



# INGLEWOOD MAY 2024

## Community Resource Center

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<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>	<p><b>CalFresh Assistance</b> Thursdays 9:30 a.m. - 4 p.m.</p> <p><b>CENTER CLOSED</b> Thursday, May 9th 3:30 - 5 p.m.</p>	<p><b>Yoga Therapy</b> 1 9 - 10 a.m. <b>Wellness Nutrition Group (Hourly Sessions)</b> 10 a.m. - 1 p.m. <b>FEAST   Label Reading Part II: Nutrition Content</b> 10:30 a.m. - 12:30 p.m. <b>Line Dancing</b> 1 - 2:30 p.m. <b>Little Voices with Lots of Feelings (Ages 4 - 10)</b> 4 - 5 p.m. <b>Zumba</b> 4 - 5 p.m.</p>	<p><b>Yoga Therapy Virtual</b> 2 9 - 10 a.m. <b>Anger Management Virtual</b> 10 - 11:30 a.m. <b>Tai Chi</b> 10:30 - 11:30 a.m. <b>Blood Pressure Series</b> 10:30 a.m. - 12:30 p.m. (Spa.) <b>Beginners Line Dancing</b> 12 - 1:30 p.m. <b>Breakthrough Parenting Virtual</b> 12 - 1:30 p.m. <b>Pilates</b> 2 - 3 p.m. <b>Anger Management Virtual</b> 4:30 - 6 p.m.</p>	<p><b>Yoga Therapy</b> 3 9 - 10 a.m. <b>Mommy &amp; Me</b> 10 - 11 a.m. <b>The Arts of Fruit and Vegetables</b> 10:30 a.m. - 12 p.m. <b>Line Dancing</b> 1 - 2:30 p.m. <b>Zumba</b> 4 - 5 p.m.</p>	<p><b>Family Fitness Virtual</b> 4 9 - 10 a.m.</p> <p><b>CENTER CLOSED</b></p>
<p><b>CPR &amp; First Aid</b> 6 12:30 - 3:30 p.m. <b>Boot Camp</b> 4 - 5 p.m. <b>Healthy Cooking for Kids (Ages 6 - 12)</b> 4 - 5 p.m.</p>	<p><b>Boot Camp</b> 7 9 - 10 a.m. <b>Adult Weight Management</b> 9 - 10:30 a.m. (Spa.) <b>Kick Boxing</b> 10 - 11 a.m. <b>Adult Weight Management</b> 10:45 a.m. - 12 p.m. (Eng.) <b>Balance &amp; Stability</b> 11:10 a.m. - 12:10 p.m. <b>Diabetes Self-Management</b> 1 - 2:30 p.m. (Spa.) <b>Pilates</b> 4 - 5 p.m. <b>Spring Arts &amp; Crafts for Kids</b> 4 - 5 p.m.</p>	<p><b>Yoga Therapy</b> 8 9 - 10 a.m. <b>Wellness Nutrition Group (Hourly Sessions)</b> 10 a.m. - 1 p.m. <b>FEAST   Eating Out Survival Guide</b> 10:30 a.m. - 12:30 p.m. <b>Line Dancing</b> 1 - 2:30 p.m. <b>Little Voices with Lots of Feelings (Ages 4 - 10)</b> 4 - 5 p.m. <b>Zumba</b> 4 - 5 p.m.</p>	<p><b>Yoga Therapy Virtual</b> 9 9 - 10 a.m. <b>Anger Management Virtual</b> 10 - 11:30 a.m. <b>Tai Chi</b> 10:30 - 11:30 a.m. <b>Beginners Line Dancing</b> 12 - 1:30 p.m. <b>Breakthrough Parenting Virtual</b> 12 - 1:30 p.m. <b>Pilates</b> 2 - 3 p.m. <b>Anger Management Virtual</b> 4:30 - 6 p.m.</p>	<p><b>Yoga Therapy</b> 10 9 - 10 a.m. <b>Mommy &amp; Me</b> 10 - 11 a.m. <b>Healthy Cooking</b> 10:30 a.m. - 12 p.m. <b>Line Dancing</b> 1 - 2:30 p.m. <b>Zumba</b> 4 - 5 p.m.</p>	<p><b>Family Fitness Virtual</b> 11 9 - 10 a.m.</p> <p><b>CENTER CLOSED</b></p>
<p><b>Boot Camp</b> 13 4 - 5 p.m. <b>Healthy Cooking for Kids (Ages 6 - 12)</b> 4 - 5 p.m.</p>	<p><b>Boot Camp</b> 14 9 - 10 a.m. <b>Adult Weight Management</b> 9 - 10:30 a.m. (Spa.) <b>Kick Boxing</b> 10 - 11 a.m. <b>Blood Pressure Series</b> 10:30 a.m. - 12:30 p.m. (Eng.) <b>Adult Weight Management</b> 10:45 a.m. - 12 p.m. (Eng.) <b>Balance &amp; Stability</b> 11:10 a.m. - 12:10 p.m. <b>Diabetes Self-Management</b> 1 - 2:30 p.m. (Spa.) <b>Pilates</b> 4 - 5 p.m.</p>	<p><b>Yoga Therapy</b> 15 9 - 10 a.m. <b>Wellness Nutrition Group (Hourly Sessions)</b> 10 a.m. - 1 p.m. <b>FEAST   The Big Three Part I: Sugar</b> 10:30 a.m. - 12:30 p.m. <b>Line Dancing</b> 1 - 2:30 p.m. <b>Little Voices with Lots of Feelings (Ages 4 - 10)</b> 4 - 5 p.m. <b>Zumba</b> 4 - 5 p.m.</p>	<p><b>Yoga Therapy Virtual</b> 16 9 - 10 a.m. <b>Anger Management Virtual</b> 10 - 11:30 a.m. <b>Tai Chi</b> 10:30 - 11:30 a.m. <b>Blood Pressure Series</b> 10:30 a.m. - 12:30 p.m. (Spa.) <b>Beginners Line Dancing</b> 12 - 1:30 p.m. <b>Breakthrough Parenting Virtual</b> 12 - 1:30 p.m. <b>Pilates</b> 2 - 3 p.m. <b>Anger Management Virtual</b> 4:30 - 6 p.m.</p>	<p><b>Yoga Therapy</b> 17 9 - 10 a.m. <b>Mommy &amp; Me</b> 10 - 11 a.m. <b>The Arts of Fruit and Vegetables</b> 10:30 a.m. - 12 p.m. <b>Line Dancing</b> 1 - 2:30 p.m. <b>Zumba</b> 4 - 5 p.m.</p>	<p><b>Family Fitness Virtual</b> 18 9 - 10 a.m.</p> <p><b>CENTER CLOSED</b></p>
<p><b>Boot Camp</b> 20 4 - 5 p.m. <b>Healthy Cooking for Kids (Ages 6 - 12)</b> 4 - 5 p.m.</p>	<p><b>Boot Camp</b> 21 9 - 10 a.m. <b>Adult Weight Management</b> 9 - 10:30 a.m. (Spa.) <b>Kick Boxing</b> 10 - 11 a.m. <b>Blood Pressure Series</b> 10:30 a.m. - 12:30 p.m. (Eng.) <b>Adult Weight Management</b> 10:45 a.m. - 12 p.m. (Eng.) <b>Balance &amp; Stability</b> 11:10 a.m. - 12:10 p.m. <b>Diabetes Self-Management</b> 1 - 2:30 p.m. (Spa.) <b>Pilates</b> 4 - 5 p.m.</p>	<p><b>Yoga Therapy</b> 22 9 - 10 a.m. <b>Wellness Nutrition Group (Hourly Sessions)</b> 10 a.m. - 1 p.m. <b>FEAST   The Big Three Part II: Fat</b> 10:30 a.m. - 12:30 p.m. <b>Line Dancing</b> 1 - 2:30 p.m. <b>Little Voices with Lots of Feelings (Ages 4 - 10)</b> 4 - 5 p.m. <b>Zumba</b> 4 - 5 p.m.</p>	<p><b>Yoga Therapy Virtual</b> 23 9 - 10 a.m. <b>Anger Management Virtual</b> 10 - 11:30 a.m. <b>Tai Chi</b> 10:30 - 11:30 a.m. <b>Blood Pressure Series</b> 10:30 a.m. - 12:30 p.m. (Spa.) <b>Beginners Line Dancing</b> 12 - 1:30 p.m. <b>Breakthrough Parenting Virtual</b> 12 - 1:30 p.m. <b>Pilates</b> 2 - 3 p.m. <b>Anger Management Virtual</b> 4:30 - 6 p.m.</p>	<p><b>Yoga Therapy</b> 24 9 - 10 a.m. <b>Mommy &amp; Me</b> 10 - 11 a.m. <b>Healthy Cooking</b> 10:30 a.m. - 12 p.m. <b>Line Dancing</b> 1 - 2:30 p.m. <b>Zumba</b> 4 - 5 p.m.</p>	<p><b>Family Fitness Virtual</b> 25 9 - 10 a.m. <b>CPR &amp; First Aid Virtual</b> 9:30 a.m. - 12:30 p.m.</p> <p><b>CENTER CLOSED</b></p>
<p><b>MEMORIAL DAY</b></p> <p><b>CENTER CLOSED</b></p>	<p><b>Boot Camp</b> 27 9 - 10 a.m. <b>Adult Weight Management</b> 9 - 10:30 a.m. (Spa.) <b>Kick Boxing</b> 10 - 11 a.m. <b>Blood Pressure Series</b> 10:30 a.m. - 12:30 p.m. (Eng.) <b>Adult Weight Management</b> 10:45 a.m. - 12 p.m. (Eng.) <b>Balance &amp; Stability</b> 11:10 a.m. - 12:10 p.m. <b>Diabetes Self-Management</b> 1 - 2:30 p.m. (Spa.) <b>Pilates</b> 4 - 5 p.m.</p>	<p><b>Yoga Therapy</b> 29 9 - 10 a.m. <b>Wellness Nutrition Group (Hourly Sessions)</b> 10 a.m. - 1 p.m. <b>FEAST   The Big Three Part III: Sodium</b> 10:30 a.m. - 12:30 p.m. <b>Line Dancing</b> 1 - 2:30 p.m. <b>Little Voices with Lots of Feelings (Ages 4 - 10)</b> 4 - 5 p.m. <b>Zumba</b> 4 - 5 p.m.</p>	<p><b>Yoga Therapy Virtual</b> 30 9 - 10 a.m. <b>Anger Management Virtual</b> 10 - 11:30 a.m. <b>Tai Chi</b> 10:30 - 11:30 a.m. <b>Blood Pressure Series</b> 10:30 a.m. - 12:30 p.m. (Spa.) <b>Beginners Line Dancing</b> 12 - 1:30 p.m. <b>Breakthrough Parenting Virtual</b> 12 - 1:30 p.m. <b>Pilates</b> 2 - 3 p.m. <b>Anger Management Virtual</b> 4:30 - 6 p.m.</p>	<p><b>Yoga Therapy</b> 31 9 - 10 a.m. <b>Mommy &amp; Me</b> 10 - 11 a.m. <b>The Arts of Fruit and Vegetables</b> 10:30 a.m. - 12 p.m. <b>Line Dancing</b> 1 - 2:30 p.m. <b>Zumba</b> 4 - 5 p.m.</p>	<p><b>CRC Website</b></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



2864 W. Imperial Hwy.  
Inglewood, CA 90303



#### CENTER HOURS:

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



310.330.3130

CommunityResourceCenterLA.org



# INGLEWOOD MAYO 2024

## Community Resource Center

LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO
<p>La clases en <b>Azul</b> califican para el programa mis recompensas para una vida sana.</p> <p>Las clases en <b>Verde</b> son por cita y registro solamente.</p>	<p><b>Asistencia de CalFresh</b> Los Jueves 9:30 a.m. - 4 p.m.</p> <p><b>CENTRO CERRADO</b> Jueves, 9 de Mayo 3:30 - 5 p.m.</p>	<p><b>Terapia de Yoga</b> 1 9 - 10 a.m. <b>Nutrición y Bienestar (Sesiones de una Hora)</b> 10 a.m. - 1 p.m. <b>FEAST   Lectura de Etiquetas Pt. II: Contenido Nutricional</b> 10:30 a.m. - 12:30 p.m. <b>Baile en Línea</b> 1 - 2:30 p.m. <b>Pequeñas Voces con Muchos Sentimientos (4 - 10 años)</b> 4 - 5 p.m. <b>Zumba</b> 4 - 5 p.m.</p>	<p><b>Terapia de Yoga Virtual</b> 2 9 - 10 a.m. <b>Manejo de Ira Virtual</b> 10 - 11:30 a.m. <b>Tai Chi</b> 10:30 - 11:30 a.m. <b>Serie de Presión Arterial</b> 10:30 a.m. - 12:30 p.m. (Esp.) <b>Baile en Línea para Principiantes</b> 12 - 1:30 p.m. <b>Cultivando Familias Virtual</b> 12 p.m. - 1:30 p.m. <b>Pilates</b> 2 - 3 p.m. <b>Manejo de Ira Virtual</b> 4:30 - 6 p.m.</p>	<p><b>Terapia de Yoga</b> 3 9 - 10 a.m. <b>Mami y Yo</b> 10 - 11 a.m. <b>El Arte de las Frutas y Vegetales</b> 10:30 a.m. - 12 p.m. <b>Baile en Línea</b> 1 - 2:30 p.m. <b>Zumba</b> 4 - 5 p.m.</p>	<p><b>Ejercicio Familiar Virtual</b> 4 9 - 10 a.m.</p> <p><b>CENTRO CERRADO</b></p>
<p><b>RCP y Primeros Auxilios</b> 6 12:30 - 3:30 p.m. <b>Entrenamiento Intenso</b> 4 - 5 p.m. <b>Cocina Saludable para Niños (6 - 12 años)</b> 4 - 5 p.m.</p>	<p><b>Entrenamiento Intenso</b> 7 9 - 10 a.m. <b>Control de Peso en Adultos</b> 9 - 10:30 a.m. (Esp.) <b>Kick Boxing</b> 10 - 11 a.m. <b>Control de Peso en Adultos</b> 10:45 a.m. - 12 p.m. (Ing.) <b>Equilibrio y Estabilidad</b> 11:10 a.m. - 12:10 p.m. <b>Autocontrol de la Diabetes</b> 1 - 2:30 p.m. (Esp.) <b>Pilates</b> 4 - 5 p.m. <b>Artes y Manualidades de Primavera</b> 4 - 5 p.m.</p>	<p><b>Terapia de Yoga</b> 8 9 - 10 a.m. <b>Nutrición y Bienestar (Sesiones de una Hora)</b> 10 a.m. - 1 p.m. <b>FEAST   Guía de Supervivencia para Comer Fuera</b> 10:30 a.m. - 12:30 p.m. <b>Baile en Línea</b> 1 - 2:30 p.m. <b>Pequeñas Voces con Muchos Sentimientos (4 - 10 años)</b> 4 - 5 p.m. <b>Zumba</b> 4 - 5 p.m.</p>	<p><b>Terapia de Yoga Virtual</b> 9 9 - 10 a.m. <b>Manejo de Ira Virtual</b> 10 - 11:30 a.m. <b>Tai Chi</b> 10:30 - 11:30 a.m. <b>Baile en Línea para Principiantes</b> 12 - 1:30 p.m. <b>Cultivando Familias Virtual</b> 12 p.m. - 1:30 p.m. <b>Pilates</b> 2 - 3 p.m. <b>Manejo de Ira Virtual</b> 4:30 - 6 p.m.</p>	<p><b>Terapia de Yoga</b> 10 9 - 10 a.m. <b>Mami y Yo</b> 10 - 11 a.m. <b>Cocina Saludable</b> 10:30 a.m. - 12 p.m. <b>Baile en Línea</b> 1 - 2:30 p.m. <b>Zumba</b> 4 - 5 p.m.</p>	<p><b>Ejercicio Familiar Virtual</b> 11 9 - 10 a.m.</p> <p><b>CENTRO CERRADO</b></p>
<p><b>Entrenamiento Intenso</b> 13 4 - 5 p.m. <b>Cocina Saludable para Niños (6 - 12 años)</b> 4 - 5 p.m.</p>	<p><b>Entrenamiento Intenso</b> 14 9 - 10 a.m. <b>Control de Peso en Adultos</b> 9 - 10:30 a.m. (Esp.) <b>Kick Boxing</b> 10 - 11 a.m. <b>Serie de Presión Arterial</b> 10:30 a.m. - 12:30 p.m. (Ing.) <b>Control de Peso en Adultos</b> 10:45 a.m. - 12 p.m. (Ing.) <b>Equilibrio y Estabilidad</b> 11:10 a.m. - 12:10 p.m. <b>Autocontrol de la Diabetes</b> 1 - 2:30 p.m. (Esp.) <b>Pilates</b> 4 - 5 p.m.</p>	<p><b>Terapia de Yoga</b> 15 9 - 10 a.m. <b>Nutrición y Bienestar (Sesiones de una Hora)</b> 10 a.m. - 1 p.m. <b>FEAST   Azúcar</b> 10:30 a.m. - 12:30 p.m. <b>Baile en Línea</b> 1 - 2:30 p.m. <b>Pequeñas Voces con Muchos Sentimientos (4 - 10 años)</b> 4 - 5 p.m. <b>Zumba</b> 4 - 5 p.m.</p>	<p><b>Terapia de Yoga Virtual</b> 16 9 - 10 a.m. <b>Manejo de Ira Virtual</b> 10 - 11:30 a.m. <b>Tai Chi</b> 10:30 - 11:30 a.m. <b>Serie de Presión Arterial</b> 10:30 a.m. - 12:30 p.m. (Esp.) <b>Baile en Línea para Principiantes</b> 12 - 1:30 p.m. <b>Cultivando Familias Virtual</b> 12 p.m. - 1:30 p.m. <b>Pilates</b> 2 - 3 p.m. <b>Manejo de Ira Virtual</b> 4:30 - 6 p.m.</p>	<p><b>Terapia de Yoga</b> 17 9 - 10 a.m. <b>Mami y Yo</b> 10 - 11 a.m. <b>El Arte de las Frutas y Vegetales</b> 10:30 a.m. - 12 p.m. <b>Baile en Línea</b> 1 - 2:30 p.m. <b>Zumba</b> 4 - 5 p.m.</p>	<p><b>Ejercicio Familiar Virtual</b> 18 9 - 10 a.m.</p> <p><b>CENTRO CERRADO</b></p>
<p><b>Entrenamiento Intenso</b> 20 4 - 5 p.m. <b>Cocina Saludable para Niños (6 - 12 años)</b> 4 - 5 p.m.</p>	<p><b>Entrenamiento Intenso</b> 21 9 - 10 a.m. <b>Control de Peso en Adultos</b> 9 - 10:30 a.m. (Esp.) <b>Kick Boxing</b> 10 - 11 a.m. <b>Serie de Presión Arterial</b> 10:30 a.m. - 12:30 p.m. (Ing.) <b>Control de Peso en Adultos</b> 10:45 a.m. - 12 p.m. (Ing.) <b>Equilibrio y Estabilidad</b> 11:10 a.m. - 12:10 p.m. <b>Autocontrol de la Diabetes</b> 1 - 2:30 p.m. (Esp.) <b>Pilates</b> 4 - 5 p.m.</p>	<p><b>Terapia de Yoga</b> 22 9 - 10 a.m. <b>Nutrición y Bienestar (Sesiones de una Hora)</b> 10 a.m. - 1 p.m. <b>FEAST   Grasa</b> 10:30 a.m. - 12:30 p.m. <b>Baile en Línea</b> 1 - 2:30 p.m. <b>Pequeñas Voces con Muchos Sentimientos (4 - 10 años)</b> 4 - 5 p.m. <b>Zumba</b> 4 - 5 p.m.</p>	<p><b>Terapia de Yoga Virtual</b> 23 9 - 10 a.m. <b>Manejo de Ira Virtual</b> 10 - 11:30 a.m. <b>Tai Chi</b> 10:30 - 11:30 a.m. <b>Serie de Presión Arterial</b> 10:30 a.m. - 12:30 p.m. (Esp.) <b>Baile en Línea para Principiantes</b> 12 - 1:30 p.m. <b>Cultivando Familias Virtual</b> 12 p.m. - 1:30 p.m. <b>Pilates</b> 2 - 3 p.m. <b>Manejo de Ira Virtual</b> 4:30 - 6 p.m.</p>	<p><b>Terapia de Yoga</b> 24 9 - 10 a.m. <b>Mami y Yo</b> 10 - 11 a.m. <b>Cocina Saludable</b> 10:30 a.m. - 12 p.m. <b>Baile en Línea</b> 1 - 2:30 p.m. <b>Zumba</b> 4 - 5 p.m.</p>	<p><b>Ejercicio Familiar Virtual</b> 25 9 - 10 a.m. <b>RCP y Primeros Auxilios Virtual</b> 9:30 a.m. - 12:30 p.m.</p> <p><b>CENTRO CERRADO</b></p>
<p><b>DÍA DE LOS CAÍDOS EN GUERRA</b></p> <p><b>CENTRO CERRADO</b></p>	<p><b>Entrenamiento Intenso</b> 27 9 - 10 a.m. <b>Control de Peso en Adultos</b> 9 - 10:30 a.m. (Esp.) <b>Kick Boxing</b> 10 - 11 a.m. <b>Serie de Presión Arterial</b> 10:30 a.m. - 12:30 p.m. (Ing.) <b>Control de Peso en Adultos</b> 10:45 a.m. - 12 p.m. (Ing.) <b>Equilibrio y Estabilidad</b> 11:10 a.m. - 12:10 p.m. <b>Autocontrol de la Diabetes</b> 1 - 2:30 p.m. (Esp.) <b>Pilates</b> 4 - 5 p.m.</p>	<p><b>Terapia de Yoga</b> 28 9 - 10 a.m. <b>Nutrición y Bienestar (Sesiones de una Hora)</b> 10 a.m. - 1 p.m. <b>FEAST   Sodio</b> 10:30 a.m. - 12:30 p.m. <b>Baile en Línea</b> 1 - 2:30 p.m. <b>Pequeñas Voces con Muchos Sentimientos (4 - 10 años)</b> 4 - 5 p.m. <b>Zumba</b> 4 - 5 p.m.</p>	<p><b>Terapia de Yoga Virtual</b> 29 9 - 10 a.m. <b>Manejo de Ira Virtual</b> 10 - 11:30 a.m. <b>Tai Chi</b> 10:30 - 11:30 a.m. <b>Serie de Presión Arterial</b> 10:30 a.m. - 12:30 p.m. (Esp.) <b>Baile en Línea para Principiantes</b> 12 - 1:30 p.m. <b>Cultivando Familias Virtual</b> 12 p.m. - 1:30 p.m. <b>Pilates</b> 2 - 3 p.m. <b>Manejo de Ira Virtual</b> 4:30 - 6 p.m.</p>	<p><b>Terapia de Yoga</b> 30 9 - 10 a.m. <b>Mami y Yo</b> 10 - 11 a.m. <b>El Arte de las Frutas y Vegetales</b> 10:30 a.m. - 12 p.m. <b>Baile en Línea</b> 1 - 2:30 p.m. <b>Zumba</b> 4 - 5 p.m.</p>	<p><b>Ejercicio Familiar Virtual</b> 31 9 - 10 a.m.</p> <p><b>CENTRO CERRADO</b></p> <p>QR Code: <b>CRC Sitio de Web</b></p>

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**



2864 W. Imperial Hwy.  
Inglewood, CA 90303



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



310.330.3130  
activehealthyinformed.org