



POMONA
JUNE
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><small>*Contact Center for Availability of Services</small></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>CENTER CLOSED</p>
<p>Zumba 9:30-10:30am</p> <p>Yoga 10:45-11:45am</p> <p>Mommy Yoga 10:45-11:45am</p> <p>Meditation 12-1pm</p> <p>Stretch & Mobility 3-4pm</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>Strong 10:45-11:45am</p> <p>Yoga 12-1pm</p> <p>Kids Healthy Cooking 1:15-2:45pm</p> <p>Kids Fitness 3-4pm</p> <p>Know the Scams, Don't Be a Victim 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 12-3pm ENG</p> <p>Vinyasa Yoga 2-3pm</p> <p>Teen Health & Anatomy 4-5pm</p>	<p>Boot Camp 9-10am</p> <p>Zumba 10:15-11:15am</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 10:45-11:45am</p> <p>Meditation 12-1pm</p> <p>Stretch & Mobility 3-4pm</p> <p>Boot Camp 4-5pm</p>	<p>Circuit Training 9:15-10:15am</p> <p>Healthy Cooking 10:30am-12pm</p> <p>Zumba 3-4pm</p> <p>HIIT 4-5pm</p>	<p>Zumba 9:30-10:30am</p> <p>Strong 10:45-11:45am</p> <p>Yoga 12-1pm</p> <p>Kids Healthy Cooking 1:15-2:45pm</p> <p>Kids Fitness 3-4pm</p> <p>Discover Your Passion 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 2-3pm</p> <p>Asthma Education 4-5pm ESP</p> <p>Teen Sports Performance 4-5pm</p>	<p>Boot Camp 9-10am</p> <p>Zumba 10:15-11:15am</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 10:45-11:45am</p> <p>Meditation 12-1pm</p> <p>Stretch & Mobility 3-4pm</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>JUNETEENTH NATIONAL INDEPENDENCE DAY</p> <p>CENTER CLOSED</p>	<p>Circuit Training 9:15-10:15am</p> <p>Healthy Cooking 10:30am-12pm</p> <p>CPR/First Aid Register at freecprla.com 12-3pm ESP</p> <p>Vinyasa Yoga 2-3pm</p> <p>New Member Orientation 4-4:30pm</p> <p>Teen Corrective Exercise 4-5pm</p>	<p>Boot Camp 9-10am</p> <p>Zumba 10:15-11:15am</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 10:45-11:45am</p> <p>Meditation 12-1pm</p> <p>Stretch & Mobility 3-4pm</p> <p>Boot Camp 4-5pm</p>	<p>Circuit Training 9:15-10:15am</p> <p>Healthy Cooking 10:30am-12pm</p> <p>Zumba 3-4pm</p> <p>HIIT 4-5pm</p>	<p>Zumba 9:30-10:30am</p> <p>Strong 10:45-11:45am</p> <p>Yoga 12-1pm</p> <p>Kids Healthy Cooking 1:15-2:45pm</p> <p>Kids Fitness 3-4pm</p> <p>Grief and Loss 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 2-3pm</p> <p>Teen Macronutrients 4-5pm</p>	<p>Boot Camp 9-10am</p> <p>Zumba 10:15-11:15am</p> <p>Food Pantry 2-4pm New Hours</p>	 <p>CENTER CLOSED</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



Community Resource Center

Calendar grid with columns for LUNES, MARTES, MIÉRCOLES, JUEVES, VIERNES, and SÁBADO. Each cell contains a date, list of activities (e.g., Zumba, Yoga, Boot Camp), and center status (e.g., CENTRO CERRADO). Includes a QR code for the CRC website and a Juneteenth notice.

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

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