



POMONA
JUNE
2023

Community Resource Center

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Classes in BLUE qualify for the My Rewards for a Healthy Life Program Classes in GREEN are by appointment and registration only.	CENTER SERVICES Member Services Enrollment Services* • Medi-cal, MediCare, Covered California, & CalFresh New Member Orientation *Contact Center for Availability of Services ALL SERVICES AND CLASSES ARE FREE FOR EVERYONE!		Circuit Training 9:15-10:15am Healthy Cooking 10:30am-12pm CPR/First Aid 12-3pm ENG Vinyasa Yoga 3-4pm Family Folklorico 4-4:45pm	Boot Camp 9-10am Zumba 11:30am-12:30pm Family Yoga 2-3pm VinyasaYoga 3-4pm Family Dance Class 4-4:45pm	CENTER CLOSED
Zumba 9:30-10:30am Yoga 10:45-11:45am Mommy Yoga 3-4pm Boot Camp 4-4:45pm	Circuit Training 9:15-10:15am Healthy Cooking 10:30am-12pm Healthy Juicing 12:30-2pm Family Cooking 2-3:30pm HIIT 4-4:45 pm	Zumba 9:30-10:30am Yoga 10:45-11:45am Kids Fitness 3-4pm Bullying Prevention 3-4pm ESP Boot Camp 4-4:45pm Kids Mental Health 4-4:45pm	Circuit Training 9:15-10:15am Healthy Cooking 10:30am-12pm Vinyasa Yoga 3-4pm Family Folklorico 4-4:45pm	Boot Camp 9-10am Zumba 11:30-12:30pm Family Movie 1-4pm Family Dance Class 4-4:45pm	CENTER CLOSED
Zumba 9:30-10:30am Yoga 10:45-11:45am Mommy Yoga 3-4pm Boot Camp 4-4:45pm	Circuit Training 9:15-10:15am Healthy Cooking 10:30am-12pm Healthy Juicing 12:30-2pm Family Cooking 2-3:30pm HIIT 4-4:45 pm	Zumba 9:30-10:30 Yoga 10:45-11:45am Mini Library Grand Opening 1-3pm Kids Fitness 3-4pm Family Violence Awareness 3-4pm ESP Boot Camp 4-4:45pm Kids Nutrition 4-4:45pm	Help Me Grow 9-11am ESP Healthy Cooking 10:30am-12pm CPR/First Aid 12-3pm ESP Vinyasa Yoga 3-4pm Family Folklorico 4-4:45pm	Boot Camp 9-10am Zumba 11:30am-12:30pm Family Yoga 2-3pm VinyasaYoga 3-4pm Family Dance Class 4-4:45pm	CENTER CLOSED
JUNETEENTH NATIONAL INDEPENDENCE DAY CENTER CLOSED	Circuit Training 9:15-10:15am Healthy Cooking 10:30am-12pm Healthy Juicing 12:30-2pm Family Cooking 2-3:30pm HIIT 4-4:45pm	Zumba 9:30-10:30am Yoga 10:45-11:45am Kids Fitness 3-4pm Child Abuse Prevention 3-4pm ESP Boot Camp 4-4:45pm Kids Cardiovascular 4-4:45pm	Circuit Training 9:15-10:15am Healthy Cooking 10:30am-12pm Vinyasa Yoga 3-4pm Family Folklorico 4-4:45pm	Boot Camp 9-10am Zumba 11:30am-12:30pm Family Yoga 2-3pm Vinyasa Yoga 3-4pm Family Dance Class 4-4:45pm	CENTER CLOSED
Zumba 9:30-10:30am Yoga 10:45-11:45am Mommy Yoga 3-4pm Boot Camp 4-4:45pm	Circuit Training 9:15-10:15am Healthy Cooking 10:30am-12pm Healthy Juicing 12:30-2pm Family Cooking 2-3:30pm HIIT 4-4:45pm	Zumba 9:30-10:30am Yoga 10:45-11:45am Kids Fitness 3-4pm Understanding Childhood Behaviors and Disorders 3-4pm ESP Boot Camp 4-4:45pm Kids Hygiene 4-4:45pm	Circuit Training 9:15-10:15am Healthy Cooking 10:30am-12pm Vinyasa Yoga 3-4pm Family Folklorico 4-4:45pm	Boot Camp 9-10am Zumba 11:30am-12:30pm Food Pantry 12-4pm Vinyasa Yoga 3-4pm Family Dance Class 4-4:45pm	CRC Website

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



Community Resource Center

LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO
AZUL Califican para el programa mis recompensas para una vida sana. VERDE Por cita y registro solamane.ete. GRIS Virtual. Porfavor llame al centro para registrarse.	SERVICIOS DEL CENTRO - Servicios a los miembros - Servicios de Inscripción* • Medi-cal, MediCare, Covered California, y Calfresh Orientación para nuevos miembros *Comuniquese con el Centro para disponibilidad de Servicios TODOS LOS SERVICIOS Y LAS CLASES SON GRATIS ¡PARA TODOS!		Entrenamiento Circuito 9:15-10:15am Cocina Saludable 10:30am-12pm RCP/Primeros Auxilios 12-3pm ENG Vinyasa Yoga 3-4pm Folklorico en Familia 4-4:45pm 1	Boot Camp 9-10am Zumba 11:30am-12:30pm Yoga en Familia 2-3pm Vinyasa Yoga 3-4pm Clase de Baile Familiar 4-4:45pm 2	3
Zumba 9:30-10:30am Yoga 10:45-11:45am Yoga Para Mamas 3-4pm Boot Camp 4-4:45pm 5	Entrenamiento Circuito 9:15-10:15am Cocina Saludable 10:30am-12pm Jugos Saludables 12:30-2pm Cocina en Familia 2-3:30pm HIIT 4-4:45pm 6	Zumba 9:30-10:30am Yoga 10:45-11:45am Cardio Para Niños 3-4pm Prevencion de acoso 3-4pm ESP Boot Camp 4-4:45pm Salud Mental Para Niños 4-4:45pm 7	Entrenamiento Circuito 9:15-10:15am Cocina Saludable 10:30am-12pm Vinyasa Yoga 3-4pm Folklorico en Familia 4-4:45pm 8	Boot Camp 9-10am Zumba 11:30am-12:30pm Pelicula en Familia 1-4pm Clase de Baile Familiar 4-4:45pm 9	10
Zumba 9:30-10:30am Yoga 10:45-11:45am Yoga Para Mamas 3-4pm Boot Camp 4-4:45pm 12	Entrenamiento Circuito 9:15-10:15am Cocina Saludable 10:30am-12pm Jugos Saludables 12:30-2pm Cocina en Familia 2-3:30pm HIIT 4-4:45pm 13	Zumba 10am-12:30pm Yoga 10:45-11:45am Gran Inauguracion de Mini Biblioteca 1-3pm Cardio Para Niños 3-4pm Violencia Familiar 3-4pm ESP Boot Camp 4-4:45pm Nutrición de Niños 4-4:45pm 14	Ayúdame a Crecer 9-11am ESP Cocina Saludable 10:30am-12pm RCP/Primeros Auxilios 12-3pm ESP Vinyasa Yoga 3-4pm Folklorico en Familia 4-4:45pm 15	Boot Camp 9-10am Zumba 11:30am-12:30pm Yoga en Familia 2-3pm Vinyasa Yoga 3-4pm Clase de Baile Familiar 4-4:45pm 16	17
JUNETEENTH DÍA DE LA INDEPENDENCIA NACIONAL CENTRO CERRADO 19	Entrenamiento Circuito 9:15-10:15am Cocina Saludable 10:30am-12pm Jugos Saludables 12:30-2pm Cocina en Familia 2-3:30pm HIIT 4-4:45pm 20	Zumba 9:30-10:30am Yoga 10:45-11:45am Cardio Para Niños 3-4pm Prevencion del Abuso Infantil 3-4pm ESP Boot Camp 4-4:45pm Salud Cardiovascular Para Niños 4-4:45pm 21	Entrenamiento Circuito 9:15-10:15am Cocina Saludable 10:30am-12pm Vinyasa Yoga 3-4pm Folklorico en Familia 4-4:45pm 22	Boot Camp 9-10am Zumba 11:30am-12:30pm Yoga en Familia 2-3pm Vinyasa Yoga 3-4pm Clase de Baile Familiar 4-4:45pm 23	24
Zumba 9:30-10:30am Yoga 10:45-11:45am Yoga Para Mamas 3-4pm Boot Camp 4-4:45pm 26	Entrenamiento Circuito 9:15-10:15am Cocina Saludable 10:30am-12pm Jugos Saludables 12:30-2pm Cocina en Familia 2-3:30pm HIIT 4-4:45pm 27	Zumba 9:30-10:30am Yoga 10:45-11:45am Cardio Para Niños 3-4pm Trastornoes de Menores 3-4pm ESP Boot Camp 4-4:45pm Higiene Para Niños 4-4:45pm 28	Entrenamiento Circuito 9:15-10:15am Cocina Saludable 10:30am-12pm Vinyasa Yoga 3-4pm Folklorico en Familia 4-4:45pm 29	Boot Camp 9-10am Zumba 11:30am-12:30pm Despensa de Alimentos 12-4pm Vinyasa Yoga 3-4pm Clase de Baile Familiar 4-4:45pm 30	

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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