



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!	CRC Website	CalFresh Application Assistance 9:30 a.m. - 4:30 p.m. Korean - Developmental Screenings 9:30 a.m. - 4:00 p.m. Low Impact Zumba (14+) 9:00 a.m. - 10:00 a.m. Cardio & Toning (14+) 10:10 a.m. - 11:10 a.m. Dance Aerobics (Beginner) (14+) 11:25 a.m. - 12:15 p.m. Dance Aerobics (Intermediate)(14+) 12:25 p.m. - 1:20 p.m. Spanish - Healthy Living: Weight Management (18+) 2:00 p.m. - 3:00 p.m. Zumba (14+) 3:30 p.m. - 4:30 p.m. English - Let's Get Cooking for Kids (5-13) 3:30 p.m. - 4:30 p.m.	Restorative Yin Yoga 12:30 p.m. - 1:30 p.m. Medi-Cal & Covered CA Enrollment Services 9:00 a.m. - 5:00 p.m. Member Services 9:00 a.m. - 4:00 p.m. L.A. Care Member Orientation 10:00 a.m. - 4:00 p.m.	CENTER CLOSED
English - CPR & First Aid (14+) 2:00 p.m. - 5:00 p.m. Meditation (18+) 2:30 p.m. - 3:30 p.m. Medi-Cal & Covered CA Enrollment Services 9:00 a.m. - 5:00 p.m. Member Services 9:00 a.m. - 4:00 p.m.	Medi-Cal & Covered CA Enrollment Services 9:00 a.m. - 5:00 p.m. Gentle Yoga 9:15 a.m. - 10:15 a.m. Active Yoga 10:30 a.m. - 11:30 a.m. Spanish - Live Healthy with Diabetes (2 of 4) 2:15 p.m. - 3:30 p.m. Homework Help (K - 8th) 3:30 p.m. - 5:00 p.m.	Spanish - Healthy Living: Personal Development 9:15 a.m. - 10:15 a.m. Pre & Postnatal Yoga 9:45 a.m. - 10:45 a.m. Spanish - Healthy Living: Cooking Matters (14+) 10:45 a.m. - 12:15 p.m. Healthy Living: Weight Training (14+) 12:30 p.m. - 1:30 p.m.	CalFresh Application Assistance 9:30 a.m. - 4:30 p.m. Korean - Developmental Screenings 9:30 a.m. - 4:00 p.m. Low Impact Zumba (14+) 9:00 a.m. - 10:00 a.m. Cardio & Toning (14+) 10:10 a.m. - 11:10 a.m. Dance Aerobics (Beginner) (14+) 11:25 a.m. - 12:15 p.m. Dance Aerobics (Intermediate)(14+) 12:25 p.m. - 1:20 p.m. Spanish - Healthy Living: Weight Management (18+) 2:00 p.m. - 3:00 p.m. Zumba (14+) 3:30 p.m. - 4:30 p.m. English - Let's Get Cooking for Kids (5-13) 3:30 p.m. - 4:30 p.m.	Restorative Yin Yoga 12:30 p.m. - 1:30 p.m. Medi-Cal & Covered CA Enrollment Services 9:00 a.m. - 5:00 p.m. Member Services 9:00 a.m. - 4:00 p.m. L.A. Care Member Orientation 10:00 a.m. - 4:00 p.m.	CENTER CLOSED
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Healthy Eating Resource Fair 10:00 a.m. *Receive a \$20 Gift Card, while supplies last Meditation (18+) 2:30 p.m. - 3:30 p.m. Medi-Cal & Covered CA Enrollment Services 9:00 a.m. - 5:00 p.m. Member Services 9:00 a.m. - 4:00 p.m.	Medi-Cal & Covered CA Enrollment Services 9:00 a.m. - 5:00 p.m. Gentle Yoga 9:15 a.m. - 10:15 a.m. Active Yoga 10:30 a.m. - 11:30 a.m. Spanish - Live Healthy with Diabetes (1 of 4) 2:15 p.m. - 3:30 p.m. Homework Help (K - 8th) 3:30 p.m. - 5:00 p.m.	Spanish - Healthy Living: Personal Development 9:15 a.m. - 10:15 a.m. Pre & Postnatal Yoga 9:45 a.m. - 10:45 a.m. Spanish - Healthy Living: Cooking Matters (14+) 10:45 a.m. - 12:15 p.m. Healthy Living: Weight Training (14+) 12:30 p.m. - 1:30 p.m. Tenants Rights Legal Clinic 4:30 p.m. - 7:00 p.m.	CalFresh Application Assistance 9:30 a.m. - 4:30 p.m. Korean - Developmental Screenings 9:30 a.m. - 4:00 p.m. Low Impact Zumba (14+) 9:00 a.m. - 10:00 a.m. Cardio & Toning (14+) 10:10 a.m. - 11:10 a.m. Dance Aerobics (Beginner) (14+) 11:25 a.m. - 12:15 p.m. Dance Aerobics (Intermediate)(14+) 12:25 p.m. - 1:20 p.m. Spanish - Healthy Living: Weight Management (18+) 2:00 p.m. - 3:00 p.m. Zumba (14+) 3:30 p.m. - 4:30 p.m. English - Let's Get Cooking for Kids (5-13) 3:30 p.m. - 4:30 p.m.		

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



1233 S. Western Ave.

Los Angeles, CA 90006



CENTER HOURS:

Monday - Friday: 9 a.m. - 5 p.m.

Saturday: CLOSED



213.428.1457

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 solamanete. 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 *Comuníquese con el Centro para disponibilidad de Servicios TODOS LOS SERVICIOS Y LAS CLASES SON GRATIS ¡PARA TODOS!	CRC Sitio de Web	Asistencia para Aplicaciones de CalFresh9:30 a.m. - 4:30 p.m. Coreano - Exámenes de Desarrollo9:30 a.m. - 4:00 p.m. Bajo Impacto Zumba (14+)9:00 a.m. - 10:00 a.m. Cardio y Tonificación (14+)10:10 a.m. - 11:10 a.m. Baile Aerobico (Principantes) (14+)11:25 a.m. - 12:15 p.m. Baile Aerobico (Intermediante) (14+)12:25 p.m. - 1:20 p.m. Español - Vida Sana: Control de Peso (18+) 2:00 p.m. - 3:00 p.m. Zumba (14+) 3:30 p.m.-4:30 p.m. Inglés - Vamos a Cocinar para Niños (5-13) 3:30 p.m. - 4:30 p.m.	Yin Yoga Restaurativo12:30 p.m. - 1:30 p.m. Servicios de Inscripción para Medi-Cal y Covered CA9:00 a.m. - 5:00 p.m. Servicio para Miembros9:00 a.m. - 4:00 p.m. Orientación para Miembros de L.A. Care10:00 a.m. - 4:00 p.m.	
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DÍA DE LOS PRESIDENTES CENTRO CERRADO	Servicios de Inscripción para Medi-Cal y Covered CA9:00 a.m. - 5:00 p.m. Yoga Suave9:15 a.m. - 10:15 a.m. Yoga Activo10:30 a.m. - 11:30 a.m. Español - Vivir Bien con Diabetes (4 de 4)2:15 p.m. - 3:30 p.m.	Español - Vida Sana: Superación Personal9:15 a.m. - 10:15 a.m. Yoga Pre y Postnatal9:45 a.m. - 10:45 a.m. Español - Vida Sana: En la Cocina(14+)10:45 a.m. - 12:15 p.m. Vida Sana: Ejercicio de Resistencia (14+)12:30 p.m. - 1:30 p.m.	Asistencia para Aplicaciones de CalFresh9:30 a.m. - 4:30 p.m. Coreano - Exámenes de Desarrollo9:30 a.m. - 4:00 p.m. Bajo Impacto Zumba (14+)9:00 a.m. - 10:00 a.m. Cardio y Tonificación (14+)10:10 a.m. - 11:10 a.m. Baile Aerobico (Principantes) (14+)11:25 a.m. - 12:15 p.m. Baile Aerobico (Intermediante) (14+)12:25 p.m. - 1:20 p.m. Español - Vida Sana: Control de Peso (18+) 2:00 p.m. - 3:00 p.m. Zumba (14+) 3:30 p.m.-4:30 p.m. Inglés - Vamos a Cocinar para Niños (5-13) 3:30 p.m. - 4:30 p.m.	Yin Yoga Restaurativo12:30 p.m. - 1:30 p.m. Servicios de Inscripción para Medi-Cal y Covered CA9:00 a.m. - 5:00 p.m. Servicio para Miembros9:00 a.m. - 4:00 p.m. Orientación para Miembros de L.A. Care10:00 a.m. - 4:00 p.m.	
Feria de Recursos de Alimentos Saludable10:00 a.m. *Reciba una tarjeta de regalo de \$20, hasta agotar existencias Meditacion2:30 p.m. - 3:30 p.m. Servicios de Inscripción para Medi-Cal y Covered CA1:00 p.m. - 5:00 p.m. Servicio para Miembros9:00 a.m. - 4:00 p.m.	Servicios de Inscripción para Medi-Cal y Covered CA9:00 a.m. - 5:00 p.m. Yoga Suave9:15 a.m. - 10:15 a.m. Yoga Activo10:30 a.m. - 11:30 a.m. Español - Vivir Bien con Diabetes (1 de 4)2:15 p.m. - 3:30 p.m. Ayuda con la Tareas (K - 8th)3:30 p.m. - 5:00 p.m.	Español - Vida Sana: Superación Personal9:15 a.m. - 10:15 a.m. Yoga Pre y Postnatal9:45 a.m. - 10:45 a.m. Español - Vida Sana: En la Cocina(14+)10:45 a.m. - 12:15 p.m. Vida Sana: Ejercicio de Resistencia (14+)12:30 p.m. - 1:30 p.m. Clinica Legal de Derechos del Inquilino 4:30 p.m. - 7:00 p.m.	Asistencia para Aplicaciones de CalFresh9:30 a.m. - 4:30 p.m. Coreano - Exámenes de Desarrollo9:30 a.m. - 4:00 p.m. Bajo Impacto Zumba (14+)9:00 a.m. - 10:00 a.m. Cardio y Tonificación (14+)10:10 a.m. - 11:10 a.m. Baile Aerobico (Principantes) (14+)11:25 a.m. - 12:15 p.m. Baile Aerobico (Intermediante) (14+)12:25 p.m. - 1:20 p.m. Español - Vida Sana: Control de Peso (18+) 2:00 p.m. - 3:00 p.m. Zumba (14+) 3:30 p.m.-4:30 p.m. Inglés - Vamos a Cocinar para Niños (5-13) 3:30 p.m. - 4:30 p.m.		

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



1233 S. Western Ave.
Los Angeles, CA 90006



HORARIO DEL CENTRO:

Lunes a Viernes: 9 a.m. - 5 p.m.

Sábado: Cerrado



213.428.1457

CommunityResourceCenterLA.org