



POMONA
MAY
2024

Community Resource Center

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>CENTER SERVICES</p> <ul style="list-style-type: none"> - Member Services - Enrollment Services* • Medi-cal, MediCare, Covered California, & CalFresh - New Member Orientation <p><small>*Contact Center for Availability of Services</small></p> <p>ALL SERVICES AND CLASSES ARE FREE FOR EVERYONE!</p>	<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>Zumba 9:30-10:30am</p> <p>Strong 10:45-11:45am</p> <p>Yoga 12-1pm</p> <p>Kids Fitness 3-4pm</p> <p>Preserving your Memory 3-4pm ESP</p> <p>Boot Camp 4-5pm</p> <p>Kid's Health Education 4-5pm</p>	<p>Circuit Training 9:15-10:15am</p> <p>Healthy Cooking 10:30am-12pm</p> <p>CPR/First Aid Register at freecprla.com 12-3pm ENG</p> <p>Vinyasa Yoga 3-4pm</p> <p>Teen Health & Anatomy 4-5pm</p>	<p>Boot Camp 9-10am</p> <p>Zumba 10:15-11:15am</p> <p>Kids Dance Class 4-5pm</p>	<p>CENTER CLOSED</p>
<p>Zumba 9:30-10:30am</p> <p>Yoga 10:45-11:45am</p> <p>Mommy Yoga 10:45-11:45</p> <p>Meditation 12-1pm</p> <p>Stretch 3-4pm</p> <p>Homework Help 3-5pm</p> <p>Boot Camp 4-5pm</p>	<p>Circuit Training 9:15-10:15am</p> <p>Healthy Cooking 10:30am-12pm</p> <p>Healthy Juicing 12:30-2pm</p> <p>Zumba 3-4pm</p> <p>Homework Help 3-5pm</p> <p>HIIT 4-5pm</p>	<p>Zumba 9:30-10:30am</p> <p>Strong 10:45-11:45am</p> <p>Yoga 12-1pm</p> <p>Kids Fitness 3-4pm</p> <p>Hoarding 3-4pm ESP</p> <p>Boot Camp 4-5pm</p> <p>Kid's Health Education 4-5pm</p>	<p>Circuit Training 9:15-10:15am</p> <p>Healthy Cooking 10:30am-12pm</p> <p>New Member Orientation 12-12:30pm</p> <p>Vinyasa Yoga 3-4pm</p> <p>Asthma Education 4-5pm ESP</p> <p>Teen Sports Performance 4-5pm</p>	<p>Boot Camp 9-10am</p> <p>Zumba 10:15-11:15am</p> <p>Kids Dance Class 4-5pm</p>	<p>CENTER CLOSED</p>
<p>Zumba 9:30-10:30am</p> <p>Yoga 10:45-11:45am</p> <p>Mommy Yoga 10:45-11:45</p> <p>Meditation 12-1pm</p> <p>Stretch 3-4pm</p> <p>Homework Help 3-5pm</p> <p>Boot Camp 4-5pm</p>	<p>Circuit Training 9:15-10:15am</p> <p>Healthy Cooking 10:30am-12pm</p> <p>Zumba 3-4pm</p> <p>Homework Help 3-5pm</p> <p>HIIT 4-5pm</p>	<p>Zumba 9:30-10:30am</p> <p>Strong 10:45-11:45am</p> <p>Yoga 12-1pm</p> <p>Kids Fitness 3-4pm</p> <p>Managing your Medication 3-4pm ESP</p> <p>Boot Camp 4-5pm</p> <p>Kid's Health Education 4-5pm</p>	<p>Circuit Training 9:15-10:15am</p> <p>Healthy Cooking 10:30am-12pm</p> <p>CPR/First Aid Register at freecprla.com 12-3pm ESP</p> <p>Vinyasa Yoga 3-4pm</p> <p>Teen Corrective Exercise 4-5pm</p>	<p>Boot Camp 9-10am</p> <p>Zumba 10:15-11:15am</p> <p>Kids Dance Class 4-5pm</p>	<p>CENTER CLOSED</p>
<p>Zumba 9:30-10:30am</p> <p>Yoga 10:45-11:45am</p> <p>Mommy Yoga 10:45-11:45</p> <p>Meditation 12-1pm</p> <p>Stretch 3-4pm</p> <p>Homework Help 3-5pm</p> <p>Boot Camp 4-5pm</p>	<p>Circuit Training 9:15-10:15am</p> <p>Healthy Cooking 10:30am-12pm</p> <p>Healthy Juicing 12:30-2pm</p> <p>Zumba 3-4pm</p> <p>Homework Help 3-5pm</p> <p>HIIT 4-5pm</p>	<p>Zumba 9:30-10:30am</p> <p>Strong 10:45-11:45am</p> <p>Yoga 12-1pm</p> <p>Kids Fitness 3-4pm</p> <p>Social Isolation 3-4pm ESP</p> <p>Boot Camp 4-5pm</p> <p>Kid's Health Education 4-5pm</p>	<p>Circuit Training 9:15-10:15am</p> <p>Healthy Cooking 10:30am-12pm</p> <p>Vinyasa Yoga 3-4pm</p> <p>Teen Sports Performance 4-5pm</p>	<p>Boot Camp 9-10am</p> <p>Zumba 10:15-11:15am</p> <p>Kids Dance Class 4-5pm</p>	<p>CENTER CLOSED</p>
<p>MEMORIAL DAY</p> <p>CENTER CLOSED</p>	<p>Circuit Training 9:15-10:15am</p> <p>Healthy Cooking 10:30am-12pm</p> <p>Zumba 3-4pm</p> <p>Homework Help 3-5pm</p> <p>HIIT 4-5pm</p>	<p>Zumba 9:30-10:30am</p> <p>Strong 10:45-11:45am</p> <p>Yoga 12-1pm</p> <p>Kids Fitness 3-4pm</p> <p>Late-Life Transitions 3-4pm ESP</p> <p>Boot Camp 4-5pm</p> <p>Kid's Health Education 4-5pm</p>	<p>Circuit Training 9:15-10:15am</p> <p>Healthy Cooking 10:30am-12pm</p> <p>Vinyasa Yoga 3-4pm</p> <p>Teen Macronutrients 4-5pm</p>	<p>Boot Camp 9-10am</p> <p>Zumba 10:15-11:15am</p> <p>Food Pantry 2-4pm New Hours</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**

696 W. Holt Ave.
Pomona, CA 91768

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

909.620.1661
CommunityResourceCenterLA.org



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Community Resource Center

LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO
<p>SERVICIOS DEL CENTRO</p> <ul style="list-style-type: none"> Servicios a los miembros Servicios de Inscripción* <ul style="list-style-type: none"> Medi-cal, MediCare, Covered California, y CalFresh Orientación para nuevos miembros <p><small>*Comuníquese con el Centro para disponibilidad de Servicios</small></p> <p>TODOS LOS SERVICIOS Y LAS CLASES SON GRATIS ¡PARA TODOS!</p>	<p>La clases en Azul califican para el programa mis recompensas para una vida sana.</p> <p>Las clases en Verde son por cita y registro solamente.</p>	<p>Zumba 9:30-10:30am Strong 10:45-11:45am Yoga 12-1pm Cardio Para Niños 3-4pm Preservando tu Memoria 3-4pm ESP Boot Camp 4-5pm Educacion de Salud para Niños 4-5pm</p>	<p>Entrenamiento Circuito 9:15-10:15am Cocina Saludable 10:30am-12pm RCP/Primeros Auxilios Registrese en freecprla.com 12-3pm ENG Vinyasa Yoga 3-4pm Salud y Anatomía para Adolescentes 4-5pm</p>	<p>Boot Camp 9-10am Zumba 10:15-11:15am Clase de Baile para Niños 4-5pm</p>	
<p>Zumba 9:30-10:30am Yoga 10:45-11:45am Yoga Para Mamas 10:45-11:45am Meditacion 12-1pm Estiramiento 3-4pm Ayuda con la tarea 3-5pm Boot Camp 4-5pm</p>	<p>Entrenamiento Circuito 9:15-10:15am Cocina Saludable 10:30am-12pm Jugos Saludables 12:30-2pm Zumba 3-4pm Ayuda con la tarea 3-5pm HIIT 4-5pm</p>	<p>Zumba 9:30-10:30am Strong 10:45-11:45am Yoga 12-1pm Cardio Para Niños 3-4pm Acaparamiento 3-4pm ESP Boot Camp 4-5pm Educacion de Salud para Niños 4-5pm</p>	<p>Entrenamiento Circuito 9:15-10:15am Cocina Saludable 10:30am-12pm Orientacion para nuevos Miembros 12-12:30pm Vinyasa Yoga 3-4pm Educacion de Asthma 4-5pm ESP Rendimiento Deportivo para Adolescentes 4-5pm</p>	<p>Boot Camp 9-10am Zumba 10:15-11:15am Clase de Baile para Niños 4-5pm</p>	
<p>Zumba 9:30-10:30am Yoga 10:45-11:45am Yoga Para Mamas 10:45-11:45am Meditacion 12-1pm Estiramiento 3-4pm Ayuda con la tarea 3-5pm Boot Camp 4-5pm</p>	<p>Entrenamiento Circuito 9:15-10:15am Cocina Saludable 10:30am-12pm Zumba 3-4pm Ayuda con la tarea 3-5pm HIIT 4-5pm</p>	<p>Zumba 9:30-10:30am Strong 10:45-11:45am Yoga 12-1pm Cardio Para Niños 3-4pm Como Administrar su Medicacion 3-4pm ESP Boot Camp 4-5pm Educacion de Salud para Niños 4-5pm</p>	<p>Entrenamiento Circuito 9:15-10:15am Cocina Saludable 10:30am-12pm RCP/Primeros Auxilios Registrese en freecprla.com 12-3pm ESP Vinyasa Yoga 3-4pm Ejercicio Correctivo Para Adolescentes 4-5pm</p>	<p>Boot Camp 9-10am Zumba 10:15-11:15am Clase de Baile para Niños 4-5pm</p>	
<p>Zumba 9:30-10:30am Yoga 10:45-11:45am Yoga Para Mamas 10:45-11:45am Meditacion 12-1pm Estiramiento 3-4pm Ayuda con la tarea 3-5pm Boot Camp 4-5pm</p>	<p>Entrenamiento Circuito 9:15-10:15am Cocina Saludable 10:30am-12pm Jugos Saludables 12:30-2pm Zumba 3-4pm Ayuda con la tarea 3-5pm HIIT 4-5pm</p>	<p>Zumba 9:30-10:30am Strong 10:45-11:45am Yoga 12-1pm Cardio Para Niños 3-4pm Aislamiento Social 3-4pm ESP Boot Camp 4-5pm Educacion de Salud para Niños 4-5pm</p>	<p>Entrenamiento Circuito 9:15-10:15am Cocina Saludable 10:30am-12pm Vinyasa Yoga 3-4pm Rendimiento Deportivo Para Adolescentes 4-5pm</p>	<p>Boot Camp 9-10am Zumba 10:15-11:15am Clase de Baile para Niños 4-5pm</p>	
<p>CENTRO CERRADO</p>	<p>Entrenamiento Circuito 9:15-10:15am Cocina Saludable 10:30am-12pm Zumba 3-4pm Ayuda con la tarea 3-5pm HIIT 4-5pm</p>	<p>Zumba 9:30-10:30am Strong 10:45-11:45am Yoga 12-1pm Cardio Para Niños 3-4pm Transiciones en la Vejez 3-4pm ESP Boot Camp 4-5pm Educacion de Salud para Niños 4-5pm</p>	<p>Entrenamiento Circuito 9:15-10:15am Cocina Saludable 10:30am-12pm Vinyasa Yoga 3-4pm Macronutrientes Para Adolescentes 4-5pm</p>	<p>Boot Camp 9-10am Zumba 10:15-11:15am Dispensa de Alimentos 2-4pm Nuevo Horario</p>	<p>CRC Sitio de Web</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

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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