



POMONA FEBRUARY 2024

Community Resource Center

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>CENTER SERVICES</p> <ul style="list-style-type: none"> - Member Services - Enrollment Services* <ul style="list-style-type: none"> • Medi-cal, MediCare, Covered California, & CalFresh - New Member Orientation <p>*Contact Center for Availability of Services</p> <p>ALL SERVICES AND CLASSES ARE FREE FOR EVERYONE!</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>CRC Website</p>	<p>Circuit Training 9:15-10:15am</p> <p>Healthy Cooking 10:30am-12pm</p> <p>CPR/First Aid Register at freecprla.com</p> <p>12-3pm ENG</p> <p>Vinyasa Yoga 3-4pm</p>	<p>Boot Camp 9-10am</p> <p>Zumba 10-11am</p> <p>Vinyasa Yoga 3-4pm</p> <p>Kids Dance Class 4-5pm</p>	 <p>CENTER CLOSED</p>
<p>Zumba 9:30-10:30am</p> <p>Yoga 10:45-11:45am</p> <p>Mommy Yoga 10:45-11:45</p> <p>Meditation 12-1pm</p> <p>Boot Camp 4-5pm</p>	<p>Circuit Training 9:15-10:15am</p> <p>Healthy Cooking 10:30am-12pm</p> <p>Healthy Juicing 12:30-2pm</p> <p>Zumba 3-4pm</p> <p>HIIT 4-5pm</p>	<p>Zumba 9:30-10:30am</p> <p>Yoga 10:45-11:45am</p> <p>Kids Fitness 3-4pm</p> <p>Mental Health and Stigma 3-4pm ESP</p> <p>Boot Camp 4-5pm</p> <p>Kid's Health Education 4-5pm</p>	<p>Circuit Training 9:15-10:15am</p> <p>Healthy Cooking 10:30am-12pm</p> <p>New Member Orientation 12-12:30pm</p> <p>Vinyasa Yoga 3-4pm</p> <p>Asthma Education 4-5pm ESP</p> <p>Teen Fitness & Wellness 4-5pm</p>	<p>Boot Camp 9-10am</p> <p>Zumba 10-11am</p> <p>Vinyasa Yoga 3-4pm</p> <p>Kids Dance Class 4-5pm</p>	 <p>CENTER CLOSED</p>
<p>Zumba 9:30-10:30am</p> <p>Yoga 10:45-11:45am</p> <p>Mommy Yoga 10:45-11:45</p> <p>Meditation 12-1pm</p> <p>Boot Camp 4-5pm</p>	<p>Circuit Training 9:15-10:15am</p> <p>Healthy Cooking 10:30am-12pm</p> <p>Healthy Juicing 12:30-2pm</p> <p>Zumba 3-4pm</p> <p>HIIT 4-5pm</p>	<p>Zumba 9:30-10:30am</p> <p>Yoga 10:45-11:45am</p> <p>Kids Fitness 3-4pm</p> <p>Grief, Loss, and Resilience 3-4pm ESP</p> <p>Boot Camp 4-5pm</p> <p>Kid's Health Education 4-5pm</p>	<p>Circuit Training 9:15-10:15am</p> <p>Healthy Cooking 10:30am-12pm</p> <p>CPR/First Aid Register at freecprla.com</p> <p>12-3pm ESP</p> <p>Vinyasa Yoga 3-4pm</p>	<p>Boot Camp 9-10am</p> <p>Zumba 10-11am</p> <p>Vinyasa Yoga 3-4pm</p> <p>Kids Dance Class 4-5pm</p>	 <p>CENTER CLOSED</p>
 <p>PRESIDENT'S DAY</p> <p>CENTER CLOSED</p>	<p>Circuit Training 9:15-10:15am</p> <p>Healthy Cooking 10:30am-12pm</p> <p>Healthy Juicing 12:30-2pm</p> <p>Zumba 3-4pm</p> <p>HIIT 4-5pm</p>	<p>Zumba 9:30-10:30am</p> <p>Yoga 10:45-11:45am</p> <p>Kids Fitness 3-4pm</p> <p>Suicide Prevention and Resilience 3-4pm ESP</p> <p>Boot Camp 4-5pm</p> <p>Kid's Health Education 4-5pm</p>	<p>Circuit Training 9:15-10:15am</p> <p>Healthy Cooking 10:30am-12pm</p> <p>Vinyasa Yoga 3-4pm</p> <p>Teen Fitness & Wellness 4-5pm</p>	<p>Boot Camp 9-10am</p> <p>Zumba 10-11am</p> <p>Food Pantry 2-4pm New Hours</p>	 <p>CENTER CLOSED</p>
<p>Zumba 9:30-10:30am</p> <p>Yoga 10:45-11:45am</p> <p>Mommy Yoga 10:45-11:45</p> <p>Meditation 12-1pm</p> <p>Boot Camp 4-5pm</p>	<p>Circuit Training 9:15-10:15am</p> <p>Healthy Cooking 10:30am-12pm</p> <p>Healthy Juicing 12:30-2pm</p> <p>Zumba 3-4pm</p> <p>HIIT 4-5pm</p>	<p>Zumba 9:30-10:30am</p> <p>Yoga 10:45-11:45am</p> <p>Kids Fitness 3-4pm</p> <p>Understanding Neurodevelopmental Disorders 3-4pm ESP</p> <p>Boot Camp 4-5pm</p> <p>Kid's Health Education 4-5pm</p>	<p>Circuit Training 9:15-10:15am</p> <p>Healthy Cooking 10:30am-12pm</p> <p>Vinyasa Yoga 3-4pm</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**



696 W. Holt Ave.
Pomona, CA 91768



CENTER HOURS:

Monday - Friday: 9 a.m. - 7 p.m.
Saturday: 10 a.m. - 5 p.m.



909.620.1661

CommunityResourceCenterLA.org



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LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO
<p>SERVICIOS DEL CENTRO</p> <ul style="list-style-type: none"> - Servicios a los miembros - Servicios de Inscripción* <ul style="list-style-type: none"> • Medi-cal, MediCare, Covered California, y CalFresh - Orientación para nuevos miembros <p><small>*Comuníquese con el Centro para disponibilidad de Servicios</small></p> <p>TODOS LOS SERVICIOS Y LAS CLASES SON GRATIS ¡PARA TODOS!</p>	<p>Las clases en Azul califican para el programa mis recompensas para una vida sana.</p> <p>Las clases en Verde son por cita y registro solamente.</p>	 <p>CRC Sitio de Web</p>	<p>Entrenamiento Circuito 1 9:15-10:15am Cocina Saludable 10:30am-12pm RCP/Primeros Auxilios Regístrese en freecprla.com 12-3pm ENG Vinyasa Yoga 3-4pm</p>	<p>Boot Camp 2 9-10am Zumba 10-11am Vinyasa Yoga 3-4pm Clase de Baile para Niños 4-5pm</p>	
<p>Zumba 5 9:30-10:30am Yoga 10:45-11:45am Yoga Para Mamas 10:45-11:45am Meditacion 12-1pm Boot Camp 4-5pm</p>	<p>Entrenamiento Circuito 6 9:15-10:15am Cocina Saludable 10:30am-12pm Jugos Saludables 12:30-2pm Zumba 3-4pm HIIT 4-5pm</p>	<p>Zumba 7 9:30-10:30am Yoga 10:45-11:45am Cardio Para Niños 3-4pm Salud Mental y Estigma 3-4pm ESP Boot Camp 4-5pm Educacion de Salud para Niños 4-5pm</p>	<p>Entrenamiento Circuito 8 9:15-10:15am Cocina Saludable 10:30am-12pm Orientacion para nuevos Miembros 12-12:30pm Vinyasa Yoga 3-4pm Educacion de Asthma 4-5pm ESP Fitness y Bienestar para adolescentes 4-5pm</p>	<p>Boot Camp 9 9-10am Zumba 10-11am Vinyasa Yoga 3-4pm Clase de Baile para Niños 4-5pm</p>	
<p>Zumba 12 9:30-10:30am Yoga 10:45-11:45am Yoga Para Mamas 10:45-11:45am Meditacion 12-1pm Boot Camp 4-5pm</p>	<p>Entrenamiento Circuito 13 9:15-10:15am Cocina Saludable 10:30am-12pm Jugos Saludables 12:30-2pm Zumba 3-4pm HIIT 4-5pm</p>	<p>Zumba 14 9:30-10:30am Yoga 10:45-11:45am Cardio Para Niños 3-4pm Duelo, Perdida y Resiliencia 3-4pm ESP Boot Camp 4-5pm Educacion de Salud para Niños 4-5pm</p>	<p>Entrenamiento Circuito 15 9:15-10:15am Cocina Saludable 10:30am-12pm RCP/Primeros Auxilios Regístrese en freecprla.com 12-3pm ESP Vinyasa Yoga 3-4pm</p>	<p>Boot Camp 16 9-10am Zumba 10-11am Vinyasa Yoga 3-4pm Clase de Baile para Niños 4-5pm</p>	
	<p>Entrenamiento Circuito 20 9:15-10:15am Cocina Saludable 10:30am-12pm Jugos Saludables 12:30-2pm Zumba 3-4pm HIIT 4-5pm</p>	<p>Zumba 21 9:30-10:30am Yoga 10:45-11:45am Cardio Para Niños 3-4pm Prevencion del Suicidio y Resiliencia 3-4pm ESP Boot Camp 4-5pm Educacion de Salud para Niños 4-5pm</p>	<p>Entrenamiento Circuito 22 9:15-10:15am Cocina Saludable 10:30am-12pm Vinyasa Yoga 3-4pm Fitness y Bienestar para adolescentes 4-5pm</p>	<p>Boot Camp 23 9-10am Zumba 10-11am Dispensa de Alimentos 2-4pm Nuevo Horario</p>	
<p>Zumba 26 9:30-10:30am Yoga 10:45-11:45am Yoga Para Mamas 10:45-11:45am Meditacion 12-1pm Boot Camp 4-5pm</p>	<p>Entrenamiento Circuito 27 9:15-10:15am Cocina Saludable 10:30am-12pm Jugos Saludables 12:30-2pm Zumba 3-4pm HIIT 4-5pm</p>	<p>Zumba 28 9:30-10:30am Yoga 10:45-11:45am Cardio Para Niños 3-4pm Comprender Trastornos Neurologicos 3-4pm ESP Boot Camp 4-5pm Educacion de Salud para Niños 4-5pm</p>	<p>Entrenamiento Circuito 29 9:15-10:15am Cocina Saludable 10:30am-12pm Vinyasa Yoga 3-4pm</p>		

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. - 7 p.m.
Sábado: 10 a.m. - 5 p.m.



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