m. - 12:45 p.m.</p> <p><b>Spanish - Live Healthy with Diabetes (4 of 4)</b><br/>1:45 p.m. - 3:00 p.m.</p>                                                                                                            | <p>2</p> <p><b>Bilingual - Healthy Living: Personal Development</b><br/>9:15 a.m. - 10:15 a.m. Eng/Spa</p> <p><b>Prenatal &amp; Postnatal Yoga</b><br/>*Receive a free pack of diapers after class*<br/>9:45 a.m. - 10:45 a.m.</p> <p><b>Bilingual - Healthy Living: Cooking Matters (14+)</b><br/>10:45 a.m. - 12:15 p.m. Eng/Spa</p> <p><b>Healthy Living: Weight Training (14+)</b><br/>12:30 p.m. - 1:30 p.m.</p>                                                                                                                                                                              | <p>3</p> <p><b>CalFresh Application Assistance</b> 9:30 a.m. - 4:30 p.m.</p> <p><b>Korean - Developmental Screenings</b><br/>9:30 a.m. - 4:00 p.m.</p> <p><b>Low Impact Zumba (14+)</b><br/>9:00 a.m. - 10:00 a.m.</p> <p><b>Zumba Step (14+)</b><br/>10:10 a.m. - 11:10 a.m.</p> <p><b>Dance Aerobics (Beginner)(14+)</b><br/>11:25 a.m. - 12:15 p.m.</p> <p><b>Dance Aerobics (Intermediate)(14+)</b><br/>12:25 p.m. - 1:20 p.m.</p> <p><b>Bilingual - Healthy Living: Weight Management (18+)</b><br/>2:00 p.m. - 3:00 p.m. Eng/Spa</p> <p><b>Zumba (14+)</b> 3:15 p.m. - 4:15 p.m.</p>  | <p>4</p> <p><b>Meditation (18+)</b><br/>9:00 a.m. - 10:00 a.m.</p> <p><b>Restorative Yin Yoga (18+)</b><br/>10:15 a.m. - 11:15 a.m.</p>                                                                                                                                                                                                                 | <p>5</p>                                                                  |
| <p>7</p> <p><b>Medi-Cal &amp; Covered CA Enrollment Services</b><br/>Monday, Tuesday, Thursday, Friday<br/>9:00 a.m. - 5:00 p.m.</p> <p><b>Member Services</b><br/>Monday to Friday<br/>9:00 a.m. - 4:30 p.m.</p> <p><b>L.A. Care Member Orientation</b><br/>Monday to Friday<br/>10:00 a.m. - 4:00 p.m.</p> <p><b>English - CPR, AED &amp; First Aid (14+)</b> 2:00 p.m. - 5:00 p.m.</p>  | <p>8</p> <p><b>Gentle Yoga</b><br/>9:15 a.m. - 10:15 a.m.</p> <p><b>Active Yoga</b><br/>10:30 a.m. - 11:30 a.m.</p> <p><b>English - Let's Talk About High Blood Pressure (1 of 4)</b><br/>11:45 a.m. - 12:45 p.m.</p> <p><b>Spanish - Live Healthy with Diabetes (1 of 4)</b><br/>1:45 p.m. - 3:00 p.m.</p>                                                                                                            | <p>9</p> <p><b>Bilingual - Healthy Living: Personal Development</b><br/>9:15 a.m. - 10:15 a.m. Eng/Spa</p> <p><b>Prenatal &amp; Postnatal Yoga</b><br/>*Receive a free pack of diapers after class*<br/>9:45 a.m. - 10:45 a.m.</p> <p><b>Bilingual - Healthy Living: Cooking Matters (14+)</b><br/>10:45 a.m. - 12:15 p.m. Eng/Spa</p> <p><b>Healthy Living: Weight Training (14+)</b><br/>12:30 p.m. - 1:30 p.m.</p> <p><b>Spanish - Chase Financial Workshop</b><br/>1:45 p.m. - 2:45 p.m.</p>                                                                                                   | <p>10</p> <p><b>CalFresh Application Assistance</b> 9:30 a.m. - 4:30 p.m.</p> <p><b>Korean - Developmental Screenings</b><br/>9:30 a.m. - 4:00 p.m.</p> <p><b>Low Impact Zumba (14+)</b><br/>9:00 a.m. - 10:00 a.m.</p> <p><b>Zumba Step (14+)</b><br/>10:10 a.m. - 11:10 a.m.</p> <p><b>Dance Aerobics (Beginner)(14+)</b><br/>11:25 a.m. - 12:15 p.m.</p> <p><b>Dance Aerobics (Intermediate)(14+)</b><br/>12:25 p.m. - 1:20 p.m.</p> <p><b>Bilingual - Healthy Living: Weight Management (18+)</b><br/>2:00 p.m. - 3:00 p.m. Eng/Spa</p> <p><b>Zumba (14+)</b> 3:15 p.m. - 4:15 p.m.</p> | <p>11</p> <p><b>Meditation (18+)</b><br/>9:00 a.m. - 10:00 a.m.</p> <p><b>Restorative Yin Yoga (18+)</b><br/>10:15 a.m. - 11:15 a.m.</p>                                                                                                                                                                                                                | <p>12</p>                                                               |
| <p>14</p> <p><b>Medi-Cal &amp; Covered CA Enrollment Services</b><br/>Monday, Tuesday, Thursday, Friday<br/>9:00 a.m. - 5:00 p.m.</p> <p><b>Member Services</b><br/>Monday to Friday<br/>9:00 a.m. - 4:30 p.m.</p> <p><b>L.A. Care Member Orientation</b><br/>Monday to Friday<br/>10:00 a.m. - 4:00 p.m.</p> <p><b>Spanish - CPR, AED &amp; First Aid (14+)</b> 2:00 p.m. - 5:00 p.m.</p> | <p>15</p> <p><b>Gentle Yoga</b><br/>9:15 a.m. - 10:15 a.m.</p> <p><b>Active Yoga</b><br/>10:30 a.m. - 11:30 a.m.</p> <p><b>Spanish - Let's Talk About High Blood Pressure (2 of 4)</b><br/>11:45 a.m. - 12:45 p.m.</p> <p><b>Spanish - Live Healthy with Diabetes (2 of 4)</b><br/>1:45 p.m. - 3:00 p.m.</p>                                                                                                           | <p>16</p> <p><b>Bilingual - Healthy Living: Personal Development</b><br/>9:15 a.m. - 10:15 a.m. Eng/Spa</p> <p><b>Prenatal &amp; Postnatal Yoga</b><br/>*Receive a free pack of diapers after class*<br/>9:45 a.m. - 10:45 a.m.</p> <p><b>Bilingual - Healthy Living: Cooking Matters (14+)</b><br/>10:45 a.m. - 12:15 p.m. Eng/Spa</p> <p><b>Healthy Living: Weight Training (14+)</b><br/>12:30 p.m. - 1:30 p.m.</p> <p><b>Peak of Season Nutrition &amp; Cooking for Teens (11-17)</b><br/>4:00 p.m. - 5:00 p.m.</p>                                                                            | <p>17</p> <p><b>CalFresh Application Assistance</b> 9:30 a.m. - 4:30 p.m.</p> <p><b>Korean - Developmental Screenings</b><br/>9:30 a.m. - 4:00 p.m.</p> <p><b>Low Impact Zumba (14+)</b><br/>9:00 a.m. - 10:00 a.m.</p> <p><b>Zumba Step (14+)</b><br/>10:10 a.m. - 11:10 a.m.</p> <p><b>Dance Aerobics (Beginner)(14+)</b><br/>11:25 a.m. - 12:15 p.m.</p> <p><b>Dance Aerobics (Intermediate)(14+)</b><br/>12:25 p.m. - 1:20 p.m.</p> <p><b>Bilingual - Healthy Living: Weight Management (18+)</b><br/>2:00 p.m. - 3:00 p.m. Eng/Spa</p> <p><b>Zumba (14+)</b> 3:15 p.m. - 4:15 p.m.</p> | <p>18</p> <p><b>Meditation (18+)</b><br/>9:00 a.m. - 10:00 a.m.</p> <p><b>Restorative Yin Yoga (18+)</b><br/>10:15 a.m. - 11:15 a.m.</p>                                                                                                                                                                                                                | <p>19</p>                                                               |
| <p>21</p> <p><b>Medi-Cal &amp; Covered CA Enrollment Services</b><br/>Monday, Tuesday, Thursday, Friday<br/>9:00 a.m. - 5:00 p.m.</p> <p><b>Member Services</b><br/>Monday to Friday<br/>9:00 a.m. - 4:30 p.m.</p>                                                                                                                                                                         | <p>22</p> <p><b>Gentle Yoga</b><br/>9:15 a.m. - 10:15 a.m.</p> <p><b>English - Living Healthier and Happier with a Chronic Condition</b><br/>10:00 a.m. - 12:30 p.m.</p> <p><b>Active Yoga</b><br/>10:30 a.m. - 11:30 a.m.</p> <p><b>English - Let's Talk About High Blood Pressure (2 of 4)</b><br/>11:45 a.m. - 12:45 p.m.</p> <p><b>Spanish - Live Healthy with Diabetes (3 of 4)</b><br/>1:45 p.m. - 3:00 p.m.</p> | <p>23</p> <p><b>Bilingual - Healthy Living: Personal Development</b><br/>9:15 a.m. - 10:15 a.m. Eng/Spa</p> <p><b>Prenatal &amp; Postnatal Yoga</b><br/>*Receive a free pack of diapers after class*<br/>9:45 a.m. - 10:45 a.m.</p> <p><b>Bilingual - Healthy Living: Cooking Matters (14+)</b><br/>10:45 a.m. - 12:15 p.m. Eng/Spa</p> <p><b>Healthy Living: Weight Training (14+)</b><br/>12:30 p.m. - 1:30 p.m.</p> <p><b>Spanish - Chase Financial Workshop</b><br/>1:45 p.m. - 2:45 p.m.</p> <p><b>Peak of Season Nutrition &amp; Cooking for Teens (11-17)</b><br/>4:00 p.m. - 5:00 p.m.</p> | <p>24</p> <p><b>CalFresh Application Assistance</b> 9:30 a.m. - 4:30 p.m.</p> <p><b>Korean - Developmental Screenings</b><br/>9:30 a.m. - 4:00 p.m.</p> <p><b>Low Impact Zumba (14+)</b><br/>9:00 a.m. - 10:00 a.m.</p> <p><b>Zumba Step (14+)</b><br/>10:10 a.m. - 11:10 a.m.</p> <p><b>Dance Aerobics (Beginner)(14+)</b><br/>11:25 a.m. - 12:15 p.m.</p> <p><b>Dance Aerobics (Intermediate)(14+)</b><br/>12:25 p.m. - 1:20 p.m.</p> <p><b>Bilingual - Healthy Living: Weight Management (18+)</b><br/>2:00 p.m. - 3:00 p.m. Eng/Spa</p> <p><b>Zumba (14+)</b> 3:15 p.m. - 4:15 p.m.</p> | <p>25</p> <p><b>Meditation (18+)</b><br/>9:00 a.m. - 10:00 a.m.</p> <p><b>Restorative Yin Yoga (18+)</b><br/>10:15 a.m. - 11:15 a.m.</p> <p><b>Spanish - Beware of Lead! Family Workshop &amp; Art</b><br/>3:30 p.m. - 5:00 p.m.</p>                                                                                                                    | <p>26</p>                                                               |
| <p>28</p> <p><b>Medi-Cal &amp; Covered CA Enrollment Services</b><br/>Monday, Tuesday, Thursday, Friday<br/>9:00 a.m. - 5:00 p.m.</p> <p><b>Member Services</b><br/>Monday to Friday<br/>9:00 a.m. - 4:30 p.m.</p> <p><b>Bilingual - Oral Health Workshop</b><br/>1:00 p.m. - 2:00 p.m.</p>                                                                                                | <p>29</p> <p><b>Gentle Yoga</b><br/>9:15 a.m. - 10:15 a.m.</p> <p><b>English - Living Healthier and Happier with a Chronic Condition</b><br/>10:00 a.m. - 12:30 p.m.</p> <p><b>Active Yoga</b><br/>10:30 a.m. - 11:30 a.m.</p> <p><b>Spanish - Let's Talk About High Blood Pressure (1 of 4)</b><br/>11:45 a.m. - 12:45 p.m.</p> <p><b>Spanish - Live Healthy with Diabetes (4 of 4)</b><br/>1:45 p.m. - 3:00 p.m.</p> | <p>30</p> <p><b>Bilingual - Healthy Living: Personal Development</b><br/>9:15 a.m. - 10:15 a.m. Eng/Spa</p> <p><b>Prenatal &amp; Postnatal Yoga</b><br/>*Receive a free pack of diapers after class*<br/>9:45 a.m. - 10:45 a.m.</p> <p><b>Bilingual - Healthy Living: Cooking Matters (14+)</b><br/>10:45 a.m. - 12:15 p.m. Eng/Spa</p> <p><b>Healthy Living: Weight Training (14+)</b><br/>12:30 p.m. - 1:30 p.m.</p> <p><b>Tenants Rights Legal Clinic</b><br/>4:30 p.m. - 7:00 p.m.</p>                                                                                                         | <p>31</p> <p><b>CalFresh Application Assistance</b> 9:30 a.m. - 4:30 p.m.</p> <p><b>Korean - Developmental Screenings</b><br/>9:30 a.m. - 4:00 p.m.</p> <p><b>Low Impact Zumba (14+)</b><br/>9:00 a.m. - 10:00 a.m.</p> <p><b>Zumba Step (14+)</b><br/>10:10 a.m. - 11:10 a.m.</p> <p><b>Dance Aerobics (Beginner)(14+)</b><br/>11:25 a.m. - 12:15 p.m.</p> <p><b>Dance Aerobics (Intermediate)(14+)</b><br/>12:25 p.m. - 1:20 p.m.</p> <p><b>Bilingual - Healthy Living: Weight Management (18+)</b><br/>2:00 p.m. - 3:00 p.m. Eng/Spa</p> <p><b>Zumba (14+)</b> 3:15 p.m. - 4:15 p.m.</p> | <p><b>CENTER SERVICES</b></p> <ul style="list-style-type: none"> <li>- Member Services</li> <li>- Enrollment Services*</li> <li>• Medi-cal, MediCare, Covered California, &amp; CalFresh</li> <li>- New Member Orientation</li> </ul> <p>*Contact Center for Availability of Services</p> <p><b>ALL SERVICES AND CLASSES ARE FREE FOR EVERYONE!</b></p> | <p>Classes in <b>BLUE</b> qualify for the My Rewards for a Healthy Life Program</p> <p>Classes in <b>GREEN</b> 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**



1233 S. Western Ave.  
Los Angeles, CA 90006



**CENTER HOURS:**

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



213.428.1457

CommunityResourceCenterLA.org



Community Resource Center

| LUNES                                                                                                                                                                                                                                                                                                                                                                                                                     | MARTES                                                                                                                                                                                                                                                                                                                                                                                                    | MIÉRCOLES                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   | JUEVES                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          | VIERNES                                                                                                                                                                                                                                                                                                                                                                                          | SÁBADO                                                                                                                             |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------|
| <br>CRC Sitio de Web                                                                                                                                                                                                                                                                                                                      | <b>1</b><br><b>Yoga Suave</b><br>9:15 a.m. - 10:15 a.m.<br><br><b>Yoga Activo</b><br>10:30 a.m. - 11:30 a.m.<br><br><b>Español - Hay Que Hablar Sobre la Presión Alta (1 de 4)</b><br>11:45 a.m. - 12:45 p.m.<br><br><b>Español - Vivir Bien con Diabetes (4 de 4)</b><br>1:45 p.m. - 3:00 p.m.                                                                                                           | <b>2</b><br><b>Bilingüe - Vida Sana: Superación Personal</b><br>9:15 a.m. - 10:15 a.m. Ing/Esp<br><br><b>Yoga Prenatal y Postnatal</b><br><b>*Recibe un paquete de pañales gratis despues de clase*</b><br>9:45 a.m. - 10:45 a.m.<br><br><b>Bilingüe - Vida Sana: En la Cocina (14+)</b><br>10:45 a.m. - 12:15 p.m. Ing/Esp<br><br><b>Vida Sana: Ejercicio de Resistencia (14+)</b><br>12:30 p.m. - 1:30 p.m.                                                                                                                                                                               | <b>3</b><br><b>Asistencia para Aplicaciones de CalFresh</b><br>9:30 a.m. - 4:30 p.m.<br><b>Coreano - Exámenes de Desarrollo</b><br>9:30 a.m. - 4:00 p.m.<br><b>Bajo Impacto Zumba (14+)</b><br>9:00 a.m. - 10:00 a.m.<br><b>Zumba Step (14+)</b><br>10:10 a.m. - 11:10 a.m.<br><b>Baile Aerobico (Principantes)(14+)</b><br>11:25 a.m. - 12:15 p.m.<br><b>Baile Aerobico (Intermediante)(14+)</b><br>12:25 p.m. - 1:20 p.m.<br><b>Bilingüe - Vida Sana: Control de Peso (18+)</b><br>2:00 p.m. - 3:00 p.m. Ing/Esp<br><b>Zumba (14+)</b> 3:15 p.m. - 4:15 p.m.  | <b>4</b><br><b>Meditacion (18+)</b><br>9:00 a.m. - 10:00 a.m.<br><br><b>Yin Yoga Restaurativo (18+)</b><br>10:15 a.m. - 11:15 a.m.                                                                                                                                                                                                                                                               | <b>5</b><br><br><b>CENTRO CERRADO</b>           |
| <b>7</b><br><b>Servicios de Inscripción para Medi-Cal y Covered CA</b><br><b>Lunes, Martes, Jueves, Viernes</b><br>9:00 a.m. - 5:00 p.m.<br><br><b>Servicio para Miembros</b><br><b>Lunes a Viernes</b><br>9:00 a.m. - 4:30 p.m.<br><br><b>Orientación para Miembros de L.A. Care</b><br><b>Lunes a Viernes</b><br>10:00 a.m. - 4:00 p.m.<br><br><b>Inglés - RCP y Primeros Auxilios (14+)</b><br>2:00 p.m. - 5:00 p.m.   | <b>8</b><br><b>Yoga Suave</b><br>9:15 a.m. - 10:15 a.m.<br><br><b>Yoga Activo</b><br>10:30 a.m. - 11:30 a.m.<br><br><b>Inglés - Hay Que Hablar Sobre la Presión Alta (1 de 4)</b><br>11:45 a.m. - 12:45 p.m.<br><br><b>Español - Vivir Bien con Diabetes (1 de 4)</b><br>1:45 p.m. - 3:00 p.m.                                                                                                            | <b>9</b><br><b>Bilingüe - Vida Sana: Superación Personal</b><br>9:15 a.m. - 10:15 a.m. Ing/Esp<br><br><b>Yoga Prenatal y Postnatal</b><br><b>*Recibe un paquete de pañales gratis despues de clase*</b><br>9:45 a.m. - 10:45 a.m.<br><br><b>Bilingüe - Vida Sana: En la Cocina (14+)</b><br>10:45 a.m. - 12:15 p.m. Ing/Esp<br><br><b>Vida Sana: Ejercicio de Resistencia (14+)</b><br>12:30 p.m. - 1:30 p.m.                                                                                                                                                                               | <b>10</b><br><b>Asistencia para Aplicaciones de CalFresh</b><br>9:30 a.m. - 4:30 p.m.<br><b>Coreano - Exámenes de Desarrollo</b><br>9:30 a.m. - 4:00 p.m.<br><b>Bajo Impacto Zumba (14+)</b><br>9:00 a.m. - 10:00 a.m.<br><b>Zumba Step (14+)</b><br>10:10 a.m. - 11:10 a.m.<br><b>Baile Aerobico (Principantes)(14+)</b><br>11:25 a.m. - 12:15 p.m.<br><b>Baile Aerobico (Intermediante)(14+)</b><br>12:25 p.m. - 1:20 p.m.<br><b>Bilingüe - Vida Sana: Control de Peso (18+)</b><br>2:00 p.m. - 3:00 p.m. Ing/Esp<br><b>Zumba (14+)</b> 3:15 p.m. - 4:15 p.m. | <b>11</b><br><b>Meditacion (18+)</b><br>9:00 a.m. - 10:00 a.m.<br><br><b>Yin Yoga Restaurativo (18+)</b><br>10:15 a.m. - 11:15 a.m.                                                                                                                                                                                                                                                              | <b>12</b><br><br><b>CENTRO CERRADO</b>        |
| <b>14</b><br><b>Servicios de Inscripción para Medi-Cal y Covered CA</b><br><b>Lunes, Martes, Jueves, Viernes</b><br>9:00 a.m. - 5:00 p.m.<br><br><b>Servicio para Miembros</b><br><b>Lunes a Viernes</b><br>9:00 a.m. - 4:30 p.m.<br><br><b>Orientación para Miembros de L.A. Care</b><br><b>Lunes a Viernes</b><br>10:00 a.m. - 4:00 p.m.<br><br><b>Español - RCP y Primeros Auxilios (14+)</b><br>2:00 p.m. - 5:00 p.m. | <b>15</b><br><b>Yoga Suave</b><br>9:15 a.m. - 10:15 a.m.<br><br><b>Yoga Activo</b><br>10:30 a.m. - 11:30 a.m.<br><br><b>Español - Hay Que Hablar Sobre la Presión Alta (2 de 4)</b><br>11:45 a.m. - 12:45 p.m.<br><br><b>Español - Vivir Bien con Diabetes (2 de 4)</b><br>1:45 p.m. - 3:00 p.m.                                                                                                          | <b>16</b><br><b>Bilingüe - Vida Sana: Superación Personal</b><br>9:15 a.m. - 10:15 a.m. Ing/Esp<br><br><b>Yoga Prenatal y Postnatal</b><br><b>*Recibe un paquete de pañales gratis despues de clase*</b><br>9:45 a.m. - 10:45 a.m.<br><br><b>Bilingüe - Vida Sana: En la Cocina (14+)</b><br>10:45 a.m. - 12:15 p.m. Ing/Esp<br><br><b>Vida Sana: Ejercicio de Resistencia (14+)</b><br>12:30 p.m. - 1:30 p.m.<br><br><b>Nutrición y cocina de temporada alta para adolescentes (11-17)</b><br>4:00 p.m. - 5:00 p.m.                                                                        | <b>17</b><br><b>Asistencia para Aplicaciones de CalFresh</b><br>9:30 a.m. - 4:30 p.m.<br><b>Coreano - Exámenes de Desarrollo</b><br>9:30 a.m. - 4:00 p.m.<br><b>Bajo Impacto Zumba (14+)</b><br>9:00 a.m. - 10:00 a.m.<br><b>Zumba Step (14+)</b><br>10:10 a.m. - 11:10 a.m.<br><b>Baile Aerobico (Principantes)(14+)</b><br>11:25 a.m. - 12:15 p.m.<br><b>Baile Aerobico (Intermediante)(14+)</b><br>12:25 p.m. - 1:20 p.m.<br><b>Bilingüe - Vida Sana: Control de Peso (18+)</b><br>2:00 p.m. - 3:00 p.m. Ing/Esp<br><b>Zumba (14+)</b> 3:15 p.m. - 4:15 p.m. | <b>18</b><br><b>Meditacion (18+)</b><br>9:00 a.m. - 10:00 a.m.<br><br><b>Yin Yoga Restaurativo (18+)</b><br>10:15 a.m. - 11:15 a.m.                                                                                                                                                                                                                                                              | <b>19</b><br><br><b>CENTRO CERRADO</b>        |
| <b>21</b><br><b>Servicios de Inscripción para Medi-Cal y Covered CA</b><br><b>Lunes, Martes, Jueves, Viernes</b><br>9:00 a.m. - 5:00 p.m.<br><br><b>Servicio para Miembros</b><br><b>Lunes a Viernes</b><br>9:00 a.m. - 4:30 p.m.                                                                                                                                                                                         | <b>22</b><br><b>Yoga Suave</b><br>9:15 a.m. - 10:15 a.m.<br><br><b>Inglés - Vivir más saludable y feliz con una enfermedad crónica</b><br>10:00 a.m. - 12:30 p.m.<br><br><b>Yoga Activo</b><br>10:30 a.m. - 11:30 a.m.<br><br><b>Inglés - Hay Que Hablar Sobre la Presión Alta (2 de 4)</b><br>11:45 a.m. - 12:45 p.m.<br><br><b>Español - Vivir Bien con Diabetes (3 de 4)</b>                           | <b>23</b><br><b>Bilingüe - Vida Sana: Superación Personal</b><br>9:15 a.m. - 10:15 a.m. Ing/Esp<br><br><b>Yoga Prenatal y Postnatal</b><br><b>*Recibe un paquete de pañales gratis despues de clase*</b><br>9:45 a.m. - 10:45 a.m.<br><br><b>Bilingüe - Vida Sana: En la Cocina (14+)</b><br>10:45 a.m. - 12:15 p.m. Ing/Esp<br><br><b>Vida Sana: Ejercicio de Resistencia (14+)</b><br>12:30 p.m. - 1:30 p.m.<br><br><b>Español - Taller Financiero de Chase</b><br>1:45 p.m. - 2:45 p.m.<br><br><b>Nutrición y Cocina de Temporada para Adolescentes (11-17)</b><br>4:00 p.m. - 5:00 p.m. | <b>24</b><br><b>Asistencia para Aplicaciones de CalFresh</b><br>9:30 a.m. - 4:30 p.m.<br><b>Coreano - Exámenes de Desarrollo</b><br>9:30 a.m. - 4:00 p.m.<br><b>Bajo Impacto Zumba (14+)</b><br>9:00 a.m. - 10:00 a.m.<br><b>Zumba Step (14+)</b><br>10:10 a.m. - 11:10 a.m.<br><b>Baile Aerobico (Principantes)(14+)</b><br>11:25 a.m. - 12:15 p.m.<br><b>Baile Aerobico (Intermediante)(14+)</b><br>12:25 p.m. - 1:20 p.m.<br><b>Bilingüe - Vida Sana: Control de Peso (18+)</b><br>2:00 p.m. - 3:00 p.m. Ing/Esp<br><b>Zumba (14+)</b> 3:15 p.m. - 4:15 p.m. | <b>25</b><br><b>Meditacion (18+)</b><br>9:00 a.m. - 10:00 a.m.<br><br><b>Yin Yoga Restaurativo (18+)</b><br>10:15 a.m. - 11:15 a.m.<br><br><b>Español - ¡Cuidado con el Plomo! Taller y Arte Familiar</b><br>3:30 p.m. - 5:00 p.m.                                                                                                                                                               | <b>26</b><br><br><b>CENTRO CERRADO</b>        |
| <b>28</b><br><b>Servicios de Inscripción para Medi-Cal y Covered CA</b><br><b>Lunes, Martes, Jueves, Viernes</b><br>9:00 a.m. - 5:00 p.m.<br><br><b>Servicio para Miembros</b><br><b>Lunes a Viernes</b><br>9:00 a.m. - 4:30 p.m.<br><br><b>Bilingüe - Taller de Salud Oral</b><br>1:00 p.m. - 2:00 p.m.                                                                                                                  | <b>29</b><br><b>Yoga Suave</b><br>9:15 a.m. - 10:15 a.m.<br><br><b>Inglés - Vivir más saludable y feliz con una enfermedad crónica</b><br>10:00 a.m. - 12:30 p.m.<br><br><b>Yoga Activo</b><br>10:30 a.m. - 11:30 a.m.<br><br><b>Español - Hay Que Hablar Sobre la Presión Alta (1 de 4)</b><br>11:45 a.m. - 12:45 p.m.<br><br><b>Español - Vivir Bien con Diabetes (4 de 4)</b><br>1:45 p.m. - 3:00 p.m. | <b>30</b><br><b>Bilingüe - Vida Sana: Superación Personal</b><br>9:15 a.m. - 10:15 a.m. Ing/Esp<br><br><b>Yoga Prenatal y Postnatal</b><br><b>*Recibe un paquete de pañales gratis despues de clase*</b><br>9:45 a.m. - 10:45 a.m.<br><br><b>Bilingüe - Vida Sana: En la Cocina(14+)</b><br>10:45 a.m. - 12:15 p.m. Ing/Esp<br><br><b>Vida Sana: Ejercicio de Resistencia (14+)</b><br>12:30 p.m. - 1:30 p.m.<br><br><b>Clinica Legal de Derechos del Inquilino</b> 4:30 p.m. - 7:00 p.m.                                                                                                   | <b>31</b><br><b>Asistencia para Aplicaciones de CalFresh</b><br>9:30 a.m. - 4:30 p.m.<br><b>Coreano - Exámenes de Desarrollo</b><br>9:30 a.m. - 4:00 p.m.<br><b>Bajo Impacto Zumba (14+)</b><br>9:00 a.m. - 10:00 a.m.<br><b>Zumba Step (14+)</b><br>10:10 a.m. - 11:10 a.m.<br><b>Baile Aerobico (Principantes)(14+)</b><br>11:25 a.m. - 12:15 p.m.<br><b>Baile Aerobico (Intermediante)(14+)</b><br>12:25 p.m. - 1:20 p.m.<br><b>Bilingüe - Vida Sana: Control de Peso (18+)</b><br>2:00 p.m. - 3:00 p.m. Ing/Esp<br><b>Zumba (14+)</b> 3:15 p.m. - 4:15 p.m. | <b>SERVICIOS DEL CENTRO</b><br><ul style="list-style-type: none"> <li>- Servicios a los miembros</li> <li>- Servicios de Inscripción*</li> <li>- Medi-cal, MediCare, Covered California, y CalFresh</li> </ul> Orientación para nuevos miembros<br><small>*Comuníquese con el Centro para disponibilidad de Servicios</small><br><b>TODOS LOS SERVICIOS Y LAS CLASES SON GRATIS ¡PARA TODOS!</b> | <b>AZUL</b><br>Califican para el programa mis recompensas para una vida sana.<br><br><b>VERDE</b><br>Por cita y registro solamane. |

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**

 1233 S. Western Ave.  
Los Angeles, CA 90006

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

 **213.428.1457**  
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