



INGLEWOOD APRIL 2024

Community Resource Center

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>Boot Camp Virtual 4 - 5 p.m. Healthy Cooking for Kids (Ages 6 - 12) Virtual 4 - 5 p.m.</p> <p>CÉSAR CHÁVEZ DAY CENTER CLOSED</p>	<p>Boot Camp 9 - 10 a.m. Kick Boxing 10 - 11 a.m. Blood Pressure Series 10:30 a.m. - 12:30 p.m. (Eng.) Balance & Stability 11:10 a.m. - 12:10 p.m. Pilates 4 - 5 p.m.</p>	<p>Yoga Therapy 9 - 10 a.m. Wellness Nutrition Group (Hourly Sessions) 10 a.m. - 1 p.m. FEAST Healing Whole Foods 10:30 a.m. - 12:30 p.m. Line Dancing 1 - 2:30 p.m. Little Voices with Lots of Feelings (Ages 4 - 10) 4 - 5 p.m. Zumba 4 - 5 p.m.</p>	<p>Yoga Therapy Virtual 9 - 10 a.m. Anger Management Virtual 10 - 11:30 a.m. Tai Chi 10:30 - 11:30 a.m. Blood Pressure Series 10:30 a.m. - 12:30 p.m. (Spa.) Beginners Line Dancing 12 - 1:30 p.m. Breakthrough Parenting Virtual 12 - 1:30 p.m. Pilates 2 - 3 p.m. Anger Management Virtual 4:30 - 6 p.m.</p>	<p>Yoga Therapy 9 - 10 a.m. Mommy & Me 10 - 11 a.m. Healthy Cooking 10:30 a.m. - 12 p.m. Line Dancing 1 - 2:30 p.m. Zumba 4 - 5 p.m.</p>	<p>Family Fitness Virtual 9 - 10 a.m.</p> <p> CENTER CLOSED</p>
<p>CPR & First Aid 12:30 - 3:30 p.m. Boot Camp 4 - 5 p.m. Healthy Cooking for Kids (Ages 6 - 12) 4 - 5 p.m.</p>	<p>Boot Camp 9 - 10 a.m. Kick Boxing 10 - 11 a.m. Blood Pressure Series 10:30 a.m. - 12:30 p.m. (Eng.) Balance & Stability 11:10 a.m. - 12:10 p.m. Pilates 4 - 5 p.m.</p>	<p>Yoga Therapy 9 - 10 a.m. Wellness Nutrition Group (Hourly Sessions) 10 a.m. - 1 p.m. FEAST Grains 10:30 a.m. - 12:30 p.m. Line Dancing 1 - 2:30 p.m. Managing High Blood Pressure 3 - 4:30 p.m. Little Voices with Lots of Feelings (Ages 4 - 10) 4 - 5 p.m. Zumba 4 - 5 p.m.</p>	<p>Yoga Therapy Virtual 9 - 10 a.m. Anger Management Virtual 10 - 11:30 a.m. Tai Chi 10:30 - 11:30 a.m. Blood Pressure Series 10:30 a.m. - 12:30 p.m. (Spa.) Beginners Line Dancing 12 - 1:30 p.m. Breakthrough Parenting Virtual 12 - 1:30 p.m. Pilates 2 - 3 p.m. Anger Management Virtual 4:30 - 6 p.m.</p>	<p>Yoga Therapy 9 - 10 a.m. Mommy & Me 10 - 11 a.m. The Arts of Fruit and Vegetables 10:30 a.m. - 12 p.m. Line Dancing 1 - 2:30 p.m. Zumba 4 - 5 p.m.</p>	<p>Family Fitness Virtual 9 - 10 a.m.</p> <p> CENTER CLOSED</p>
<p>Boot Camp 4 - 5 p.m. Healthy Cooking for Kids (Ages 6 - 12) 4 - 5 p.m.</p>	<p>Boot Camp 9 - 10 a.m. Kick Boxing 10 - 11 a.m. Blood Pressure Series 10:30 a.m. - 12:30 p.m. (Eng.) Balance & Stability 11:10 a.m. - 12:10 p.m. Pilates 4 - 5 p.m.</p>	<p>Yoga Therapy 9 - 10 a.m. Wellness Nutrition Group (Hourly Sessions) 10 a.m. - 1 p.m. FEAST Proteins 10:30 a.m. - 12:30 p.m. Line Dancing 1 - 2:30 p.m. Managing High Blood Pressure 3 - 4:30 p.m. Little Voices with Lots of Feelings (Ages 4 - 10) 4 - 5 p.m. Zumba 4 - 5 p.m.</p>	<p>Yoga Therapy Virtual 9 - 10 a.m. Anger Management Virtual 10 - 11:30 a.m. Tai Chi 10:30 - 11:30 a.m. Blood Pressure Series 10:30 a.m. - 12:30 p.m. (Spa.) Beginners Line Dancing 12 - 1:30 p.m. Breakthrough Parenting Virtual 12 - 1:30 p.m. Anger Management Virtual 4:30 - 6 p.m.</p>	<p>Yoga Therapy 9 - 10 a.m. Mommy & Me 10 - 11 a.m. Healthy Cooking 10:30 a.m. - 12 p.m. Line Dancing 1 - 2:30 p.m. Zumba 4 - 5 p.m.</p>	<p>Family Fitness Virtual 9 - 10 a.m.</p> <p> CENTER CLOSED</p>
<p>Wellness Nutrition Group (Hourly Sessions) 10 a.m. - 1 p.m. Little Voices with Lots of Feelings (Ages 4 - 10) 3 - 4 p.m. Boot Camp 4 - 5 p.m. Healthy Cooking for Kids (Ages 6 - 12) 4 - 5 p.m.</p>	<p>Boot Camp 9 - 10 a.m. Kick Boxing 10 - 11 a.m. Blood Pressure Series 10:30 a.m. - 12:30 p.m. (Eng.) Balance & Stability 11:10 a.m. - 12:10 p.m. Line Dancing 1 - 2:30 p.m. Pilates 4 - 5 p.m.</p>	<p>Yoga Therapy Virtual 9 - 10 a.m. FEAST Label Reading, Pt. 1 Virtual 10:30 a.m. - 12:30 p.m.</p> <p> CENTER CLOSED</p>	<p>Yoga Therapy Virtual 9 - 10 a.m. Anger Management Virtual 10 - 11:30 a.m. Tai Chi 10:30 - 11:30 a.m. Blood Pressure Series 10:30 a.m. - 12:30 p.m. (Spa.) Beginners Line Dancing 12 - 1:30 p.m. Breakthrough Parenting Virtual 12 - 1:30 p.m. Pilates 2 - 3 p.m. Anger Management Virtual 4:30 - 6 p.m.</p>	<p>Yoga Therapy 9 - 10 a.m. Mommy & Me 10 - 11 a.m. The Arts of Fruit and Vegetables 10:30 a.m. - 12 p.m. Line Dancing 1 - 2:30 p.m. Zumba 4 - 5 p.m.</p>	<p>Family Fitness Virtual 9 - 10 a.m. CPR & First Aid Virtual 9:30 a.m. - 12:30 p.m.</p> <p> CENTER CLOSED</p>
<p>Boot Camp 4 - 5 p.m. Healthy Cooking for Kids (Ages 6 - 12) 4 - 5 p.m.</p>	<p>Boot Camp 9 - 10 a.m. Kick Boxing 10 - 11 a.m. Blood Pressure Series 10:30 a.m. - 12:30 p.m. (Eng.) Balance & Stability 11:10 a.m. - 12:10 p.m. Pilates 4 - 5 p.m.</p>	<p>Enrollment Services Tuesdays & Thursdays 9 a.m. - 3:30 p.m. CalFresh Assistance Thursdays 9:30 a.m. - 4 p.m.</p>	<p>Healthy Eating Resource Fair Thursday 4/18 2:30 - 4:30 p.m.</p> <p>PLEASE CALL for eligibility requirements.</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>

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



2864 W. Imperial Hwy.
Inglewood, CA 90303



CENTER HOURS:

Monday - Friday: 9 a.m. - 5 p.m.
Saturday: **CLOSED**



310.330.3130

CommunityResourceCenterLA.org



INGLEWOOD ABRIL 2024

Community Resource Center

LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO
Entrenamiento Intenso Virtual 4 - 5 p.m. Cocina Saludable para Niños (6 - 12 años) Virtual 4 - 5 p.m.  CENTRO CERRADO	Entrenamiento Intenso 9 - 10 a.m. Kick Boxing 10 - 11 a.m. Serie de Presión Arterial 10:30 a.m. - 12:30 p.m. (Ing.) Equilibrio y Estabilidad 11:10 a.m. - 12:10 p.m. Pilates 4 - 5 p.m.	Terapia de Yoga 9 - 10 a.m. Nutrición y Bienestar (Sesiones de una Hora) 10 a.m. - 1 p.m. FEAST Alimentos Integrales Curativos 10:30 a.m. - 12:30 p.m. (Ing.) Baile en Línea 1 - 2:30 p.m. Pequeñas Voces con Muchos Sentimientos (4 - 10 años) 4 - 5 p.m. Zumba 4 - 5 p.m.	Terapia de Yoga Virtual 9 - 10 a.m. Manejo de Ira Virtual 10 - 11:30 a.m. Tai Chi 10:30 - 11:30 a.m. Serie de Presión Arterial 10:30 a.m. - 12:30 p.m. (Esp.) Baile en Línea para Principiantes 12 - 1:30 p.m. Cultivando Familias Virtual 12 p.m. - 1:30 p.m. Pilates 2 - 3 p.m. Manejo de Ira Virtual 4:30 - 6 p.m.	Terapia de Yoga 9 - 10 a.m. Mami y Yo 10 - 11 a.m. Cocina Saludable 10:30 a.m. - 12 p.m. Baile en Línea 1 - 2:30 p.m. Zumba 4 - 5 p.m.	Ejercicio Familiar Virtual 9 - 10 a.m. 
RCP y Primeros Auxilios 12:30 - 3:30 p.m. Entrenamiento Intenso 4 - 5 p.m. Cocina Saludable para Niños (6 - 12 años) 4 - 5 p.m.	Entrenamiento Intenso 9 - 10 a.m. Kick Boxing 10 - 11 a.m. Serie de Presión Arterial 10:30 a.m. - 12:30 p.m. (Ing.) Equilibrio y Estabilidad 11:10 a.m. - 12:10 p.m. Pilates 4 - 5 p.m.	Terapia de Yoga 9 - 10 a.m. Nutrición y Bienestar (Sesiones de una Hora) 10 a.m. - 1 p.m. FEAST Granos 10:30 a.m. - 12:30 p.m. (Ing.) Baile en Línea 1 - 2:30 p.m. Manejo de la Presión Arterial Alta 3 - 4:30 p.m. Pequeñas Voces con Muchos Sentimientos (4 - 10 años) 4 - 5 p.m. Zumba 4 - 5 p.m.	Terapia de Yoga Virtual 9 - 10 a.m. Manejo de Ira Virtual 10 - 11:30 a.m. Tai Chi 10:30 - 11:30 a.m. Serie de Presión Arterial 10:30 a.m. - 12:30 p.m. (Esp.) Baile en Línea para Principiantes 12 - 1:30 p.m. Cultivando Familias Virtual 12 p.m. - 1:30 p.m. Pilates 2 - 3 p.m. Manejo de Ira Virtual 4:30 - 6 p.m.	Terapia de Yoga 9 - 10 a.m. Mami y Yo 10 - 11 a.m. El Arte de las Frutas y Vegetales 10:30 a.m. - 12 p.m. Baile en Línea 1 - 2:30 p.m. Zumba 4 - 5 p.m.	Ejercicio Familiar Virtual 9 - 10 a.m. 
Entrenamiento Intenso 4 - 5 p.m. Cocina Saludable para Niños (6 - 12 años) 4 - 5 p.m.	Entrenamiento Intenso 9 - 10 a.m. Kick Boxing 10 - 11 a.m. Serie de Presión Arterial 10:30 a.m. - 12:30 p.m. (Ing.) Equilibrio y Estabilidad 11:10 a.m. - 12:10 p.m. Pilates 4 - 5 p.m.	Terapia de Yoga 9 - 10 a.m. Nutrición y Bienestar (Sesiones de una Hora) 10 a.m. - 1 p.m. FEAST Proteínas 10:30 a.m. - 12:30 p.m. (Ing.) Baile en Línea 1 - 2:30 p.m. Manejo de la Presión Arterial Alta 3 - 4:30 p.m. Pequeñas Voces con Muchos Sentimientos (4 - 10 años) 4 - 5 p.m. Zumba 4 - 5 p.m.	Terapia de Yoga Virtual 9 - 10 a.m. Manejo de Ira Virtual 10 - 11:30 a.m. Tai Chi 10:30 - 11:30 a.m. Serie de Presión Arterial 10:30 a.m. - 12:30 p.m. (Esp.) Baile en Línea para Principiantes 12 - 1:30 p.m. Cultivando Familias Virtual 12 p.m. - 1:30 p.m. Manejo de Ira Virtual 4:30 - 6 p.m.	Terapia de Yoga 9 - 10 a.m. Mami y Yo 10 - 11 a.m. Cocina Saludable 10:30 a.m. - 12 p.m. Baile en Línea 1 - 2:30 p.m. Zumba 4 - 5 p.m.	Ejercicio Familiar Virtual 9 - 10 a.m. 
Nutrición y Bienestar (Sesiones de una Hora) 10 a.m. - 1 p.m. Pequeñas Voces con Muchos Sentimientos (4 - 10 años) 3 - 4 p.m. Entrenamiento Intenso 4 - 5 p.m. Cocina Saludable para Niños (6 - 12 años) 4 - 5 p.m.	Entrenamiento Intenso 9 - 10 a.m. Kick Boxing 10 - 11 a.m. Serie de Presión Arterial 10:30 a.m. - 12:30 p.m. (Ing.) Equilibrio y Estabilidad 11:10 a.m. - 12:10 p.m. Baile en Línea 1 - 2:30 p.m. Pilates 4 - 5 p.m.	Terapia de Yoga Virtual 9 - 10 a.m. FEAST Lectura de Etiquetas, Pt. 1 Virtual 10:30 a.m. - 12:30 p.m. (Ing.) 	Terapia de Yoga Virtual 9 - 10 a.m. Manejo de Ira Virtual 10 - 11:30 a.m. Tai Chi 10:30 - 11:30 a.m. Serie de Presión Arterial 10:30 a.m. - 12:30 p.m. (Esp.) Baile en Línea para Principiantes 12 - 1:30 p.m. Cultivando Familias Virtual 12 p.m. - 1:30 p.m. Pilates 2 - 3 p.m. Manejo de Ira Virtual 4:30 - 6 p.m.	Terapia de Yoga 9 - 10 a.m. Mami y Yo 10 - 11 a.m. El Arte de las Frutas y Vegetales 10:30 a.m. - 12 p.m. Baile en Línea 1 - 2:30 p.m. Zumba 4 - 5 p.m.	Ejercicio Familiar Virtual 9 - 10 a.m. RCP y Primeros Auxilios Virtual 9:30 a.m. - 12:30 p.m. 
Entrenamiento Intenso 4 - 5 p.m. Cocina Saludable para Niños (6 - 12 años) 4 - 5 p.m.	Entrenamiento Intenso 9 - 10 a.m. Kick Boxing 10 - 11 a.m. Serie de Presión Arterial 10:30 a.m. - 12:30 p.m. (Ing.) Equilibrio y Estabilidad 11:10 a.m. - 12:10 p.m. Pilates 4 - 5 p.m.	Servicios de Inscripción Los Martes y Jueves 9 a.m. - 3:30 p.m. Asistencia de CalFresh Los Jueves 9:30 a.m. - 4 p.m.	Feria de Recursos y Alimentación Saludable Jueves 4/18 2:30 - 4:30 p.m. POR FAVOR LLAME para requisitos de elegibilidad	<div style="border: 1px solid orange; padding: 10px;"> <p>La 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> </div>	 CRC Sitio de Web

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**



2864 W. Imperial Hwy.
Inglewood, CA 90303



HORARIO DEL CENTRO:
Lunes a Viernes: **9 a.m. - 5 p.m.**
Sábado: **Cerrado**



310.330.3130
activehealthyinformed.org