




# POMONA NOVEMBER 2024

## Community Resource Center

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<b>BLUE</b> Qualify for the My Rewards for a Healthy Life Program. <b>GREEN</b> Appointment & Registration required.	<b>CENTER SERVICES</b> - Member Services - Enrollment Services* • Medi-cal, MediCare, Covered California, & CalFresh - New Member Orientation <small>*Contact Center for Availability of Services</small> <b>ALL SERVICES AND CLASSES ARE FREE FOR EVERYONE!</b>		<b>Boot Camp</b> 9-10am <b>Zumba</b> 10:15-11:15am <b>Kids Dance Class</b> 4-5pm <b>Enrollment Services</b> 9am-5pm	
<b>Zumba</b> 9:30-10:30am <b>Yoga</b> 10:45-11:45am <b>Mommy Yoga</b> 10:45-11:45am <b>Meditation</b> 12-1pm <b>Homework Help</b> 3-5pm (Ages 5-12) <b>Stretch &amp; Mobility</b> 3-4pm <b>Boot Camp</b> 4-5pm <b>Enrollment Services</b> 10am-6pm	<b>Circuit Training</b> 9:15-10:15am <b>Healthy Cooking</b> 10:30am-12pm <b>Healthy Juicing</b> 12:15-1:45pm <b>Homework Help</b> 3-5pm (Ages 5-12) <b>Zumba</b> 3-4pm <b>HIIT</b> 4-5pm <b>Enrollment Services</b> 10am-6pm	<b>Zumba</b> 9:30-10:30am <b>Strong</b> 10:45-11:45am <b>Vinyasa Yoga</b> 12-1pm <b>Kids Fitness</b> 3-4pm <b>Preserving Your Memory</b> 3-4pm ESP <b>Boot Camp</b> 4-5pm <b>Kid's Health Education</b> 4-5pm <b>Enrollment Services</b> 10am-6pm	<b>Circuit Training</b> 9:15-10:15am <b>Healthy Cooking</b> 10:30am-12pm <b>CPR/First Aid Register at freecprla.com</b> 12-3pm ENG <b>Vinyasa Yoga</b> 2-3pm <b>Kids Fitness</b> 4-5pm <b>Enrollment Services</b> 10am-6pm	<b>Boot Camp</b> 9-10am <b>Zumba</b> 10:15-11:15am <b>Kids Dance Class</b> 4-5pm <b>Enrollment Services</b> 9am-5pm	
	<b>Circuit Training</b> 9:15-10:15am <b>Healthy Cooking</b> 10:30am-12pm <b>Homework Help</b> 3-5pm (Ages 5-12) <b>Zumba</b> 3-4pm <b>HIIT</b> 4-5pm <b>Enrollment Services</b> 10am-6pm	<b>Zumba</b> 9:30-10:30am <b>Strong</b> 10:45-11:45am <b>Vinyasa Yoga</b> 12-1pm <b>Kids Fitness</b> 3-4pm <b>Social Isolation</b> 3-4pm ESP <b>Boot Camp</b> 4-5pm <b>Kid's Health Education</b> 4-5pm <b>Enrollment Services</b> 10am-6pm	<b>Circuit Training</b> 9:15-10:15am <b>Healthy Cooking</b> 10:30am-12pm <b>Vinyasa Yoga</b> 2-3pm <b>Asthma Education</b> 4-5pm ESP <b>Kids Fitness</b> 4-5pm <b>Enrollment Services</b> 10am-6pm	<b>Boot Camp</b> 9-10am <b>Zumba</b> 10:15-11:15am <b>Kids Dance Class</b> 4-5pm <b>Enrollment Services</b> 9am-5pm	
<b>Zumba</b> 9:30-10:30am <b>Yoga</b> 10:45-11:45am <b>Mommy Yoga</b> 10:45-11:45am <b>Meditation</b> 12-1pm <b>Homework Help</b> 3-5pm (Ages 5-12) <b>Stretch &amp; Mobility</b> 3-4pm <b>Boot Camp</b> 4-5pm <b>Enrollment Services</b> 10am-6pm	<b>Circuit Training</b> 9:15-10:15am <b>Healthy Cooking</b> 10:30am-12pm <b>Healthy Juicing</b> 12:15-1:45pm <b>Homework Help</b> 3-5pm (Ages 5-12) <b>Zumba</b> 3-4pm <b>HIIT</b> 4-5pm <b>Enrollment Services</b> 10am-6pm	<b>Zumba</b> 9:30-10:30am <b>Strong</b> 10:45-11:45am <b>Vinyasa Yoga</b> 12-1pm <b>Kids Fitness</b> 3-4pm <b>Holiday Blues</b> 3-4pm ESP <b>Boot Camp</b> 4-5pm <b>Kid's Health Education</b> 4-5pm <b>Enrollment Services</b> 10am-6pm	<b>Circuit Training</b> 9:15-10:15am <b>Healthy Cooking</b> 10:30am-12pm <b>CPR/First Aid Register at freecprla.com</b> 12-3pm ESP <b>Vinyasa Yoga</b> 2-3pm <b>New Member Orientation</b> 4-4:30pm <b>Kids Fitness</b> 4-5pm <b>Enrollment Services</b> 10am-6pm	<b>Boot Camp</b> 9-10am <b>Zumba</b> 10:15-11:15am <b>Kids Dance Class</b> 4-5pm <b>Enrollment Services</b> 9am-5pm	
<b>Zumba</b> 9:30-10:30am <b>Yoga</b> 10:45-11:45am <b>Mommy Yoga</b> 10:45-11:45 <b>Meditation</b> 12-1pm <b>Homework Help</b> 3-5pm (Ages 5-12) <b>Stretch &amp; Mobility</b> 3-4pm <b>Boot Camp</b> 4-5pm <b>Enrollment Services</b> 10am-6pm	<b>Circuit Training</b> 9:15-10:15am <b>Healthy Cooking</b> 10:30am-12pm <b>Fall Food Pantry</b> 2-4pm	<b>Zumba</b> 9:30-10:30am <b>Strong</b> 10:45-11:45am <b>Vinyasa Yoga</b> 12-1pm <b>CENTER CLOSED</b> 2-5pm			

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. - 6 p.m.  
Saturday: **CLOSED**

 909.620.1661  
CommunityResourceCenterLA.org



# POMONA NOVIEMBRE 2024

## Community Resource Center

LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO
 CRC Sitio de Web	<b>AZUL</b> Califican para el programa mis recompensas para una vida sana. <b>VERDE</b> Por cita y registro solamente.	<b>SERVICIOS DEL CENTRO</b> - 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 <b>TODOS LOS SERVICIOS Y LAS CLASES SON GRATIS ¡PARA TODOS!</b>		<b>Boot Camp</b> 9-10am <b>Zumba</b> 10:15-11:15am <b>Clase de Baile para Niños</b> 4-5pm <b>Servicios de Inscripción</b> 9am-5pm	 <b>CENTRO CERRADO</b>
<b>Zumba</b> 9:30-10:30am <b>Yoga</b> 10:45-11:45am <b>Yoga Para Mamas</b> 10:45-11:45am <b>Meditación</b> 12-1pm <b>Ayuda con la tarea</b> 3-5pm (Edad 5-12) <b>Estiramiento y Movilidad</b> 3-4pm <b>Boot Camp</b> 4-5pm <b>Servicios de Inscripción</b> 10am-6pm	<b>Entrenamiento Circuito</b> 9:15-10:15am <b>Cocina Saludable</b> 10:30am-12pm <b>Jugos Saludables</b> 12:15-1:45pm <b>Ayuda con la tarea</b> 3-5pm (Edad 5-12) <b>Zumba</b> 3-4pm <b>HIIT</b> 4-5pm <b>Servicios de Inscripción</b> 10am-6pm	<b>Zumba</b> 9:30-10:30am <b>Strong</b> 10:45-11:45am <b>Vinyasa Yoga</b> 12-1pm <b>Cardio Para Niños</b> 3-4pm <b>Preservando tu memoria</b> 3-4pm ESP <b>Boot Camp</b> 4-5pm <b>Educación de Salud para Niños</b> 4-5pm <b>Servicios de Inscripción</b> 10am-6pm	<b>Entrenamiento Circuito</b> 9:15-10:15am <b>Cocina Saludable</b> 10:30am-12pm <b>RCP/Primeros Auxilios</b> <b>Regístrese en</b> <a href="http://freecprla.com">freecprla.com</a> 12-3pm ENG <b>Vinyasa Yoga</b> 2-3pm <b>Cardio Para Niños</b> 4-5pm <b>Servicios de Inscripción</b> 10am-6pm	<b>Boot Camp</b> 9-10am <b>Zumba</b> 10:15-11:15am <b>Clase de Baile para Niños</b> 4-5pm <b>Servicios de Inscripción</b> 9am-5pm	 <b>CENTRO CERRADO</b>
<b>DÍA DE LOS VETERANOS</b>  <b>CENTRO CERRADO</b>	<b>Entrenamiento Circuito</b> 9:15-10:15am <b>Cocina Saludable</b> 10:30am-12pm <b>Ayuda con la tarea</b> 3-5pm (Edad 5-12) <b>Zumba</b> 3-4pm <b>HIIT</b> 4-5pm <b>Servicios de Inscripción</b> 10am-6pm	<b>Zumba</b> 9:30-10:30am <b>Strong</b> 10:45-11:45am <b>Vinyasa Yoga</b> 12-1pm <b>Cardio Para Niños</b> 3-4pm <b>Aislamiento social</b> 3-4pm ESP <b>Boot Camp</b> 4-5pm <b>Educación de Salud para Niños</b> 4-5pm <b>Servicios de Inscripción</b> 10am-6pm	<b>Entrenamiento Circuito</b> 9:15-10:15am <b>Cocina Saludable</b> 10:30am-12pm <b>Vinyasa Yoga</b> 2-3pm <b>Educación de Asthma</b> 4-5pm ESP <b>Cardio Para Niños</b> 4-5pm <b>Servicios de Inscripción</b> 10am-6pm	<b>Boot Camp</b> 9-10am <b>Zumba</b> 10:15-11:15am <b>Clase de Baile para Niños</b> 4-5pm <b>Servicios de Inscripción</b> 9am-5pm	 <b>CENTRO CERRADO</b>
<b>Zumba</b> 9:30-10:30am <b>Yoga</b> 10:45-11:45am <b>Yoga Para Mamas</b> 10:45-11:45am <b>Meditación</b> 12-1pm <b>Ayuda con la tarea</b> 3-5pm (Edad 5-12) <b>Estiramiento y Movilidad</b> 3-4pm <b>Boot Camp</b> 4-5pm <b>Servicios de Inscripción</b> 10am-6pm	<b>Entrenamiento Circuito</b> 9:15-10:15am <b>Cocina Saludable</b> 10:30am-12pm <b>Jugos Saludables</b> 12:15-1:45pm <b>Ayuda con la tarea</b> 3-5pm (Edad 5-12) <b>Zumba</b> 3-4pm <b>HIIT</b> 4-5pm <b>Servicios de Inscripción</b> 10am-6pm	<b>Zumba</b> 9:30-10:30am <b>Strong</b> 10:45-11:45am <b>Vinyasa Yoga</b> 12-1pm <b>Cardio Para Niños</b> 3-4pm <b>Tristeza Navideña</b> 3-4pm ESP <b>Boot Camp</b> 4-5pm <b>Educación de Salud para Niños</b> 4-5pm <b>Servicios de Inscripción</b> 10am-6pm	<b>Entrenamiento Circuito</b> 9:15-10:15am <b>Cocina Saludable</b> 10:30am-12pm <b>RCP/Primeros Auxilios</b> <b>Regístrese en</b> <a href="http://freecprla.com">freecprla.com</a> 12-3pm ESP <b>Vinyasa Yoga</b> 2-3pm <b>Orientación para Nuevos Miembros</b> 4-4:30pm <b>Cardio Para Niños</b> 4-5pm <b>Servicios de Inscripción</b> 10am-6pm	<b>Boot Camp</b> 9-10am <b>Zumba</b> 10:15-11:15am <b>Clase de Baile para Niños</b> 4-5pm <b>Servicios de Inscripción</b> 9am-5pm	 <b>CENTRO CERRADO</b>
<b>Zumba</b> 9:30-10:30am <b>Yoga</b> 10:45-11:45am <b>Yoga Para Mamas</b> 10:45-11:45am <b>Meditación</b> 12-1pm <b>Ayuda con la tarea</b> 3-5pm (Edad 5-12) <b>Estiramiento y Movilidad</b> 3-4pm <b>Boot Camp</b> 4-5pm <b>Servicios de Inscripción</b> 10am-6pm	<b>Entrenamiento Circuito</b> 9:15-10:15am <b>Cocina Saludable</b> 10:30am-12pm <b>Dispensa de Alimentos</b> 2-4PM	<b>Zumba</b> 9:30-10:30am <b>Strong</b> 10:45-11:45am <b>Vinyasa Yoga</b> 12-1pm <b>CENTRO CERRADO</b> 2-5PM	 <b>CENTRO CERRADO</b> 		

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. - 6 p.m.  
Sábado: **CERRADO**



909.620.1661  
[CommunityResourceCenterLA.org](http://CommunityResourceCenterLA.org)