



# POMONA MARCH 2023

## 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>	<b>Zumba</b> 9:30-10:30am <b>Yoga</b> 10:30-11:30am <b>Healthy Juicing</b> 2-3pm <b>Kids Fitness</b> 3-4pm <b>Treatment and Recovery from Depression</b> 3-4pm ESP <b>Boot Camp</b> 4-4:45pm <b>Kids Cardiovascular Health</b> 4-4:45pm	<b>Circuit Training for Older Adults</b> 9:15-10:15am <b>Healthy Cooking</b> 10:30am-12:00pm <b>CPR/First Aid</b> 12-3pm ENG <b>Vinyasa Yoga</b> 3-4pm <b>Zumba</b> 4-4:45pm	<b>Boot Camp</b> 9-10am <b>Zumba</b> 11:30am-12:30pm <b>Vinyasa Yoga</b> 3-4pm <b>Family Dance Class</b> 4-4:45pm	
<b>Zumba</b> 9:30-10:30am <b>Yoga</b> 10:30-11:30am <b>Zumba</b> 2-3pm <b>Prenatal Yoga</b> 3-4pm <b>Boot Camp</b> 4-4:45pm	<b>Circuit Training for Older Adults</b> 9:15-10:15am <b>Healthy Cooking</b> 10:30-12:00pm <b>HIIT</b> 4-4:45pm	<b>Zumba</b> 9:30-10:30am <b>Yoga</b> 10:30-11:30am <b>Healthy Juicing</b> 2-3pm <b>Kids Fitness</b> 3-4pm <b>Impact of Addiction and Mental Wellness</b> 3-4pm ESP <b>Boot Camp</b> 4-4:45pm <b>Kids Anatomy</b> 4-4:45pm	<b>Circuit Training for Older Adults</b> 9:15-10:15am <b>Healthy Cooking</b> 10:30-12:00pm <b>Vinyasa Yoga</b> 3-4pm <b>Zumba</b> 4-4:45pm	<b>Boot Camp</b> 9-10am <b>Zumba</b> 11:30-12:30pm <b>Vinyasa Yoga</b> 3-4pm <b>Family Dance Class</b> 4-4:45pm	
<b>Zumba</b> 9:30-10:30am <b>Yoga</b> 10:30-11:30am <b>Prenatal Yoga</b> 3-4pm <b>Boot Camp</b> 4-4:45pm	<b>Circuit Training for Older Adults</b> 9:15-10:15am <b>Healthy Cooking</b> 10:30am-12:00pm <b>HIIT</b> 4-4:45pm	<b>RCAC Meeting</b> 10am-12:30pm <b>Yoga</b> 10:30-11:30am <b>Healthy Juicing</b> 2-3pm <b>Kids Fitness</b> 3-4pm <b>Suicide Prevention and Resilience</b> 3-4pm ESP <b>Boot Camp</b> 4-4:45pm <b>Kids Mental Health</b> 4-4:45pm	<b>Circuit Training for Older Adults</b> 9:15-10:15am <b>Healthy Cooking</b> 10:30am-12:00pm <b>CPR/First Aid</b> 12-3pm ESP <b>Vinyasa Yoga</b> 3-4pm <b>Zumba</b> 4-4:45pm	<b>Boot Camp</b> 9-10am <b>Zumba</b> 11:30-12:30pm <b>Vinyasa Yoga</b> 3-4pm <b>Family Dance Class</b> 4-4:45pm	
<b>Zumba</b> 9:30-10:30am <b>Yoga</b> 10:30-11:30am <b>Prenatal Yoga</b> 3-4pm <b>Boot Camp</b> 4-4:45pm	<b>Circuit Training for Older Adults</b> 9:15-10:15am <b>Healthy Cooking</b> 10:30am-12:00pm <b>HIIT</b> 4-4:45pm	<b>Zumba</b> 9:30-10:30am <b>Yoga</b> 10:30-11:30am <b>Healthy Juicing</b> 2-3pm <b>Kids Fitness</b> 3-4pm <b>Childhood Behaviors and Disorders</b> 3-4pm ESP <b>Boot Camp</b> 4-4:45pm <b>Kids Nutrition</b> 4-4:45pm	<b>Circuit Training for Older Adults</b> 9:15-10:15am <b>Healthy Cooking</b> 10:30am-12:00pm <b>Vinyasa Yoga</b> 3-4pm <b>Zumba</b> 4-4:45pm	<b>Boot Camp</b> 9-10am <b>Zumba</b> 11:30am-12:30pm <b>Vinyasa Yoga</b> 3-4pm <b>Family Dance Class</b> 4-4:45pm	
<b>Zumba</b> 9:30-10:30am <b>Yoga</b> 10:30-11:30am <b>Prenatal Yoga</b> 3-4pm <b>Boot Camp</b> 4-4:45pm	<b>Circuit Training for Older Adults</b> 9:15-10:15am <b>Healthy Cooking</b> 10:30am-12:00pm <b>HIIT</b> 4-4:45pm	<b>Zumba</b> 9:30-10:30am <b>Yoga</b> 10:30-11:30am <b>Healthy Juicing</b> 2-3pm <b>Kids Fitness</b> 3-4pm <b>Treatment and Recovery from Anxiety</b> 3-4pm ESP <b>Boot Camp</b> 4-4:45pm <b>Kids Hygiene</b> 4-4:45pm	<b>Circuit Training for Older Adults</b> 9:15-10:15am <b>Healthy Cooking</b> 10:30am-12:00pm <b>Vinyasa Yoga</b> 3-4pm <b>Zumba</b> 4-4:45pm	<b>Boot Camp</b> 9-10am <b>Zumba</b> 11:30am-12:30pm <b>Food Pantry</b> 12-4pm <b>Vinyasa Yoga</b> 3-4pm <b>Family Dance Class</b> 4-4:45pm	

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: 9am - 5pm  
Saturday: Closed

**909.620.1661**  
activehealthyinformed.org



Community Resource Center

Table with 7 columns (LUNES to SÁBADO) and 6 rows of activities. Includes a note about class eligibility (Azul/Verde) and a 'CENTRO CERRADO' icon on Saturdays.

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: 9am - 5pm
Sábado: Cerrado

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