

| MONDAY                                                                                                                                                                                                                                                                                                                                                        | TUESDAY                                                                                                                                                                                                                                                                                                                                                                                                       | WEDNESDAY                                                                                                                                                                                                                                                                                                                                                                     | THURSDAY                                                                                                                                                                                                                                                                                                                                                                                                                                                             | FRIDAY                                                                                                                                                                                                                                                                   | SATURDAY                                                                                                                 |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------|
| <div>Member Services are available Everyday from 9 a.m.-4 p.m.</div> <div>*Homework Support (K-6) Everyday from 3—4:30 p.m.</div>                                                                                                                                                                                                                             | <div>Classes in <b>BLUE</b> qualify for the My Rewards for a Healthy Life Program</div> <div>Classes in <b>GREEN</b> are by appointment and registration only.</div>                                                                                                                                                                                                                                          | <div>Healthy Living Boot Camp 9—10 a.m. <b>1</b></div> <div>Calfresh Application Assistance 9 a.m.—4 p.m.</div> <div>Mommy &amp; Me (0—5 yrs old) 10:30—11:30 a.m.</div> <div>Healthy Eating for a Healthier Weight 12:30—1:30 p.m.</div> <div>Tai Chi 2—3 p.m.</div> <div>Ask the Registered Dietitian 3:30—4:30 p.m.</div> <div>*Homework Support (K-6) 3—4:30 p.m.</div>   | <div>Healthy Living Boot Camp 9—10 a.m. <b>2</b></div> <div>Help Me Grow - Virtual Child Development Class 9:30—11 a.m. Register at <a href="https://bit.ly/3uSHte7">https://bit.ly/3uSHte7</a></div> <div>H.E.A.L. NEVHC Make a Plate w/ Fruits &amp; Veggies 10:30—11:30 a.m.</div> <div>Low-Impact Zumba 12—1 p.m.</div> <div>Breakthrough Parenting 2—3:45 p.m. Spa.</div> <div>The World of Juicing and Salads 2—3:30 p.m. Spa.</div> <div>Zumba 4—5 p.m.</div> | <div>CPR &amp; First Aid (Ages 14+) Register at <a href="http://freecprla.com">freecprla.com</a> 9 a.m.—12 p.m. Eng. <b>3</b></div> <div>Dance Aerobics 12:30—1:30 p.m.</div> <div>Yoga Therapy 2—3 p.m.</div> <div>*Homework Support (K-6) 3—4:30 p.m.</div>            | <div><div>CENTER CLOSED</div></div>   |
| <div>Healthy Living Boot Camp 9—10 a.m. <b>6</b></div> <div>Yoga Therapy 10:30—11:30 a.m.</div> <div>Hillview Mental Health Grief &amp; Loss 12—1 p.m. Eng.</div> <div>Pilates 1:30—2:30 p.m.</div> <div>Breakthrough Parenting Series Virtual 2—4 p.m. Eng.</div> <div>Zumba Steps 4—5 p.m.</div> <div>*Homework Support (K-6) 3—4:30 p.m.</div>             | <div>Healthy Living Boot Camp 9—10 a.m. <b>7</b></div> <div>Yoga Virtual 9—10 a.m.</div> <div>Stretching &amp; Strengthening for Seniors 10:30—11:30 a.m.</div> <div>Low-Impact Zumba 12—1 p.m.</div> <div>Healthy Cooking 1:30—3:30 p.m. Spa.</div> <div>Breakthrough Parenting 2—4 p.m. Eng.</div> <div>Kids Healthy Cooking 4—5 p.m. (5-14 yrs old)</div>                                                  | <div>Healthy Living Boot Camp 9—10 a.m. <b>8</b></div> <div>Calfresh Application Assistance 9 a.m.—4 p.m.</div> <div>Mommy &amp; Me (0—5 yrs old) 10:30—11:30 a.m.</div> <div>Healthy Eating for a Healthier Weight 12:30—1:30 p.m.</div> <div>Tai Chi 2—3 p.m.</div> <div>Ask the Registered Dietitian 3:30—4:30 p.m.</div> <div>*Homework Support (K-6) 3—4:30 p.m.</div>   | <div>Healthy Living Boot Camp 9—10 a.m. <b>9</b></div> <div>H.E.A.L. NEVHC Choosing Healthy Beverages 10:30—11:30 a.m.</div> <div>Low-Impact Zumba 12—1 p.m.</div> <div>The World of Juicing and Salads 2—3:30 p.m. Spa.</div> <div>Breakthrough Parenting 2—3:45 p.m. Spa.</div> <div>Health Screenings-EPDB 3—5 p.m.</div> <div>Zumba 4—5 p.m.</div>                                                                                                               | <div>Support Group for Parents of Children with Special Needs 9:30—11 a.m. <b>10</b></div> <div><div>CENTER CLOSED</div></div> <div>Center Closed for Staff Training 1—5 p.m.</div> | <div><div>CENTER CLOSED</div></div> |
| <div>Healthy Living Boot Camp 9—10 a.m. <b>13</b></div> <div>Yoga Therapy 10:30—11:30 a.m.</div> <div>Hillview Mental Health Problem Solving 12—1 p.m. Eng.</div> <div>Pilates 1:30—2:30 p.m.</div> <div>Breakthrough Parenting Series Virtual 2—4 p.m. Eng.</div> <div>Zumba Steps 4—5 p.m.</div> <div>*Homework Support (K-6) 3—4:30 p.m.</div>             | <div>Healthy Living Boot Camp 9—10 a.m. <b>14</b></div> <div>Stretching &amp; Strengthening for Seniors 10:30—11:30 a.m.</div> <div>Low-Impact Zumba 12—1 p.m.</div> <div>Healthy Cooking 1:30—3:30 p.m. Spa.</div> <div>Breakthrough Parenting 2—4 p.m. Eng.</div> <div>Kids Healthy Cooking 4—5 p.m. (5-14 yrs old)</div>                                                                                   | <div>Healthy Living Boot Camp 9—10 a.m. <b>15</b></div> <div>Calfresh Application Assistance 9 a.m.—4 p.m.</div> <div>Oral Health Workshop 11 a.m.—12 p.m.</div> <div>Mommy &amp; Me (0—5 yrs old) 10:30—11:30 a.m.</div> <div>Healthy Eating for a Healthier Weight 12:30—1:30 p.m.</div> <div>Tai Chi 2—3 p.m.</div> <div>Ask the Registered Dietitian 3:30—4:30 p.m.</div> | <div>Healthy Living Boot Camp 9—10 a.m. <b>16</b></div> <div>H.E.A.L. NEVHC Cutting Back on Salt and Sodium 10:30—11:30 a.m.</div> <div>Low-Impact Zumba 12—1 p.m.</div> <div>Breakthrough Parenting 2—3:45 p.m. Spa.</div> <div>The World of Juicing and Salads 2—3:30 p.m. Spa.</div> <div>Zumba 4—5 p.m.</div>                                                                                                                                                    | <div>CPR &amp; First Aid (Ages 14+) Register at <a href="http://freecprla.com">freecprla.com</a> 9 a.m.—12 p.m. Spa. <b>17</b></div> <div>Dance Aerobics 12:30—1:30 p.m.</div> <div>*Homework Support (K-6) 3—4:30 p.m.</div>                                            | <div><div>CENTER CLOSED</div></div> |
| <div>Healthy Living Boot Camp 9—10 a.m. <b>20</b></div> <div>Yoga Therapy 10:30—11:30 a.m.</div> <div>Hillview Mental Health Setting Goals 12—1 p.m. Eng.</div> <div>Pilates 1:30—2:30 p.m.</div> <div>Breakthrough Parenting Series Virtual 2—4 p.m. Eng.</div> <div>Zumba Steps 4—5 p.m.</div> <div>*Homework Support (K-6) 3—4:30 p.m.</div>               | <div>Healthy Living Boot Camp 9—10 a.m. <b>21</b></div> <div>Yoga Virtual 9—10 a.m.</div> <div>Stretching &amp; Strengthening for Seniors 10:30—11:30 a.m.</div> <div>Low-Impact Zumba 12—1 p.m.</div> <div>Healthy Cooking 1:30—3:30 p.m. Spa.</div> <div>Breakthrough Parenting 2—4 p.m. Eng.</div> <div>Kids Healthy Cooking 4—5 p.m. (5-14 yrs old)</div>                                                 | <div>Healthy Living Boot Camp 9—10 a.m. <b>22</b></div> <div>Calfresh Application Assistance 9 a.m.—4 p.m.</div> <div>Mommy &amp; Me (0—5 yrs old) 10:30—11:30 a.m.</div> <div>Healthy Eating for a Healthier Weight 12:30—1:30 p.m.</div> <div>Tai Chi 2—3 p.m.</div> <div>Ask the Registered Dietitian 3:30—4:30 p.m.</div> <div>*Homework Support (K-6) 3—4:30 p.m.</div>  | <div>Healthy Living Boot Camp 9—10 a.m. <b>23</b></div> <div>Yoga Virtual 9—10 a.m.</div> <div>H.E.A.L. NEVHC Get Physical ! 10:30—11:30 a.m.</div> <div>Low-Impact Zumba 12—1 p.m.</div> <div>Breakthrough Parenting 2—3:45 p.m. Spa.</div> <div>The World of Juicing and Salads 2—3:30 p.m. Spa.</div> <div>Zumba 4—5 p.m.</div>                                                                                                                                   | <div>Managing Medication — EPDB 9—10 a.m. <b>24</b></div> <div>Dance Aerobics 12:30—1:30 p.m.</div> <div>Yoga Therapy 2—3 p.m.</div> <div>*Homework Support (K-6) 3—4:30 p.m.</div>                                                                                      | <div><div>CENTER CLOSED</div></div> |
| <div>Healthy Living Boot Camp 9—10 a.m. <b>27</b></div> <div>Yoga Therapy 10:30—11:30 a.m.</div> <div>Hillview Mental Health Self-Care &amp; Self-Esteem 12—1 p.m. Eng.</div> <div>Pilates 1:30—2:30 p.m.</div> <div>Breakthrough Parenting Series Virtual 2—4 p.m. Eng.</div> <div>Zumba Steps 4—5 p.m.</div> <div>*Homework Support (K-6) 3—4:30 p.m.</div> | <div>Healthy Living Boot Camp 9—10 a.m. <b>28</b></div> <div>Yoga Virtual 9—10 a.m.</div> <div>Health Screening—EPDB 10 a.m.—1 p.m.</div> <div>Stretching &amp; Strengthening for Seniors 10:30—11:30 a.m.</div> <div>Low-Impact Zumba 12—1 p.m.</div> <div>Healthy Cooking 1:30—3:30 p.m. Spa.</div> <div>Breakthrough Parenting 2—4 p.m. Eng.</div> <div>Kids Healthy Cooking 4—5 p.m. (5-14 yrs old)</div> | <div>Healthy Living Boot Camp 9—10 a.m. <b>29</b></div> <div>Calfresh Application Assistance 9 a.m.—4 p.m.</div> <div>Mommy &amp; Me (0—5 yrs old) 10:30—11:30 a.m.</div> <div>Tai Chi 2—3 p.m.</div> <div>*Homework Support (K-6) 3—4:30 p.m.</div>                                                                                                                          | <div>Healthy Living Boot Camp 9—10 a.m. <b>30</b></div> <div>Yoga Virtual 9—10 a.m.</div> <div>H.E.A.L. NEVHC Advocate for Fruits, Veggies, and PA in your Community 10:30—11:30 a.m.</div> <div>Low-Impact Zumba 12—1 p.m.</div> <div>Breakthrough Parenting 2—3:45 p.m. Spa.</div> <div>The World of Juicing and Salads 2—3:30 p.m. Spa.</div> <div>Zumba 4—5 p.m.</div>                                                                                           | <div>Dance Aerobics 12:30—1:30 p.m. <b>31</b></div> <div>Yoga Therapy 2—3 p.m.</div> <div>*Homework Support (K-6) 3—4:30 p.m.</div>                                                                                                                                      | <div><div>CRC YouTube</div></div>   |

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

# Community Resource Center

| LUNES                                                                                                                                                                                                                                                                                                                                   | MARTES                                                                                                                                                                                                                                                                                                                                                                                                                                   | MIÉRCOLES                                                                                                                                                                                                                                                                                                                                                                                                                                               | JUEVES                                                                                                                                                                                                                                                                                                                                                                                        | VIERNES                                                                                                                                                                             | SÁBADO                    |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------|
| <div>Servicios para miembros están disponibles todos los días de 9 a.m.-4 p.m.</div> <div>*Apoyo con la tarea todos los días de 3—4:30 p.m. (K-6)</div>                                                                                                                                                                                 | <div>Las clases en <b>Azul</b> califican para el programa mis recompensas para una vida sana.</div> <div>Las clases en <b>Verde</b> son por cita y registro solamente.</div>                                                                                                                                                                                                                                                             | <div>Boot Camp Para Una Vida Saludable 9—10 a.m. 1</div> <div>Asistencia con la solicitud de CalFresh 9 a.m.—4 p.m.</div> <div>Mami y Yo 10:30—11:30 am (0-5 años)</div> <div>Alimentación saludable para un peso más saludable 12:30—1:30 p.m.</div> <div>Tai Chi 2—3 p.m.</div> <div>Pregúntale a la Dietista Registrada 3:30—4:30 p.m.</div> <div>*Apoyo con la tarea (K-6) 3—4:30 p.m.</div>                                                        | <div>Boot Camp Para Una Vida Saludable 9—10 a.m. 2</div> <div>Clase Sobre Desarrollo Infantil Virtual 9:30—11 a.m. Esp.</div> <div>H.E.A.L NEVHC Hace un plato con frutas y verduras 10:30—11:30 a.m. Esp.</div> <div>Zumba Bajo Impacto 12—1 p.m.</div> <div>Serie Cultivando Familias 2—3:45 p.m. Esp.</div> <div>El Mundo de los Jugos y las Ensaladas 2—3:30 p.m. Esp.</div>              | <div>RCP y Primeros Auxilios 9 a.m.—12p.m. Ing. 3</div> <div>Baile Aeróbico 12:30—1:30 p.m.</div> <div>Yoga Terapia 2—3 p.m.</div> <div>*Apoyo con la tarea (K-6) 3—4:30 p.m.</div> | <div>CENTRO CERRADO</div> |
| <div>Boot Camp Para Una Vida Saludable 9—10 a.m. 6</div> <div>Yoga Terapia 10:30—11:30 a.m.</div> <div>Dolor y Perdida 12—1 p.m. Ing.</div> <div>Pilates 1:30—2:30 p.m.</div> <div>Serie Cultivando Familias Virtual 2—4 p.m. Ing.</div> <div>Pasos de Zumba 4—5 p.m.</div> <div>*Apoyo con la tarea (K-6) 3—4:30 p.m.</div>            | <div>Boot Camp Para Una Vida Saludable 9—10 a.m. 7</div> <div>Yoga Terapia Virtual 9—10 a.m.</div> <div>Estiramiento y Fortalecer para Gente Mayor 10:30—11:30 a.m.</div> <div>Zumba Bajo Impacto 12—1 p.m.</div> <div>Cocinando Saludable 1:30—3:30 p.m. Esp.</div> <div>Serie Cultivando Familias 2—4 p.m. Ing.</div> <div>Cocinando Saludable para Niños 4—5 p.m. (5-14 años)</div>                                                   | <div>Boot Camp Para Una Vida Saludable 9—10 a.m. 8</div> <div>Asistencia con la solicitud de CalFresh 9 a.m.—4 p.m.</div> <div>Mami y Yo 10:30—11:30 am (0-5 años)</div> <div>Alimentation saludable para un peso más saludable 12:30—1:30 p.m.</div> <div>Tai Chi 2—3 p.m.</div> <div>Pregúntale a la Dietista Registrada 3:30—4:30 p.m.</div> <div>*Apoyo con la tarea (K-6) 3—4:30 p.m.</div>                                                        | <div>Boot Camp Para Una Vida Saludable 9—10 a.m. 9</div> <div>H.E.A.L NEVHC Elegir Bebidas Saludables 10:30—11:30 a.m. Esp.</div> <div>Zumba Bajo Impacto 12—1 p.m.</div> <div>Serie Cultivando Familias 2—3:45 p.m. Esp.</div> <div>Exámenes de Salud—EPDB 3—5 p.m.</div> <div>El Mundo de los Jugos y las Ensaladas 2—3:30 p.m. Esp.</div> <div>Zumba 4—5 p.m.</div>                        | <div>Grupo de Apollo para Padres De Niños Con Necesidades Especiales 9:30—11a.m. 10</div> <div>CENTRO CERRADO</div> <div>El centro está cerrado por una reunión 1—5 pm</div>        | <div>CENTRO CERRADO</div> |
| <div>Boot Camp Para Una Vida Saludable 9—10 a.m. 13</div> <div>Yoga Terapia 10:30—11:30 a.m.</div> <div>Resolucion de Problemas 12—1 p.m. Ing.</div> <div>Pilates 1:30—2:30 p.m.</div> <div>Serie Cultivando Familias Virtual 2—4 p.m. Ing.</div> <div>Pasos de Zumba 4—5 p.m.</div> <div>*Apoyo con la tarea (K-6) 3—4:30 p.m.</div>   | <div>Boot Camp Para Una Vida Saludable 9—10 a.m. 14</div> <div>Estiramiento y Fortalecer para Gente Mayor 10:30—11:30 a.m.</div> <div>Zumba Bajo Impacto 12—1 p.m.</div> <div>Cocinando Saludable 1:30—3:30 p.m. Esp.</div> <div>Serie Cultivando Familias 2—4 p.m. Ing.</div> <div>Cocinando Saludable para Niños 4—5 p.m. (5-14 años)</div>                                                                                            | <div>Boot Camp Para Una Vida Saludable 9—10 a.m. 15</div> <div>Asistencia con la solicitud de CalFresh 9 a.m.—4 p.m.</div> <div>Taller Sobre La Salud Oral 11 a.m.—12 p.m.</div> <div>Mami y Yo 10:30—11:30 am (0-5 años)</div> <div>Alimentación saludable para un peso más saludable 12:30—1:30 p.m.</div> <div>Tai Chi 2—3 p.m.</div> <div>Pregúntale a la Dietista Registrada 3:30—4:30 p.m.</div> <div>*Apoyo con la tarea (K-6) 3—4:30 p.m.</div> | <div>Boot Camp Para Una Vida Saludable 9—10 a.m. 16</div> <div>H.E.A.L NEVHC Reducir el consumo de sal y sodio 10:30—11:30 a.m. Esp.</div> <div>Zumba Bajo Impacto 12—1 p.m.</div> <div>Serie Cultivando Familias 2—3:45 p.m. Esp.</div> <div>El Mundo de los Jugos y las Ensaladas 2—3:30 p.m. Esp.</div> <div>Zumba 4—5 p.m.</div>                                                          | <div>RCP y Primeros Auxilios 9 a.m.—12 p.m. ESP. 17</div> <div>Baile Aeróbico 12:30—1:30 p.m.</div> <div>*Apoyo con la tarea (K-6) 3—4:30 p.m.</div>                                | <div>CENTRO CERRADO</div> |
| <div>Boot Camp Para Una Vida Saludable 9—10 a.m. 20</div> <div>Yoga Terapia 10:30—11:30 a.m.</div> <div>Establecer Metas 12—1 p.m. Ing.</div> <div>Pilates 1:30—2:30 p.m.</div> <div>Serie Cultivando Familias Virtual 2—4 p.m. Ing.</div> <div>Pasos de Zumba 4—5 p.m.</div> <div>*Apoyo con la tarea (K-6) 3—4:30 p.m.</div>          | <div>Boot Camp Para Una Vida Saludable 9—10 a.m. 21</div> <div>Yoga Terapia Virtual 9—10 a.m.</div> <div>Estiramiento y Fortalecer para Gente Mayor 10:30—11:30 a.m.</div> <div>Zumba Bajo Impacto 12—1 p.m.</div> <div>Cocinando Saludable 1:30—3:30 p.m. Esp.</div> <div>Serie Cultivando Familias 2—4 p.m. Ing.</div> <div>Cocinando Saludable para Niños 4—5 p.m. (5-14 años)</div>                                                  | <div>Boot Camp Para Una Vida Saludable 9—10 a.m. 22</div> <div>Asistencia con la solicitud de CalFresh 9 a.m.—4 p.m.</div> <div>Mami y Yo 10:30—11:30 am (0-5 años)</div> <div>Alimentación saludable para un peso más saludable 12:30—1:30 p.m.</div> <div>Tai Chi 2—3 p.m.</div> <div>Pregúntale a la Dietista Registrada 3:30—4:30 p.m.</div> <div>*Apoyo con la tarea (K-6) 3—4:30 p.m.</div>                                                       | <div>Boot Camp Para Una Vida Saludable 9—10 a.m. 23</div> <div>Yoga Terapia Virtual 9—10 a.m.</div> <div>H.E.A.L NEVHC ¡Ponte Físico! 10:30—11:30 a.m. Esp.</div> <div>Zumba Bajo Impacto 12—1 p.m.</div> <div>Serie Cultivando Familias 2—3:45 p.m. Esp.</div> <div>El Mundo de los Jugos y las Ensaladas 2—3:30 p.m. Esp.</div> <div>Zumba 4—5 p.m.</div>                                   | <div>Manejo de Medicamentos EPDB 9—10 a.m. 24</div> <div>Baile Aeróbico 12:30—1:30 p.m.</div> <div>Yoga Terapia 2—3 p.m.</div> <div>*Apoyo con la tarea (K-6) 3—4:30 p.m.</div>     | <div>CENTRO CERRADO</div> |
| <div>Boot Camp Para Una Vida Saludable 9—10 a.m. 27</div> <div>Yoga Terapia 10:30—11:30 a.m.</div> <div>Auto cuidado y Autoestima 12—1 p.m. Ing.</div> <div>Pilates 1:30—2:30 p.m.</div> <div>Serie Cultivando Familias Virtual 2—4 p.m. Ing.</div> <div>Pasos de Zumba 4—5 p.m.</div> <div>*Apoyo con la tarea (K-6) 3—4:30 p.m.</div> | <div>Boot Camp Para Una Vida Saludable 9—10 a.m. 28</div> <div>Yoga Terapia Virtual 9—10 a.m.</div> <div>Exámenes de Salud—EPDB 10 a.m.—1 p.m.</div> <div>Estiramiento y Fortalecer para Gente Mayor 10:30—11:30 a.m.</div> <div>Zumba Bajo Impacto 12—1 p.m.</div> <div>Cocinando Saludable 1:30—3:30 p.m. Esp.</div> <div>Serie Cultivando Familias 2—4 p.m. Ing.</div> <div>Cocinando Saludable para Niños 4—5 p.m. (5-14 años)</div> | <div>Boot Camp Para Una Vida Saludable 9—10 a.m. 29</div> <div>Asistencia con la solicitud de CalFresh 9 a.m.—4 p.m.</div> <div>Mami y Yo 10:30—11:30 am (0-5 años)</div> <div>Tai Chi 2—3 p.m.</div> <div>*Apoyo con la tarea (K-6) 3—4:30 p.m.</div>                                                                                                                                                                                                  | <div>Boot Camp Para Una Vida Saludable 9—10 a.m. 30</div> <div>Yoga Terapia Virtual 9—10 a.m.</div> <div>H.E.A.L NEVHC Abogue por las frutas y verduras en su comunidad 10:30—11:30 a.m. Esp.</div> <div>Zumba Bajo Impacto 12—1 p.m.</div> <div>Serie Cultivando Familias 2—3:45 p.m. Esp.</div> <div>El Mundo de los Jugos y las Ensaladas 2—3:30 p.m. Esp.</div> <div>Zumba 4—5 p.m.</div> | <div>Baile Aeróbico 12:30—1:30 p.m. 31</div> <div>Yoga Terapia 2—3 p.m.</div> <div>*Apoyo con la tarea (K-6) 3—4:30 p.m.</div>                                                      | <div>CRC YouTube</div>    |

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