



Community Resource Center

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>3</p> <p>Medi-Cal & Covered CA Enrollment Services Monday, Tuesday, Thursday, Friday 9:00 a.m. - 5:00 p.m.</p> <p>Member Services Tuesday, Wednesday, Thursday 9:00 a.m. - 4:30 p.m.</p> <p>English - CPR, AED & First Aid (14+) 2:00 p.m. - 5:00 p.m.</p>	<p>4</p> <p>Gentle Yoga 9:15 a.m. - 10:15 a.m.</p> <p>Active Yoga 10:30 a.m. - 11:30 a.m.</p> <p>English - Let's Talk About High Blood Pressure (2 of 4) 11:45 a.m. - 12:45 p.m.</p> <p>Spanish - Live Healthy with Diabetes (3 of 4) 1:45 p.m. - 3:00 p.m.</p>	<p>5</p> <p>Bilingual - Healthy Living: Personal Development 9:15 a.m. - 10:15 a.m. Eng/Spa</p> <p>Prenatal & Postnatal Yoga *Receive a free pack of diapers after class* 9:45 a.m. - 10:45 a.m.</p> <p>Bilingual - Healthy Living: Cooking Matters (14+) 10:45 a.m. - 12:15 p.m. Eng/Spa</p> <p>Healthy Living: Weight Training (14+) 12:30 p.m. - 1:30 p.m.</p>	<p>6</p> <p>CalFresh Application Assistance 9:30 a.m. - 4:30 p.m.</p> <p>Korean - Developmental Screenings 9:30 a.m. - 4:00 p.m.</p> <p>Low Impact Zumba (14+) 9:00 a.m. - 10:00 a.m.</p> <p>Spanish - Living Healthier and Happier with a Chronic Condition 10:00 a.m. - 12:30 p.m.</p> <p>Zumba Step (14+) 10:10 a.m. - 11:10 a.m.</p> <p>Dance Aerobics (Beginner)(14+) 11:25 a.m. - 12:15 p.m.</p> <p>Dance Aerobics (Intermediate)(14+) 12:25 p.m. - 1:20 p.m.</p> <p>Bilingual - Healthy Living: Weight Management (18+) 2:00 p.m. - 3:00 p.m. Eng/Spa</p> <p>Zumba (14+) 3:15 p.m. - 4:15 p.m.</p>	<p>7</p> <p>Meditation (18+) 9:00 a.m. - 10:00 a.m.</p> <p>Restorative Yin Yoga (18+) 10:15 a.m. - 11:15 a.m.</p>	<p>8</p> <p></p>
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<p>17</p> <p></p> <p>CENTER CLOSED</p>	<p>18</p> <p>Gentle Yoga 9:15 a.m. - 10:15 a.m.</p> <p>Active Yoga 10:30 a.m. - 11:30 a.m.</p> <p>English - Let's Talk About High Blood Pressure (3 of 4) 11:45 a.m. - 12:45 p.m.</p> <p>Spanish - Live Healthy with Diabetes (2 of 4) 1:45 p.m. - 3:00 p.m.</p>	<p>19</p> <p>Bilingual - Healthy Living: Personal Development 9:15 a.m. - 10:15 a.m. Eng/Spa</p> <p>Prenatal & Postnatal Yoga *Receive a free pack of diapers after class* 9:45 a.m. - 10:45 a.m.</p> <p>Bilingual - Healthy Living: Cooking Matters (14+) 10:45 a.m. - 12:15 p.m. Eng/Spa</p> <p>Healthy Living: Weight Training (14+) 12:30 p.m. - 1:30 p.m.</p>	<p>20</p> <p>CalFresh Application Assistance 9:30 a.m. - 4:30 p.m.</p> <p>Korean - Developmental Screenings 9:30 a.m. - 4:00 p.m.</p> <p>Low Impact Zumba (14+) 9:00 a.m. - 10:00 a.m.</p> <p>Spanish - Living Healthier and Happier with a Chronic Condition 10:00 a.m. - 12:30 p.m.</p> <p>Zumba Step (14+) 10:10 a.m. - 11:10 a.m.</p> <p>Dance Aerobics (Beginner)(14+) 11:25 a.m. - 12:15 p.m.</p> <p>Dance Aerobics (Intermediate)(14+) 12:25 p.m. - 1:20 p.m.</p> <p>Bilingual - Healthy Living: Weight Management (18+) 2:00 p.m. - 3:00 p.m. Eng/Spa</p> <p>Zumba (14+) 3:15 p.m. - 4:15 p.m.</p>	<p>21</p> <p>Meditation (18+) 9:00 a.m. - 10:00 a.m.</p> <p>Restorative Yin Yoga (18+) 10:15 a.m. - 11:15 a.m.</p>	<p>22</p> <p></p>
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			<p></p> <p>BLUE Qualify for the My Rewards for a Healthy Life Program.</p> <p>GREEN Appointment & Registration required.</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>	<p></p> <p>CRC Website</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

Calendar grid with columns for LUNES, MARTES, MIÉRCOLES, JUEVES, VIERNES, and SÁBADO. Each cell contains class schedules for various activities like Yoga, Bilingual classes, and Zumba. Includes special notices like 'DÍA DE LOS PRESIDENTES' and 'CENTRO CERRADO'.

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



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