



EAST L.A.
MARCH
2023

Community Resource Center

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Member Services Available during hours of operation Appointments recommended but not required	Classes in BLUE qualify for the My Rewards for a Healthy Life Program Classes in GREEN are by appointment and registration only.	The World of Juicing and Salads 9-10 a.m. Spa. 1 Breakthrough Parenting Virtual 10 a.m. -12 p.m. Spa. Arts of Fruits and Vegetables 10:15-11:15 a.m. Spa. Zumba 11:30 a.m. -12:30 p.m. Pilates 1-2 p.m. Breakthrough Parenting Virtual 4-6 p.m. Eng.	Baby & Personal Care Item Distribution 2 10 a.m. - while supplies last Growing Healthy Children 1-2 p.m. Eng. Tai Chi 2-3 p.m. Kid's Boot Camp 3-4 p.m. Boot Camp for Adults 4-5 p.m.	Yoga 3 9:30-10:30 a.m. Anger Management 9:30-11 a.m. Eng. Diabetes Education 11 a.m. -12 p.m. Eng. Nutrition and You 12-1 p.m. Spa. Strong by Zumba 1-2 p.m.	CENTER CLOSED
Cooking Matters 6 9-10:30 a.m. Spa. Life Skills 10:45-11:45 a.m. Spa. Circuit Training for Adults 12-1 p.m. Zumba 2-3 p.m. Yoga 4-5 p.m.	Mommy & Me 7 9:30-10:30 a.m. Family Violence Prevention 10-11 a.m. Spa. Dance Aerobics (Intermediate) 11:30 a.m. -12:30 p.m. Dance Aerobics (Beginner) 12:45-1:45 p.m. Boot Camp for Adults 4-5 p.m.	The World of Juicing and Salads 8 9-10 a.m. Spa. Breakthrough Parenting Virtual 10 a.m. -12 p.m. Spa. Arts of Fruits and Vegetables 10:15-11:15 a.m. Spa. Zumba 11:30 a.m. -12:30 p.m. Pilates 1-2 p.m. CommUNITY Wellness Healthy Families 4:30-6:30 p.m. Spa. Breakthrough Parenting Virtual 4-6 p.m. Eng.	CPR & First Aid 9 10 a.m. -1 p.m. Eng. Growing Healthy Children 1-2 p.m. Eng. Tai Chi 2-3 p.m. Kid's Boot Camp 3-4 p.m. Boot Camp for Adults 4-5 p.m.	Yoga 10 9:30-10:30 a.m. Anger Management 9:30-11 a.m. Eng. Diabetes Education 11 a.m. -12 p.m. Eng. Nutrition and You 12-1 p.m. Spa. Strong by Zumba 1-2 p.m.	CENTER CLOSED
Cooking Matters 13 9-10:30 a.m. Spa. Life Skills 10:45-11:45 a.m. Spa. Circuit Training for Adults 12-1 p.m. Zumba 2-3 p.m. Yoga 4-5 p.m.	Mommy & Me 14 9:30-10:30 a.m. Alcohol and Drug Prevention 10-11 a.m. Spa. Dance Aerobics (Intermediate) 11:30 a.m. -12:30 p.m. Dance Aerobics (Beginner) 12:45-1:45 p.m. Boot Camp for Adults 4-5 p.m.	The World of Juicing and Salads 15 9-10 a.m. Spa. Breakthrough Parenting Virtual 10 a.m. -12 p.m. Spa. Arts of Fruits and Vegetables 10:15-11:15 a.m. Spa. Zumba 11:30 a.m. -12:30 p.m. Pilates 1-2 p.m. CommUNITY Wellness Healthy Families 4:30-6:30 p.m. Spa. Breakthrough Parenting Virtual 4-6 p.m. Eng.	Food Pantry 16 10 a.m. - while supplies last Growing Healthy Children 1-2 p.m. Spa. Tai Chi 2-3 p.m. Kid's Boot Camp 3-4 p.m. Financial Empowerment: Values and Influence 3:45-4:45 p.m. Spa. Boot Camp for Adults 4-5 p.m.	Yoga 17 9:30-10:30 a.m. Anger Management 9:30-11 a.m. Eng. Diabetes Education 11 a.m. -12 p.m. Spa. Nutrition and You 12-1 p.m. Spa. Strong by Zumba 1-2 p.m.	CENTER CLOSED
Cooking Matters 20 9-10:30 a.m. Spa. Life Skills 10:45-11:45 a.m. Spa. Circuit Training for Adults 12-1 p.m. Zumba 2-3 p.m. Yoga 4-5 p.m.	Mommy & Me 21 9:30-10:30 a.m. Stages of Grief and Loss 10-11 a.m. Spa. Dance Aerobics (Intermediate) 11:30 a.m. -12:30 p.m. Dance Aerobics (Beginner) 12:45-1:45 p.m. Boot Camp for Adults 4-5 p.m.	The World of Juicing and Salads 22 9-10 a.m. Spa. Breakthrough Parenting Virtual 10 a.m. -12 p.m. Spa. Arts of Fruits and Vegetables 10:15-11:15 a.m. Spa. Zumba 11:30 a.m. -12:30 p.m. Pilates 1-2 p.m. Breakthrough Parenting Virtual 4-6 p.m. Eng.	CPR & First Aid 23 10 a.m. -1 p.m. Spa. Growing Healthy Children 1-2 p.m. Spa. Tai Chi 2-3 p.m. Kid's Boot Camp 3-4 p.m. Boot Camp for Adults 4-5 p.m.	Yoga 24 9:30-10:30 a.m. Anger Management 9:30-11 a.m. Eng. Diabetes Education 11 a.m. -12 p.m. Spa. Nutrition and You 12-1 p.m. Spa. Strong by Zumba 1-2 p.m. Family Art Hour 3:30-5 p.m.	CENTER CLOSED
Cooking Matters 27 9-10:30 a.m. Spa. Life Skills 10:45-11:45 a.m. Spa. Circuit Training for Adults 12-1 p.m. Zumba 2-3 p.m. Yoga 4-5 p.m.	Mommy & Me 28 9:30-10:30 a.m. Child Abuse Prevention 10-11 a.m. Spa. Dance Aerobics (Intermediate) 11:30 a.m. -12:30 p.m. Dance Aerobics (Beginner) 12:45-1:45 p.m. Boot Camp for Adults 4-5 p.m.	The World of Juicing and Salads 29 9-10 a.m. Spa. Breakthrough Parenting Virtual 10 a.m. -12 p.m. Spa. Arts of Fruits and Vegetables 10:15-11:15 a.m. Spa. Zumba 11:30 a.m. -12:30 p.m. Pilates 1-2 p.m. CommUNITY Wellness Healthy Families 4:30-6:30 p.m. Spa. Breakthrough Parenting Virtual 4-6 p.m. Eng.	Growing Healthy Children 30 1-2 p.m. Spa. Tai Chi 2-3 p.m. Kid's Boot Camp 3-4 p.m. Boot Camp for Adults 4-5 p.m.	Yoga 31 9:30-10:30 a.m. Anger Management 9:30-11 a.m. Eng. Diabetes Education 11 a.m. -12 p.m. Spa. Nutrition and You 12-1 p.m. Spa. Strong by Zumba 1-2 p.m.	QR Code for CRC YouTube

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



4801 WHITTIER BLVD
LOS ANGELES, CA 90022



CENTER HOURS:
MONDAY-FRIDAY: 9 A.M.– 5 P.M.
SATURDAY: CLOSED



213.438.5570
activehealthyinformed.org



Community Resource Center

LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO
Servicios para Miembros Disponible durante las horas de operación Citas recomendadas pero no son necesarias	La clases en Azul califican para el programa mis recompensas para una vida sana. Las clases en Verde son por cita y registro solamente.	El Mundo de Jugos y Ensaladas 9-10 a.m. Esp. 1 Cultivando Familias Virtual 10 a.m. -12 p.m. Esp. El Arte de Las Frutas y Vegetales 10:15-11:15 a.m. Esp. Zumba 11:30 a.m. -12:30 p.m. Pilates 1-2 p.m. Cultivando Familias Virtual 4-6 p.m. Ing.	Distribución de Productos Para Bebés y Cuidado Personal 2 10 a.m. - hasta agoto Cultivando Niños Sanos 1-2 p.m. Ing. Tai Chi 2-3 p.m. Boot Camp Para Niños 3-4 p.m. Boot Camp para Adultos 4-5 p.m.	Yoga 3 9:30-10:30 a.m. Clase de Manejo de la Ira 9:30-11 a.m. Ing. Educación Diabética 11 a.m. -12 p.m. Ing. Nutrición y Tú 12-1 p.m. Esp. Strong by Zumba 1-2 p.m.	CENTRO CERRADO
Cocinando Saludable 6 9-10:30 a.m. Esp. Habilidades Para la Vida 10:45-11:45 a.m. Esp. Circuito de Entrenamiento Para Adultos 12-1 p.m. Zumba 2-3 p.m. Yoga 4-5 p.m.	Mami y Yo 7 9:30-10:30 a.m. Prevención de Violencia Familiar 10-11 a.m. Esp. Baile Aeróbico (Intermedio) 11:30 a.m. -12:30 p.m. Baile Aeróbico (Principiante) 12:45- 1:45 p.m. Boot Camp Para Adultos 4-5 p.m.	El Mundo de Jugos y Ensaladas 8 9-10 a.m. Esp. Cultivando Familias Virtual 10 a.m. -12 p.m. Esp. El Arte de Las Frutas y Vegetales 10:15-11:15 a.m. Esp. Zumba 11:30 a.m. -12:30 p.m. Pilates 1-2 p.m. CommUNITY Wellness Familias Saludables 4:30-6:30 p.m. Esp. Cultivando Familias Virtual 4-6 p.m. Ing.	RCP y Primeros Auxilios 9 10 a.m. -1 p.m. Ing. Cultivando Niños Sanos 1-2 p.m. Ing. Tai Chi 2-3 p.m. Boot Camp Para Niños 3-4 p.m. Boot Camp para Adultos 4-5 p.m.	Yoga 10 9:30-10:30 a.m. Clase de Manejo de la Ira 9:30-11 a.m. Ing. Educación Diabética 11 a.m. -12 p.m. Ing. Nutrición y Tú 12-1 p.m. Esp. Strong by Zumba 1-2 p.m.	CENTRO CERRADO
Cocinando Saludable 13 9-10:30 a.m. Esp. Habilidades Para la Vida 10:45-11:45 a.m. Esp. Circuito de Entrenamiento Para Adultos 12-1 p.m. Zumba 2-3 p.m. Yoga 4-5 p.m.	Mami y Yo 14 9:30-10:30 a.m. Prevención de Alcohol y Drogas 10-11 a.m. Esp. Baile Aeróbico (Intermedio) 11:30 a.m. -12:30 p.m. Baile Aeróbico (Principiante) 12:45- 1:45 p.m. Boot Camp Para Adultos 4-5 p.m.	El Mundo de Jugos y Ensaladas 15 9-10 a.m. Esp. Cultivando Familias Virtual 10 a.m. -12 p.m. Esp. El Arte de Las Frutas y Vegetales 10:15-11:15 a.m. Esp. Zumba 11:30 a.m. -12:30 p.m. Pilates 1-2 p.m. CommUNITY Wellness Familias Saludables 4:30-6:30 p.m. Esp. Cultivando Familias Virtual 4-6 p.m. Ing.	Despensa de Alimentos 16 10 a.m. - hasta agoto Cultivando Niños Sanos 1-2 p.m. Esp. Tai Chi 2-3 p.m. Boot Camp Para Niños 3-4 p.m. Empoderamiento Financiero: Los Valores y la Influencia 3:45-4:45 p.m. Esp. Boot Camp para Adultos 4-5 p.m.	Yoga 17 9:30-10:30 a.m. Clase de Manejo de la Ira 9:30-11 a.m. Ing. Educación Diabética 11 a.m. -12 p.m. Esp. Nutrición y Tú 12-1 p.m. Esp. Strong by Zumba 1-2 p.m.	CENTRO CERRADO
Cocinando Saludable 20 9-10:30 a.m. Esp. Habilidades Para la Vida 10:45-11:45 a.m. Esp. Circuito de Entrenamiento para Adultos 12-1 p.m. Zumba 2-3 p.m. Yoga 4-5 p.m.	Mami y Yo 21 9:30-10:30 a.m. Etapas de Duelo y Pérdida 10-11 a.m. Esp. Baile Aeróbico (Intermedio) 11:30 a.m. -12:30 p.m. Baile Aeróbico (Principiante) 12:45- 1:45 p.m. Boot Camp Para Adultos 4-5 p.m.	El Mundo de Jugos y Ensaladas 22 9-10 a.m. Esp. Cultivando Familias Virtual 10 a.m. -12 p.m. Esp. El Arte de Las Frutas y Vegetales 10:15-11:15 a.m. Esp. Zumba 11:30 a.m. -12:30 p.m. Pilates 1-2 p.m. Cultivando Familias Virtual 4-6 p.m. Ing.	RCP y Primeros Auxilios 23 10 a.m. -1 p.m. Esp. Cultivando Niños Sanos 1-2 p.m. Esp. Tai Chi 2-3 p.m. Boot Camp Para Niños 3-4 p.m. Boot Camp para Adultos 4-5 p.m.	Yoga 24 9:30-10:30 a.m. Clase de Manejo de la Ira 9:30-11 a.m. Ing. Educación Diabética 11 a.m. -12 p.m. Esp. Nutrición y Tú 12-1 p.m. Esp. Strong by Zumba 1-2 p.m. Hora de Arte Familiar 3:30-5 p.m.	CENTRO CERRADO
Cocinando Saludable 27 9-10:30 a.m. Esp. Habilidades Para la Vida 10:45-11:45 a.m. Esp. Circuito de Entrenamiento Para Adultos 12-1 p.m. Zumba 2-3 p.m. Yoga 4-5 p.m.	Mami y Yo 28 9:30-10:30 a.m. Prevención de Abuso Infantil 10-11 a.m. Esp. Baile Aeróbico (Intermedio) 11:30 a.m. -12:30 p.m. Baile Aeróbico (Principiante) 12:45- 1:45 p.m. Boot Camp para Adultos 4-5 p.m.	El Mundo de Jugos y Ensaladas 29 9-10 a.m. Esp. Cultivando Familias Virtual 10 a.m. -12 p.m. Esp. El Arte de Las Frutas y Vegetales 10:15-11:15 a.m. Esp. Zumba 11:30 a.m. -12:30 p.m. Pilates 1-2 p.m. CommUNITY Wellness Familias Saludables 4:30-6:30 p.m. Esp. Cultivando Familias Virtual 4-6 p.m. Ing.	Cultivando Niños Sanos 30 1-2 p.m. Esp. Tai Chi 2-3 p.m. Boot Camp Para Niños 3-4 p.m. Boot Camp para Adultos 4-5 p.m.	Yoga 31 9:30-10:30 a.m. Clase de Manejo de la Ira 9:30-11 a.m. Ing. Educación Diabética 11 a.m. -12 p.m. Esp. Nutrición y Tú 12-1 p.m. Esp. Strong by Zumba 1-2 p.m.	CRC YouTube

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