




**NORWALK**  
**JULY**  
2024

# Community Resource Center

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><b>Yoga for All</b> 9 a.m. - 10 a.m.</p> <p><b>Diabetes 101</b> 10:30 a.m. - 11:30 a.m.</p> <p><b>Pilates</b> 12 p.m. - 1 p.m.</p> <p><b>Sculpt Fitness: Senior &amp; Adult Exercise</b> 2:45 p.m. - 3:45 p.m.</p> <p><b>Sculpt Fitness: Kids' Exercise (Ages 6-16)</b> 3:45 p.m. - 4:45 p.m.</p>	<p><b>CPR/First Aid (Ages 14+)</b> Register at <a href="http://freecprla.com">freecprla.com</a> 10 a.m. - 1 p.m. - Spanish</p> <p><b>Nutrition and You</b> 10:30 a.m. - 11:30 a.m.</p> <p><b>Yoga for All</b> 2:30 p.m. - 3:30 p.m.</p> <p><b>Zumba</b> 3:45 p.m. - 4:45 p.m.</p>	<p><b>Salsa Dance Aerobics</b> 9 a.m. - 10 a.m.</p> <p><b>Stretch and Tone</b> 10 a.m. - 11 a.m.</p> <p><b>The Arts of Fruits and Vegetables</b> 2:15 p.m. - 3:15 p.m.</p> <p><b>Healthy Cooking for Children (Ages 5+)</b> 3:45 p.m. - 4:45 p.m.</p>	<p><b>INDEPENDENCE DAY</b></p> <p><b>CENTER CLOSED</b></p>	<p><b>Exercise for All</b> 9:00 a.m. - 10:00 a.m.</p> <p><b>Cooking Matters for Adults</b> 10:15 a.m. - 11:45 a.m.</p> <p><b>Yoga for All</b> 3:45 p.m. - 4:45 p.m.</p>	<p><b>CENTER CLOSED</b></p>
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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](http://CommunityResourceCenterLA.org)



# NORWALK JULIO 2024

## Community Resource Center

LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO
<b>Yoga para Todos</b> 9 a.m. - 10 a.m. <b>Diabetes 101</b> 10:30 a.m. - 11:30 a.m. <b>Pilates</b> 12 p.m. - 1 p.m. <b>Sculpt Fitness:</b> <b>Ejercicios para Adultos y Personas Mayores</b> 2:45 p.m. - 3:45 p.m. <b>Sculpt Fitness:</b> <b>Ejercicios para Niños (Edades 6-16)</b> 3:45 p.m. - 4:45 p.m.	<b>RCP/Primeros Auxilios (Edades 14+)</b> <b>Regístrate en freecprla.com</b> <b>La Nutrición Y Usted</b> 10:30 a.m. - 11:30 a.m. <b>Yoga for Todos</b> 2:30 p.m. - 3:30 p.m. <b>Zumba</b> 3:45 p.m. - 4:45 p.m.	<b>Baile de Salsa Aeróbicos</b> 9 a.m. - 10 a.m. <b>Estirar y Tonificar</b> 10 a.m. - 11 a.m. <b>Arte de Frutas y Verduras</b> 2:15 p.m. - 3:15 p.m. <b>Cocina Saludable para Niños (Edades 5+)</b> 3:45 p.m. - 4:45 p.m.		<b>Ejercicios para Todos</b> 9:00 a.m. - 10:00 a.m. <b>Cocina para Adultos</b> 10:15 a.m. - 11:45 a.m. <b>Yoga para Todos</b> 3:45 p.m. - 4:45 p.m.	
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			<b>Servicios para Miembros</b> <b>Llame para Disponibilidad</b>	<b>Servicios de Inscripción de Medi-Cal</b> <b>Lunes-Miercoles 9 a.m.- 3 p.m.</b>	<b>Inscripción de CalFresh</b> <b>cada Miércoles 9 a.m.- 4 p.m.</b>

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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