



Community Resource Center

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Homework Help (K-8) Mondays: 3:00 p.m. - 4:00 p.m. Tuesdays: 3:00 p.m. - 4:45 p.m. Wednesdays: 2:00 p.m. - 3:45 p.m.	 CRC Website	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!	Classes in BLUE qualify for the My Rewards for a Healthy Life Program Classes in GREEN are by appointment and registration only.	Member Services Call for Availability CalFresh Enrollment Wednesdays 9 a.m.- 4 p.m.	 CENTER CLOSED
Enrollment Services 9 a.m. - 3 p.m. Yoga for All 9 a.m. - 10 a.m. Diabetes 101 10:30 a.m. - 11:30 a.m. Pilates 12 p.m. - 1 p.m. Sculpt Fitness: Senior & Adult Exercise 2:45 p.m. - 3:45 p.m. Sculpt Fitness: Kids' Exercise (Ages 6-16) 3:45 p.m. - 4:45 p.m.	Enrollment Services 9 a.m. - 3 p.m. CPR/First Aid (Ages 14+) Register at freecprla.com 10 a.m. - 1 p.m. - Spanish Nutrition and You 10:30 a.m. - 11:30 a.m. Yoga for All 2:30 p.m. - 3:30 p.m. Zumba 3:45 p.m. - 4:45 p.m.	Enrollment Services 9 a.m. - 3 p.m. Salsa Dance Aerobics 9 a.m. - 10 a.m. Stretch and Tone 10 a.m. - 11 a.m. Food Pantry 11 a.m. - 2 p.m. While Supplies Last The Arts of Fruits and Vegetables 2:15 p.m. - 3:15 p.m. Healthy Cooking for Children (Ages 5+) 3:45 p.m. - 4:45 p.m.	Enrollment Services 10:00 a.m. - 3:30 p.m. The World of Juicing & Salads 9:00 a.m. - 10:15 a.m. Healthy Cooking 10:30 a.m. -12:00 p.m. Sculpt Fitness: Senior & Adult Exercise 12:15 p.m. - 1:15 p.m. Sculpt Fitness: Kids' Exercise (Ages 6-16) 3:45 p.m. - 4:45 p.m.	 CENTER CLOSED	 CENTER CLOSED
Enrollment Services 9 a.m. - 3 p.m. Yoga for All 9 a.m. - 10 a.m. Arts and Crafts for All 11:00 a.m. - 11:45 a.m. Pilates 12 p.m. - 1 p.m. Sculpt Fitness: Kids' Exercise (Ages 6-16) 3:45 p.m. - 4:45 p.m.	Enrollment Services 9 a.m. - 3 p.m. Sculpt Fitness: Senior & Adult Exercise 12 p.m. - 1 p.m. Yoga for All 2:30 p.m. - 3:30 p.m. Zumba 3:45 p.m. - 4:45 p.m.	Enrollment Services 9 a.m. - 3 p.m. Salsa Dance Aerobics 9 a.m. -10 a.m. Stretch and Tone 10 a.m. -11 a.m. The Arts of Fruits and Vegetables 2:15 p.m. - 3:15 p.m. Healthy Cooking for Children (Ages 5+) 3:45 p.m. - 4:45 p.m.	Enrollment Services 10:00 a.m. - 3:30 p.m. The World of Juicing & Salads 9:00 a.m. - 10:15 a.m. Healthy Cooking 10:30 a.m. -12:00 p.m. Sculpt Fitness: Senior & Adult Exercise 12:15 p.m. - 1:15 p.m. Sculpt Fitness: Kids' Exercise (Age 6-16) 3:45 p.m. - 4:45 p.m.	Exercise for All 9:00 a.m. - 10:00 a.m. Cooking Matters for Adults 10:15 a.m. - 11:45 a.m. Arts and Crafts for All 2:00 p.m. - 2:45 p.m. Yoga for All 3:45 p.m. - 4:45 p.m.	 CENTER CLOSED
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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



11721 Rosecrans Ave
Norwalk, CA 90650



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



562.651.6060
CommunityResourceCenterLA.org



Community Resource Center

LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO
Ayuda con la Tarea (K-8) Cada Lunes: 3:00 p.m. - 4:00 p.m. Cada Martes: 3:00 p.m. - 4:45 p.m. Cada Miercoles 2:00 p.m. - 3:45 p.m.		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!	AZUL Califican para el programa mis recompensas para una vida sana. VERDE Por cita y registro solamnete. GRIS Virtual. Porfavor llame al centro para registrarse.	Servicios para Miembros Llame para Disponibilidad Inscripción de CalFresh cada Miércoles 9 a.m.- 4 p.m.	
Servicios de Inscripción 9 a.m. - 3 p.m. Yoga para Todos 9 a.m. - 10 a.m. Diabetes 101 10:30 a.m. - 11:30 a.m. Pilates 12 p.m. - 1 p.m. Sculpt Fitness: Ejercicios para Adultos y Personas Mayores 2:45 p.m. - 3:45 p.m. Sculpt Fitness: Ejercicios para Niños (Edades 6-16) 3:45 p.m. - 4:45 p.m.	Servicios de Inscripción 9 a.m. - 3 p.m. RCP/Primeros Auxilios (Edades 14+) Registarse en freecprla.com 10 a.m. - 1 p.m. - Español La Nutrición Y Usted 10:30 a.m. - 11:30 a.m. Yoga for Todos 2:30 p.m. - 3:30 p.m. Zumba 3:45 p.m. - 4:45 p.m.	Servicios de Inscripción 9 a.m. - 3 p.m. Baile de Salsa Aeróbicos 9 a.m. -10 a.m. Estirar y Tonificar 10 a.m. -11 a.m. Despensa de Alimentos 11 a.m.- 2 p.m. Hasta Agotar Existencia Arte de Frutas y Verduras 2:15 p.m. - 3:15 p.m. Cocina Saludable para Niños (Edades 5+) 3:45 p.m. - 4:45 p.m.	Servicios de Inscripción 10:00 a.m. - 3:30 p.m. El Mundo de Jugos y Ensaladas 9:00 a.m. - 10:15 a.m. Cocina Saludable 10:30 a.m. - 12:00 p.m. Sculpt Fitness: Ejercicios para Adultos y Personas Mayores 12:15 p.m. - 1:15 p.m. Sculpt Fitness: Ejercicios para Niños (Edades 6-16) 3:45 p.m. - 4:45 p.m.		
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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



11721 Rosecrans Ave
Norwalk, CA 90650



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



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