



POMONA
APRIL
2024

Community Resource Center

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>1</p> <p>CÉSAR CHÁVEZ DAY</p> <p>CENTER CLOSED</p>	<p>2</p> <p>Circuit Training 9:15-10:15am Healthy Cooking 10:30am-12pm Healthy Juicing 12:30-2pm Zumba 3-4pm Homework Help 4-5pm HIIT 4-5pm</p>	<p>3</p> <p>Zumba 9:30-10:30am Strong 10:45-11:45am yoga 12-1pm Kids Fitness 3-4pm Treatment and Recovery from Anxiety 3-4pm ESP Boot Camp 4-5pm Kid's Health Education 4-5pm</p>	<p>4</p> <p>Circuit Training 9:15-10:15am Healthy Cooking 10:30am-12pm CPR/First Aid Register at freecprla.com 12-3pm ENG Vinyasa Yoga 3-4pm Teen Fitness & Wellness 4-5pm</p>	<p>5</p> <p>Boot Camp 9-10am Zumba 10:15-11:15am Kids Dance Class 4-5pm</p>	<p>6</p> <p>CENTER CLOSED</p>
<p>8</p> <p>Zumba 9:30-10:30am Yoga 10:45-11:45am Mommy Yoga 10:45-11:45 Meditation 12-1pm Homework Help 4-5pm Boot Camp 4-5pm</p>	<p>9</p> <p>Circuit Training 9:15-10:15am Healthy Cooking 10:30am-12pm Zumba 3-4pm Homework Help 4-5pm HIIT 4-5pm</p>	<p>10</p> <p>Zumba 9:30-10:30am Strong 10:45-11:45am yoga 12-1pm Kids Fitness 3-4pm Mental Health and Stigma 3-4pm ESP Boot Camp 4-5pm Kid's Health Education 4-5pm</p>	<p>11</p> <p>Circuit Training 9:15-10:15am Healthy Cooking 10:30am-12pm New Member Orientation 12-12:30pm Vinyasa Yoga 3-4pm Asthma Education 4-5pm ESP Teen Fitness & Wellness 4-5pm</p>	<p>12</p> <p>Boot Camp 9-10am Zumba 10:15-11:15am Kids Dance Class 4-5pm</p>	<p>13</p> <p>CENTER CLOSED</p>
<p>15</p> <p>Zumba 9:30-10:30am Yoga 10:45-11:45am Mommy Yoga 10:45-11:45 Meditation 12-1pm Homework Help 4-5pm Boot Camp 4-5pm</p>	<p>16</p> <p>Circuit Training 9:15-10:15am Healthy Cooking 10:30am-12pm Healthy Juicing 12:30-2pm Zumba 3-4pm Homework Help 4-5pm HIIT 4-5pm</p>	<p>17</p> <p>Zumba 9:30-10:30am Strong 10:45-11:45am yoga 12-1pm Kids Fitness 3-4pm Grief, Loss, and Resilience 3-4pm ESP Boot Camp 4-5pm Kid's Health Education 4-5pm</p>	<p>18</p> <p>Circuit Training 9:15-10:15am Healthy Cooking 10:30am-12pm CPR/First Aid Register at freecprla.com 12-3pm ESP Vinyasa Yoga 3-4pm Teen Fitness & Wellness 4-5pm</p>	<p>19</p> <p>Boot Camp 9-10am Zumba 10:15-11:15am Kids Dance Class 4-5pm</p>	<p>20</p> <p>CENTER CLOSED</p>
<p>22</p> <p>Zumba 9:30-10:30am Yoga 10:45-11:45am Baby Shower 11:30am-2pm Homework Help 4-5pm Boot Camp 4-5pm</p>	<p>23</p> <p>Circuit Training 9:15-10:15am Healthy Cooking 10:30am-12pm Zumba 3-4pm Homework Help 4-5pm HIIT 4-5pm</p>	<p>24</p> <p>CENTER CLOSED</p>	<p>25</p> <p>Circuit Training 9:15-10:15am Healthy Cooking 10:30am-12pm Vinyasa Yoga 3-4pm Teen Fitness & Wellness 4-5pm</p>	<p>26</p> <p>Boot Camp 9-10am Zumba 10:15-11:15am Food Pantry 2-4pm New Hours</p>	<p>27</p> <p>CENTER CLOSED</p>
<p>29</p> <p>Zumba 9:30-10:30am Yoga 10:45-11:45am Mommy Yoga 10:45-11:45 Meditation 12-1pm Homework Help 4-5pm Boot Camp 4-5pm</p>	<p>30</p> <p>Circuit Training 9:15-10:15am Healthy Cooking 10:30am-12pm Zumba 3-4pm Homework Help 4-5pm HIIT 4-5pm</p>		<p>CENTER SERVICES</p> <ul style="list-style-type: none"> - Member Services - Enrollment Services* - 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>

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



POMONA
ABRIL
2024

Community Resource Center

LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO
<p>1</p>  <p>Entrenamiento Circuito 9:15-10:15am Cocina Saludable 10:30am-12pm Jugos Saludables 12:30-2pm Zumba 3-4pm Ayuda con la tarea 4-5pm HIIT 4-5pm</p> <p>CENTRO CERRADO</p>	<p>2</p> <p>Zumba 9:30-10:30am Strong 10:45-11:45am yoga 12-1pm Cardio Para Niños 3-4pm Tratamiento de la Ansiedad 3-4pm ESP Boot Camp 4-5pm Educacion de Salud para Niños 4-5pm</p>	<p>3</p> <p>Entrenamiento Circuito 9:15-10:15am Cocina Saludable 10:30am-12pm RCP/Primeros Auxilios Registrese en freecprla.com 12-3pm ENG Vinyasa Yoga 3-4pm Fitness y Bienestar para Adolescentes 4-5pm</p>	<p>4</p> <p>Boot Camp 9-10am Zumba 10:15-11:15am Clase de Baile para Niños 4-5pm</p> 	<p>5</p>	<p>6</p>
<p>8</p> <p>Zumba 9:30-10:30am Yoga 10:45-11:45am Yoga Para Mamas 10:45-11:45am Meditacion 12-1pm Ayuda con la tarea 4-5pm Boot Camp 4-5pm</p>	<p>9</p> <p>Entrenamiento Circuito 9:15-10:15am Cocina Saludable 10:30am-12pm Zumba 3-4pm Ayuda con la tarea 4-5pm HIIT 4-5pm</p>	<p>10</p> <p>Zumba 9:30-10:30am Strong 10:45-11:45am yoga 12-1pm 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>11</p> <p>Entrenamiento Circuito 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>12</p> <p>Boot Camp 9-10am Zumba 10:15-11:15am Clase de Baile para Niños 4-5pm</p> 	<p>13</p>
<p>15</p> <p>Zumba 9:30-10:30am Yoga 10:45-11:45am Yoga Para Mamas 10:45-11:45am Meditacion 12-1pm Ayuda con la tarea 4-5pm Boot Camp 4-5pm</p>	<p>16</p> <p>Entrenamiento Circuito 9:15-10:15am Cocina Saludable 10:30am-12pm Jugos Saludables 12:30-2pm Zumba 3-4pm Ayuda con la tarea 4-5pm HIIT 4-5pm</p>	<p>17</p> <p>Zumba 9:30-10:30am Strong 10:45-11:45am yoga 12-1pm 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>18</p> <p>Entrenamiento Circuito 9:15-10:15am Cocina Saludable 10:30am-12pm RCP/Primeros Auxilios Registrese en freecprla.com 12-3pm ESP Vinyasa Yoga 3-4pm Fitness y Bienestar para Adolescentes 4-5pm</p>	<p>19</p> <p>Boot Camp 9-10am Zumba 10:15-11:15am Clase de Baile para Niños 4-5pm</p> 	<p>20</p>
<p>22</p> <p>Zumba 9:30-10:30am Yoga 10:45-11:45am Baby Shower 11:30am- 2pm Ayuda con la tarea 4-5pm Boot Camp 4-5pm</p>	<p>23</p> <p>Entrenamiento Circuito 9:15-10:15am Cocina Saludable 10:30am-12pm Zumba 3-4pm Ayuda con la tarea 4-5pm HIIT 4-5pm</p>	<p>24</p> 	<p>25</p> <p>Entrenamiento Circuito 9:15-10:15am Cocina Saludable 10:30am-12pm Vinyasa Yoga 3-4pm Fitness y Bienestar para Adolescentes 4-5pm</p>	<p>26</p> <p>Boot Camp 9-10am Zumba 10:15-11:15am Dispensa de Alimentos 2-4pm Nuevo Horario</p> 	<p>27</p>
<p>29</p> <p>Zumba 9:30-10:30am Yoga 10:45-11:45am Yoga Para Mamas 10:45-11:45am Meditacion 12-1pm Ayuda con la tarea 4-5pm Boot Camp 4-5pm</p>	<p>30</p> <p>Entrenamiento Circuito 9:15-10:15am Cocina Saludable 10:30am-12pm Zumba 3-4pm Ayuda con la tarea 4-5pm HIIT 4-5pm</p>		<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>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>	 <p>CRC Sitio de Web</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. - 5 p.m.**
Sábado: **CERRADO**



909.620.1661
CommunityResourceCenterLA.org