



INGLEWOOD MARCH 2023

Community Resource Center

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>Member Services & New Member Orientations (Monday - Friday) 9 a.m. - 4 p.m.</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>Yoga Therapy 9 - 10 a.m. 1</p> <p>Wellness Nutrition Group (Hourly Sessions) 10 a.m. - 1 p.m.</p> <p>Line Dancing 1 - 2:30 p.m.</p> <p>Homework Help (Ages 5 - 13) 3 - 5 p.m.</p> <p>Zumba 4 - 5 p.m.</p> <p>Pilates Virtual 6 - 7 p.m.</p>	<p>Yoga Therapy Virtual 9 - 10 a.m. 2</p> <p>Tai Chi 10 - 11 a.m.</p> <p>Anger Management Virtual 10 - 11:30 a.m.</p> <p>Breakthrough Parenting Virtual 12 - 1:30 p.m.</p> <p>Homework Help (Ages 5 - 13) 3 - 5 p.m.</p> <p>Wazobia: A Healing Art Through Dance & Fitness 4 - 5 p.m.</p> <p>Reading Across Inglewood (Ages 4 - 14) 4 - 5 p.m.</p>	<p>Yoga Therapy 9 - 10 a.m. 3</p> <p>Mommy and Me 10 - 11 a.m.</p> <p>The Arts of Fruit and Vegetables 10:30 a.m. - 12 p.m.</p> <p>Line Dancing 1 - 2:30 p.m.</p> <p>Zumba 4 - 5 p.m.</p>	<p>Family Fitness Virtual 9 - 10 a.m. 4</p> <p>CENTER CLOSED</p>
<p>Agility, Balance and Coordination 10 - 11 a.m. 6</p> <p>CPR and First Aid 1 - 4 p.m.</p> <p>Boot Camp 4 - 5 p.m.</p> <p>Healthy Cooking for Kids (Ages 6 - 12) 4 - 5 p.m.</p> <p>Pilates Virtual 6 - 7 p.m.</p>	<p>Boot Camp 9 - 10 a.m. 7</p> <p>Kick Boxing 10 - 11 a.m.</p> <p>CENTER CLOSED for a Staff Meeting 11:15 a.m. - 12:15 p.m.</p> <p>Homework Help (Ages 5 - 13) 3 - 5 p.m.</p>	<p>Yoga Therapy 9 - 10 a.m. 8</p> <p>Wellness Nutrition Group (Hourly Sessions) 10 a.m. - 1 p.m.</p> <p>Line Dancing 1 - 2:30 p.m.</p> <p>Homework Help (Ages 5 - 13) 3 - 5 p.m.</p> <p>Zumba 4 - 5 p.m.</p> <p>Pilates Virtual 6 - 7 p.m.</p>	<p>Yoga Therapy Virtual 9 - 10 a.m. 9</p> <p>Tai Chi 10 - 11 a.m.</p> <p>Anger Management Virtual 10 - 11:30 a.m.</p> <p>Breakthrough Parenting Virtual 12 - 1:30 p.m.</p> <p>Homework Help (Ages 5 - 13) 3 - 5 p.m.</p> <p>Wazobia: A Healing Art Through Dance & Fitness 4 - 5 p.m.</p>	<p>Yoga Therapy 9 - 10 a.m. 10</p> <p>Mommy and Me 10 - 11 a.m.</p> <p>Health Screenings 10 a.m. - 2:30 p.m.</p> <p>The Arts of Fruit and Vegetables 10:30 a.m. - 12 p.m.</p> <p>Line Dancing 1 - 2:30 p.m.</p> <p>Zumba 4 - 5 p.m.</p>	<p>Family Fitness Virtual 9 - 10 a.m. 11</p> <p>CENTER CLOSED</p>
<p>Agility, Balance and Coordination 10 - 11 a.m. 13</p> <p>Oral Health Workshop 11 a.m. - 12 p.m.</p> <p>Boot Camp 4 - 5 p.m.</p> <p>Healthy Cooking for Kids (Ages 6 - 12) 4 - 5 p.m.</p> <p>Pilates Virtual 6 - 7 p.m.</p>	<p>Boot Camp 9 - 10 a.m. 14</p> <p>Kick Boxing 10 - 11 a.m.</p> <p>Saint Patrick's Day Arts & Crafts 4 - 5 p.m.</p>	<p>Wellness Nutrition Group (Hourly Sessions) 10 a.m. - 1 p.m. 15</p> <p>Line Dancing 1 - 2:30 p.m.</p> <p>Homework Help (Ages 5 - 13) 3 - 5 p.m.</p> <p>Zumba 4 - 5 p.m.</p> <p>Pilates Virtual 6 - 7 p.m.</p>	<p>Chase Bank Financial Literacy Workshop FDIC: Your Income & Expenses 9 - 10 a.m. 16</p> <p>Tai Chi 10 - 11 a.m.</p> <p>Anger Management Virtual 10 - 11:30 a.m.</p> <p>Breakthrough Parenting Virtual 12 - 1:30 p.m.</p> <p>Child Development Class English 2:30 - 4 p.m.</p> <p>Homework Help (Ages 5 - 13) 3 - 5 p.m.</p> <p>Wazobia: A Healing Art Through Dance & Fitness 4 - 5 p.m.</p>	<p>Mommy and Me 10 - 11 a.m. 17</p> <p>The Arts of Fruit and Vegetables 10:30 a.m. - 12 p.m.</p> <p>Line Dancing 1 - 2:30 p.m.</p> <p>Homework Help (Ages 5 - 13) 3 - 5 p.m.</p> <p>Zumba 4 - 5 p.m.</p>	<p>Family Fitness Virtual 9 - 10 a.m. 18</p> <p>CENTER CLOSED</p>
<p>Agility, Balance and Coordination 10 - 11 a.m. 20</p> <p>Boot Camp 4 - 5 p.m.</p> <p>Healthy Cooking for Kids (Ages 6 - 12) 4 - 5 p.m.</p> <p>Pilates Virtual 6 - 7 p.m.</p>	<p>Boot Camp 9 - 10 a.m. 21</p> <p>Kick Boxing 10 - 11 a.m.</p> <p>Homework Help (Ages 5 - 13) 3 - 5 p.m.</p>	<p>Yoga Therapy 9 - 10 a.m. 22</p> <p>Wellness Nutrition Group (Hourly Sessions) 10 a.m. - 1 p.m.</p> <p>Line Dancing 1 - 2:30 p.m.</p> <p>Homework Help (Ages 5 - 13) 3 - 5 p.m.</p> <p>Zumba 4 - 5 p.m.</p> <p>Pilates Virtual 6 - 7 p.m.</p>	<p>Tai Chi 10 - 11 a.m. 23</p> <p>Anger Management Virtual 10 - 11:30 a.m.</p> <p>Breakthrough Parenting Virtual 12 - 1:30 p.m.</p> <p>Homework Help (Ages 5 - 13) 3 - 5 p.m.</p> <p>Wazobia: A Healing Art Through Dance & Fitness 4 - 5 p.m.</p>	<p>Yoga Therapy 9 - 10 a.m. 24</p> <p>Mommy and Me 10 - 11 a.m.</p> <p>The Arts of Fruit and Vegetables 10:30 a.m. - 12 p.m.</p> <p>Line Dancing 1 - 2:30 p.m.</p> <p>Zumba 4 - 5 p.m.</p>	<p>Family Fitness Virtual 9 - 10 a.m. 25</p> <p>CPR and First Aid Virtual 9:30 a.m. - 12:30 p.m.</p> <p>CENTER CLOSED</p>
<p>Agility, Balance and Coordination 10 - 11 a.m. 27</p> <p>Boot Camp 4 - 5 p.m.</p> <p>Healthy Cooking for Kids (Ages 6 - 12) 4 - 5 p.m.</p> <p>Pilates Virtual 6 - 7 p.m.</p>	<p>Boot Camp 9 - 10 a.m. 28</p> <p>Kick Boxing 10 - 11 a.m.</p> <p>FEAST English: Informational Session 10 a.m. - 12 p.m.</p> <p>Homework Help (Ages 5 - 13) 3 - 5 p.m.</p>	<p>Yoga Therapy 9 - 10 a.m. 29</p> <p>FEAST Spanish: Informational Session 10 a.m. - 12 p.m.</p> <p>Wellness Nutrition Group (Hourly Sessions) 10 a.m. - 1 p.m.</p> <p>Line Dancing 1 - 2:30 p.m.</p> <p>Homework Help (Ages 5 - 13) 3 - 5 p.m.</p> <p>Zumba 4 - 5 p.m.</p> <p>Pilates Virtual 6 - 7 p.m.</p>	<p>Tai Chi 10 - 11 a.m. 30</p> <p>Anger Management Virtual 10 - 11:30 a.m.</p> <p>Mental Health Workshop: Positive Parenting 12 - 1 p.m.</p> <p>Breakthrough Parenting Virtual 12 - 1:30 p.m.</p> <p>Homework Help (Ages 5 - 13) 3 - 5 p.m.</p> <p>Wazobia: A Healing Art Through Dance & Fitness 4 - 5 p.m.</p>	<p>Yoga Therapy 9 - 10 a.m. 31</p> <p>Mommy and Me 10 - 11 a.m.</p> <p>The Arts of Fruit and Vegetables 10:30 a.m. - 12 p.m.</p> <p>Line Dancing 1 - 2:30 p.m.</p> <p>Zumba 4 - 5 p.m.</p>	<p>CRC YouTube</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
9:00 a.m to 5:00 p.m.



310.330.3130
activehealthyinformed.org



Community Resource Center

Table with 7 columns (LUNES to SÁBADO) and 7 rows of activities. Includes details for services like 'Servicios para Miembros y Orientación para Nuevos Miembros', 'Agilidad, Equilibrio y Coordinación', and 'Entrenamiento Intenso'. Also features 'CENTRO CERRADO' notices and a QR code for '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

2864 W. Imperial Hwy. Inglewood, CA 90303

HORARIO DEL CENTRO: Monday - Friday 9:00 a.m. to 5:00 p.m

310.330.3130 activehealthyinformed.org