



METRO L.A. JANUARY 2025

Community Resource Center

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	BLUE Qualify for the My Rewards for a Healthy Life Program. GREEN Appointment & Registration required.	HAPPY NEW YEAR CENTER CLOSED			
		Bilingual - Healthy Living: Personal Development 9:15 a.m. - 10:15 a.m. Eng/Spa Prenatal & Postnatal Yoga *Receive a free pack of diapers after class* 9:45 a.m. - 10:45 a.m. Bilingual - Healthy Living: Cooking Matters (14+) 10:45 a.m. - 12:15 p.m. Eng/Spa Healthy Living: Weight Training (14+) 12:30 p.m. - 1:30 p.m.	CalFresh Application Assistance 9:30 a.m. - 4:30 p.m. Korean - Developmental Screenings 9:30 a.m. - 4:00 p.m. Low Impact Zumba (14+) 9:00 a.m. - 10:00 a.m. Zumba Step (14+) 10:10 a.m. - 11:10 a.m. Dance Aerobics (Beginner)(14+) 11:25 a.m. - 12:15 p.m. Dance Aerobics (Intermediate)(14+) 12:25 p.m. - 1:20 p.m. Bilingual - Healthy Living: Weight Management (18+) 2:00 p.m. - 3:00 p.m. Eng/Spa Zumba (14+) 3:15 p.m. - 4:15 p.m.	Meditation (18+) 9:00 a.m. - 10:00 a.m. Restorative Yin Yoga (18+) 10:15 a.m. - 11:15 a.m.	
Medi-Cal & Covered CA Enrollment Services Monday, Tuesday, Thursday, Friday 9:00 a.m. - 5:00 p.m. Member Services Tuesday, Wednesday, Thursday 9:00 a.m. - 4:30 p.m. English - CPR, AED & First Aid (14+) 10 a.m. - 1:00 p.m. Spanish - CPR, AED & First Aid (14+) 2:00 p.m. - 5:00 p.m.	Gentle Yoga 9:15 a.m. - 10:15 a.m. Active Yoga 10:30 a.m. - 11:30 a.m. Spanish - Let's Talk About High Blood Pressure (1 of 4) 11:45 a.m. - 12:45 p.m. Spanish - Live Healthy with Diabetes (4 of 4) 1:45 p.m. - 3:00 p.m.	Bilingual - Healthy Living: Personal Development 9:15 a.m. - 10:15 a.m. Eng/Spa Prenatal & Postnatal Yoga *Receive a free pack of diapers after class* 9:45 a.m. - 10:45 a.m. Bilingual - Healthy Living: Cooking Matters (14+) 10:45 a.m. - 12:15 p.m. Eng/Spa Healthy Living: Weight Training (14+) 12:30 p.m. - 1:30 p.m.	CalFresh Application Assistance 9:30 a.m. - 4:30 p.m. Korean - Developmental Screenings 9:30 a.m. - 4:00 p.m. Low Impact Zumba (14+) 9:00 a.m. - 10:00 a.m. Spanish - Living Healthier and Happier with a Chronic Condition 10:00 a.m. - 12:30 p.m. Zumba Step (14+) 10:10 a.m. - 11:10 a.m. Dance Aerobics (Beginner)(14+) 11:25 a.m. - 12:15 p.m. Dance Aerobics (Intermediate)(14+) 12:25 p.m. - 1:20 p.m. Bilingual - Healthy Living: Weight Management (18+) 2:00 p.m. - 3:00 p.m. Eng/Spa Zumba (14+) 3:15 p.m. - 4:15 p.m.	Meditation (18+) 9:00 a.m. - 10:00 a.m. Restorative Yin Yoga (18+) 10:15 a.m. - 11:15 a.m.	
MLK DAY CENTER CLOSED	Gentle Yoga 9:15 a.m. - 10:15 a.m. RCAC 4 Meeting 10:00 a.m. - 12:30 p.m. Active Yoga 10:30 a.m. - 11:30 a.m. English - Let's Talk About High Blood Pressure (1 of 4) 11:45 a.m. - 12:45 p.m. Spanish - Live Healthy with Diabetes (1 of 4) 1:45 p.m. - 3:00 p.m.	Bilingual - Healthy Living: Personal Development 9:15 a.m. - 10:15 a.m. Eng/Spa Prenatal & Postnatal Yoga *Receive a free pack of diapers after class* 9:45 a.m. - 10:45 a.m. Bilingual - Healthy Living: Cooking Matters (14+) 10:45 a.m. - 12:15 p.m. Eng/Spa Healthy Living: Weight Training (14+) 12:30 p.m. - 1:30 p.m.	CalFresh Application Assistance 9:30 a.m. - 4:30 p.m. Korean - Developmental Screenings 9:30 a.m. - 4:00 p.m. Low Impact Zumba (14+) 9:00 a.m. - 10:00 a.m. Spanish - Living Healthier and Happier with a Chronic Condition 10:00 a.m. - 12:30 p.m. Zumba Step (14+) 10:10 a.m. - 11:10 a.m. Dance Aerobics (Beginner)(14+) 11:25 a.m. - 12:15 p.m. Dance Aerobics (Intermediate)(14+) 12:25 p.m. - 1:20 p.m. Bilingual - Healthy Living: Weight Management (18+) 2:00 p.m. - 3:00 p.m. Eng/Spa Zumba (14+) 3:15 p.m. - 4:15 p.m.	Meditation (18+) 9:00 a.m. - 10:00 a.m. Restorative Yin Yoga (18+) 10:15 a.m. - 11:15 a.m.	
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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
	AZUL Califican para el programa mis recompensas para una vida sana. VERDE Por cita y registro solamanete.	FELIZ AÑO NUEVO CENTRO CERRADO	CENTRO CERRADO	CENTRO CERRADO	CENTRO CERRADO
CENTRO CERRADO	CENTRO CERRADO	Bilingüe - Vida Sana: Superación Personal 9:15 a.m. - 10:15 a.m. Ing/Esp Yoga Prenatal y Postnatal *Recibe un paquete de pañales gratis despues de clase* 9:45 a.m. - 10:45 a.m. Bilingüe - Vida Sana: En la Cocina(14+) 10:45 a.m. - 12:15 p.m. Ing/Esp Vida Sana: Ejercicio de Resistencia (14+) 12:30 p.m. - 1:30 p.m.	Asistencia para Aplicaciones de CalFresh 9:30 a.m. - 4:30 p.m. Coreano - Exámenes de Desarrollo 9:30 a.m. - 4:00 p.m. Bajo Impacto Zumba (14+) 9:00 a.m. - 10:00 a.m. Zumba Step (14+) 10:10 a.m. - 11:10 a.m. Baile Aerobico (Principantes)(14+) 11:25 a.m. - 12:15 p.m. Baile Aerobico (Intermediante)(14+) 12:25 p.m. - 1:20 p.m. Bilingüe - Vida Sana: Control de Peso (18+) 2:00 p.m. - 3:00 p.m. Ing/Esp Zumba (14+) 3:15 p.m. - 4:15 p.m.	Meditacion (18+) 9:00 a.m. - 10:00 a.m. Yin Yoga Restaurativo (18+) 10:15 a.m. - 11:15 a.m.	CENTRO CERRADO
Servicios de Inscripción para Medi-Cal y Covered CA Lunes, Martes, Jueves, Viernes 9:00 a.m. - 5:00 p.m. Servicio para Miembros Martes, Miércoles, Jueves 9:00 a.m. - 4:30 p.m. Inglés - RCP y Primeros Auxilios (14+) 10 a.m. - 1:00 p.m. Español - RCP y Primeros Auxilios (14+) 2:00 p.m. - 5:00 p.m.	Yoga Suave 9:15 a.m. - 10:15 a.m. Yoga Activo 10:30 a.m. - 11:30 a.m. Español - Hay Que Hablar Sobre la Presión Alta (1 de 4) 11:45 a.m. - 12:45 p.m. Español - Vivir Bien con Diabetes (4 de 4) 1:45 p.m. - 3:00 p.m.	Bilingüe - Vida Sana: Superación Personal 9:15 a.m. - 10:15 a.m. Ing/Esp Yoga Prenatal y Postnatal *Recibe un paquete de pañales gratis despues de clase* 9:45 a.m. - 10:45 a.m. Bilingüe - Vida Sana: En la Cocina(14+) 10:45 a.m. - 12:15 p.m. Ing/Esp Vida Sana: Ejercicio de Resistencia (14+) 12:30 p.m. - 1:30 p.m.	Asistencia para Aplicaciones de CalFresh 9:30 a.m. - 4:30 p.m. Coreano - Exámenes de Desarrollo 9:30 a.m. - 4:00 p.m. Bajo Impacto Zumba (14+) 9:00 a.m. - 10:00 a.m. Español - Vivir más Saludable y Feliz con una Enfermedad Crónica 10:00 a.m. - 12:30 p.m. Zumba Step (14+) 10:10 a.m. - 11:10 a.m. Baile Aerobico (Principantes)(14+) 11:25 a.m. - 12:15 p.m. Baile Aerobico (Intermediante)(14+) 12:25 p.m. - 1:20 p.m. Bilingüe - Vida Sana: Control de Peso (18+) 2:00 p.m. - 3:00 p.m. Ing/Esp Zumba (14+) 3:15 p.m. - 4:15 p.m.	Meditacion (18+) 9:00 a.m. - 10:00 a.m. Yin Yoga Restaurativo (18+) 10:15 a.m. - 11:15 a.m.	CENTRO CERRADO
DÍA DE MARTIN LUTHER KING CENTRO CERRADO	Yoga Suave 9:15 a.m. - 10:15 a.m. Reunión del RCAC 4 10:00 a.m. - 12:30 p.m. Yoga Activo 10:30 a.m. - 11:30 a.m. Inglés - Hay Que Hablar Sobre la Presión Alta (1 de 4) 11:45 a.m. - 12:45 p.m. Español - Vivir Bien con Diabetes (1 de 4) 1:45 p.m. - 3:00 p.m.	Bilingüe - Vida Sana: Superación Personal 9:15 a.m. - 10:15 a.m. Ing/Esp Yoga Prenatal y Postnatal *Recibe un paquete de pañales gratis despues de clase* 9:45 a.m. - 10:45 a.m. Bilingüe - Vida Sana: En la Cocina(14+) 10:45 a.m. - 12:15 p.m. Ing/Esp Vida Sana: Ejercicio de Resistencia (14+) 12:30 p.m. - 1:30 p.m.	Asistencia para Aplicaciones de CalFresh 9:30 a.m. - 4:30 p.m. Coreano - Exámenes de Desarrollo 9:30 a.m. - 4:00 p.m. Bajo Impacto Zumba (14+) 9:00 a.m. - 10:00 a.m. Español - Vivir más Saludable y Feliz con una Enfermedad Crónica 10:00 a.m. - 12:30 p.m. Zumba Step (14+) 10:10 a.m. - 11:10 a.m. Baile Aerobico (Principantes)(14+) 11:25 a.m. - 12:15 p.m. Baile Aerobico (Intermediante)(14+) 12:25 p.m. - 1:20 p.m. Bilingüe - Vida Sana: Control de Peso (18+) 2:00 p.m. - 3:00 p.m. Ing/Esp Zumba (14+) 3:15 p.m. - 4:15 p.m.	Meditacion (18+) 9:00 a.m. - 10:00 a.m. Yin Yoga Restaurativo (18+) 10:15 a.m. - 11:15 a.m.	CENTRO CERRADO
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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
CommunityResourceCenterLA.org