







POMONA OCTOBER 2024

Community Resource Center

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 CRC Website	Circuit Training 9:15-10:15am Healthy Cooking 10:30am-12pm Healthy Juicing 12:30-2pm Zumba 3-4pm Homework Help 4-5pm (Ages 5-12) HIIT 4-5pm	Zumba 9:30-10:30am Strong 10:45-11:45am Yoga 12-1pm Kids Fitness 3-4pm Treatment and Recovery From Depression 3-4pm ESP Boot Camp 4-5pm Kid's Health Education 4-5pm	Circuit Training 9:15-10:15am Healthy Cooking 10:30am-12pm CPR/First Aid Register at freecprla.com 12-3pm ENG Vinyasa Yoga 2-3pm Kids Fitness 4-5pm	Boot Camp 9-10am Zumba 10:15-11:15am Kids Dance Class 4-5pm	 CENTER CLOSED
Zumba 9:30-10:30am Yoga 10:45-11:45am Mommy Yoga 10:45-11:45am Meditation 12-1pm Stretch & Mobility 3-4pm Homework Help 4-5pm (Ages 5-12) Boot Camp 4-5pm	Circuit Training 9:15-10:15am Healthy Cooking 10:30am-12pm Zumba 3-4pm Homework Help 4-5pm (Ages 5-12) HIIT 4-5pm	Zumba 9:30-10:30am Strong 10:45-11:45am Yoga 12-1pm Kids Fitness 3-4pm Treatment and Recovery From Anxiety 3-4pm ESP Boot Camp 4-5pm Kid's Health Education 4-5pm	Circuit Training 9:15-10:15am Healthy Cooking 10:30am-12pm Vinyasa Yoga 2-3pm Asthma Education 4-5pm ESP Kids Fitness 4-5pm	Boot Camp 9-10am Zumba 10:15-11:15am Center Closed 12-5pm	 CENTER CLOSED
Zumba 9:30-10:30am Yoga 10:45-11:45am Mommy Yoga 10:45-11:45am Meditation 12-1pm Stretch & Mobility 3-4pm Homework Help 4-5pm (Ages 5-12) Boot Camp 4-5pm	Circuit Training 9:15-10:15am Healthy Cooking 10:30am-12pm Healthy Juicing 12:30-2pm Zumba 3-4pm Homework Help 4-5pm (Ages 5-12) HIIT 4-5pm	Zumba 9:30-10:30am Strong 10:45-11:45am Yoga 12-1pm Kids Fitness 3-4pm Impact of Addiction and Mental Wellness 3-4pm ESP Boot Camp 4-5pm Kid's Health Education 4-5pm	Circuit Training 9:15-10:15am Healthy Cooking 10:30am-12pm CPR/First Aid Register at freecprla.com 12-3pm ESP Vinyasa Yoga 2-3pm New Member Orientation 4-4:30pm Kids Fitness 4-5pm	Boot Camp 9-10am Zumba 10:15-11:15am Kids Dance Class 4-5pm	 CENTER CLOSED
Zumba 9:30-10:30am Yoga 10:45-11:45am Mommy Yoga 10:45-11:45am Meditation 12-1pm Stretch & Mobility 3-4pm Homework Help 4-5pm (Ages 5-12) Boot Camp 4-5pm	Circuit Training 9:15-10:15am Healthy Cooking 10:30am-12pm Zumba 3-4pm Homework Help 4-5pm (Ages 5-12) HIIT 4-5pm	Zumba 9:30-10:30am Strong 10:45-11:45am Yoga 12-1pm Kids Fitness 3-4pm Immigration, Adaptation, and Resilience 3-4pm ESP Boot Camp 4-5pm Kid's Health Education 4-5pm	Circuit Training 9:15-10:15am Healthy Cooking 10:30am-12pm Vinyasa Yoga 2-3pm Kids Fitness 4-5pm	Boot Camp 9-10am Zumba 10:15-11:15am Trunk or Treat Family Resource Fair & Food Pantry (Don't forget to wear your costume) 3-5pm	 CENTER CLOSED
Zumba 9:30-10:30am Yoga 10:45-11:45am Mommy Yoga 10:45-11:45am Meditation 12-1pm Stretch & Mobility 3-4pm Homework Help 4-5pm (Ages 5-12) Boot Camp 4-5pm	Circuit Training 9:15-10:15am Healthy Cooking 10:30am-12pm Zumba 3-4pm Homework Help 4-5pm (Ages 5-12) HIIT 4-5pm	Zumba 9:30-10:30am Strong 10:45-11:45am Yoga 12-1pm Kids Fitness 3-4pm Suicide Prevention and Resilience 3-4pm ESP Boot Camp 4-5pm Kid's Health Education 4-5pm	Circuit Training 9:15-10:15am Healthy Cooking 10:30am-12pm Vinyasa Yoga 2-3pm Kids Fitness 4-5pm	<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>	<p>CENTER SERVICES</p> <ul style="list-style-type: none"> - Member Services - Enrollment Services* - Medi-cal, MediCare, Covered California, & CalFresh - New Member Orientation <p>*Contact Center for Availability of Services</p> <p>ALL SERVICES AND CLASSES ARE FREE FOR EVERYONE!</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**

 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 OCTUBRE 2024

Community Resource Center

LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO
 CRC Sitio de Web	Entrenamiento Circuito 1 9:15-10:15am Cocina Saludable 10:30am-12pm Jugos Saludables 12:30-2pm Zumba 3-4pm Ayuda con la tarea 4-5pm (Edad 5-12) HIIT 4-5pm	Zumba 2 9:30-10:30am Strong 10:45-11:45am Yoga 12-1pm Cardio Para Niños 3-4pm Tratamiento de la Depresión 3-4pm ESP Boot Camp 4-5pm Educación de Salud para Niños 4-5pm	Entrenamiento Circuito 3 9:15-10:15am Cocina Saludable 10:30am-12pm RCP/Primeros Auxilios Regístrese en freecprla.com 12-3pm ENG Vinyasa Yoga 2-3pm Cardio Para Niños 4-5pm	Boot Camp 4 9-10am Zumba 10:15-11:15am Clase de Baile para Niños 4-5pm	 CENTRO CERRADO
Zumba 7 9:30-10:30am Yoga 10:45-11:45am Yoga Para Mamas 10:45-11:45am Meditación 12-1pm Estiramiento y Movilidad 3-4pm Ayuda con la tarea 4-5pm (Edad 5-12) Boot Camp 4-5pm	Entrenamiento Circuito 8 9:15-10:15am Cocina Saludable 10:30am-12pm Zumba 3-4pm Ayuda con la tarea 4-5pm (Edad 5-12) HIIT 4-5pm	Zumba 9 9:30-10:30am Strong 10:45-11:45am Yoga 12-1pm Cardio Para Niños 3-4pm Tratamiento de la Ansiedad 3-4pm ESP Boot Camp 4-5pm Educación de Salud para Niños 4-5pm	Entrenamiento Circuito 10 9:15-10:15am Cocina Saludable 10:30am-12pm Vinyasa Yoga 2-3pm Educación de Asthma 4-5pm ESP Cardio Para Niños 4-5pm	Boot Camp 11 9-10am Zumba 10:15-11:15am Centro Cerrado 12-5pm	 CENTRO CERRADO
Zumba 14 9:30-10:30am Yoga 10:45-11:45am Yoga Para Mamas 10:45-11:45am Meditación 12-1pm Estiramiento y Movilidad 3-4pm Ayuda con la tarea 4-5pm (Edad 5-12) Boot Camp 4-5pm	Entrenamiento Circuito 15 9:15-10:15am Cocina Saludable 10:30am-12pm Jugos Saludables 12:30-2pm Zumba 3-4pm Ayuda con la tarea 4-5pm (Edad 5-12) HIIT 4-5pm	Zumba 16 9:30-10:30am Strong 10:45-11:45am Yoga 12-1pm Cardio Para Niños 3-4pm Adicción y el Bienestar Mental 3-4pm ESP Boot Camp 4-5pm Educación de Salud para Niños 4-5pm	Entrenamiento Circuito 17 9:15-10:15am Cocina Saludable 10:30am-12pm RCP/Primeros Auxilios Regístrese en freecprla.com 12-3pm ESP Vinyasa Yoga 2-3pm Orientación para Nuevos Miembros 4-4:30pm Cardio Para Niños 4-5pm	Boot Camp 18 9-10am Zumba 10:15-11:15am Clase de Baile para Niños 4-5pm	 CENTRO CERRADO
Zumba 21 9:30-10:30am Yoga 10:45-11:45am Yoga Para Mamas 10:45-11:45am Meditación 12-1pm Estiramiento y Movilidad 3-4pm Ayuda con la tarea 4-5pm (Edad 5-12) Boot Camp 4-5pm	Entrenamiento Circuito 22 9:15-10:15am Cocina Saludable 10:30am-12pm Zumba 3-4pm Ayuda con la tarea 4-5pm (Edad 5-12) HIIT 4-5pm	Zumba 23 9:30-10:30am Strong 10:45-11:45am Yoga 12-1pm Cardio Para Niños 3-4pm Inmigración, Adaptación y Resiliencia 3-4pm ESP Boot Camp 4-5pm Educación de Salud para Niños 4-5pm	Entrenamiento Circuito 24 9:15-10:15am Cocina Saludable 10:30am-12pm Vinyasa Yoga 2-3pm Cardio Para Niños 4-5pm	Boot Camp 25 9-10am Zumba 10:15-11:15am Trunk or Treat Feria de Recursos para la Familia y Despensa de Alimentos (No olvides usar tu disfraz) 3-5pm	 CENTRO CERRADO
Zumba 28 9:30-10:30am Yoga 10:45-11:45am Yoga Para Mamas 10:45-11:45am Meditación 12-1pm Estiramiento y Movilidad 3-4pm Ayuda con la tarea 4-5pm (Edad 5-12) Boot Camp 4-5pm	Entrenamiento Circuito 29 9:15-10:15am Cocina Saludable 10:30am-12pm Zumba 3-4pm Ayuda con la tarea 4-5pm (Edad 5-12) HIIT 4-5pm	Zumba 30 9:30-10:30am Strong 10:45-11:45am Yoga 12-1pm Cardio Para Niños 3-4pm Prevención del Suicidio y Resiliencia 3-4pm ESP Boot Camp 4-5pm Educación de Salud para Niños 4-5pm	Entrenamiento Circuito 31 9:15-10:15am Cocina Saludable 10:30am-12pm Vinyasa Yoga 2-3pm Cardio Para Niños 4-5pm	<div style="border: 1px solid orange; padding: 5px;"> SERVICIOS DEL CENTRO - Servicios a los miembros - Servicios de Inscripción* • Medi-cal, MediCare, Covered California, y CalFresh Orientación para nuevos miembros <small>*Comuníquese con el Centro para disponibilidad de Servicios</small> TODOS LOS SERVICIOS Y LAS CLASES SON GRATIS ¡PARA TODOS! </div>	<div style="border: 1px solid orange; padding: 5px;"> La clases en Azul califican para el programa mis recompensas para una vida sana. Las clases en Verde son por cita y registro solamente. </div>

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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