



POMONA
JULY
2024

Community Resource Center

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>Zumba 9:30-10:30am Yoga 10:45-11:45am Mommy Yoga 10:45-11:45am Meditation 12-1pm Stretch & Mobility 3-4pm Boot Camp 4-5pm</p>	<p>Circuit Training 9:15-10:15am Healthy Cooking 10:30am-12pm Healthy Juicing 12:30-2pm Zumba 3-4pm HIIT 4-5pm</p>	<p>Zumba 9:30-10:30am Strong 10:45-11:45am Yoga 12-1pm Kids Healthy Cooking 1:15-2:45pm Kids Fitness 3-4pm Good Sleep for Emotional Wellbeing for Older Adults 3-4pm ESP Boot Camp 4-5pm Kid's Health Education 4-5pm</p>	<p>INDEPENDENCE DAY CENTER CLOSED</p>	<p>Boot Camp 9-10am Zumba 10:15-11:15am Kids Dance Class 4-5pm</p>	<p>CENTER CLOSED</p>
<p>Zumba 9:30-10:30am Yoga 10:45-11:45am Mommy Yoga 10:45-11:45am Meditation 12-1pm Stretch & Mobility 3-4pm Boot Camp 4-5pm</p>	<p>Circuit Training 9:15-10:15am Healthy Cooking 10:30am-12pm Zumba 3-4pm HIIT 4-5pm</p>	<p>Zumba 9:30-10:30am Strong 10:45-11:45am Yoga 12-1pm Kids Healthy Cooking 1:15-2:45pm Kids Fitness 3-4pm Depression and Anxiety 3-4pm ESP Boot Camp 4-5pm Kid's Health Education 4-5pm</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 2-3pm Asthma Education 4-5pm ESP Kids Fitness 4-5pm</p>	<p>Boot Camp 9-10am Zumba 10:15-11:15am Kids Dance Class 4-5pm</p>	<p>BACK TO SCHOOL EVENT 10AM - 2PM</p>
<p>Zumba 9:30-10:30am Yoga 10:45-11:45am Mommy Yoga 10:45-11:45am Meditation 12-1pm Stretch & Mobility 3-4pm Boot Camp 4-5pm</p>	<p>Circuit Training 9:15-10:15am Healthy Cooking 10:30am-12pm Healthy Juicing 12:30-2pm Zumba 3-4pm HIIT 4-5pm</p>	<p>Zumba 9:30-10:30am Strong 10:45-11:45am Yoga 12-1pm Kids Healthy Cooking 1:15-2:45pm Kids Fitness 3-4pm Emotional Intelligence 3-4pm ESP Boot Camp 4-5pm Kid's Health Education 4-5pm</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 2-3pm New Member Orientation 4-4:30pm Kids Fitness 4-5pm</p>	<p>Boot Camp 9-10am Zumba 10:15-11:15am Kids Dance Class 4-5pm</p>	<p>CENTER CLOSED</p>
<p>Zumba 9:30-10:30am Yoga 10:45-11:45am Mommy Yoga 10:45-11:45am Meditation 12-1pm Stretch & Mobility 3-4pm Boot Camp 4-5pm</p>	<p>Circuit Training 9:15-10:15am Healthy Cooking 10:30am-12pm Zumba 3-4pm HIIT 4-5pm</p>	<p>CENTER CLOSED</p>	<p>Circuit Training 9:15-10:15am Healthy Cooking 10:30am-12pm Vinyasa Yoga 2-3pm Kids Fitness 4-5pm</p>	<p>Boot Camp 9-10am Zumba 10:15-11:15am Food Pantry 2-4pm New Hours</p>	<p>CENTER CLOSED</p>
<p>Zumba 9:30-10:30am Yoga 10:45-11:45am Mommy Yoga 10:45-11:45am Meditation 12-1pm Stretch & Mobility 3-4pm Boot Camp 4-5pm</p>	<p>Circuit Training 9:15-10:15am Healthy Cooking 10:30am-12pm Zumba 3-4pm HIIT 4-5pm</p>	<p>Zumba 9:30-10:30am Strong 10:45-11:45am Yoga 12-1pm Kids Healthy Cooking 1:15-2:45pm Kids Fitness 3-4pm How Much is Too Much 3-4pm ESP Boot Camp 4-5pm Kid's Health Education 4-5pm</p>	<p>CENTER SERVICES - Member Services - Enrollment Services* • Medi-cal, MediCare, Covered California, & CalFresh - New Member Orientation <small>*Contact Center for Availability of Services</small> ALL SERVICES AND CLASSES ARE FREE FOR EVERYONE!</p>	<p>Classes in BLUE qualify for the My Rewards for a Healthy Life Program 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
JULIO
2024

Community Resource Center

LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO
Zumba 9:30-10:30am Yoga 10:45-11:45am Yoga Para Mamas 10:45-11:45am Meditacion 12-1pm Estiramiento y Movilidad 3-4pm Boot Camp 4-5pm	Entrenamiento Circuito 9:15-10:15am Cocina Saludable 10:30am-12pm Jugos Saludables 12:30-2pm Zumba 3-4pm HIIT 4-5pm	Zumba 9:30-10:30am Strong 10:45-11:45am Yoga 12-1pm Cocina Saludable para Niños 1:15-2:45pm Cardio Para Niños 3-4pm Dormir bien para el bienestar emocional de los adultos mayores 3-4pm ESP Boot Camp 4-5pm Educacion de Salud para Niños 4-5pm		Boot Camp 9-10am Zumba 10:15-11:15am Clase de Baile para Niños 4-5pm	
Zumba 9:30-10:30am Yoga 10:45-11:45am Yoga Para Mamas 10:45-11:45am Meditacion 12-1pm Estiramiento y Movilidad 3-4pm Boot Camp 4-5pm	Entrenamiento Circuito 9:15-10:15am Cocina Saludable 10:30am-12pm Zumba 3-4pm HIIT 4-5pm	Zumba 9:30-10:30am Strong 10:45-11:45am Yoga 12-1pm Cocina Saludable para Niños 1:15-2:45pm Cardio Para Niños 3-4pm Depresion y Ansiedad 3-4pm ESP Boot Camp 4-5pm Educacion de Salud para Niños 4-5pm	Entrenamiento Circuito 9:15-10:15am Cocina Saludable 10:30am-12pm RCP/Primeros Auxilios 12-3pm ENG Vinyasa Yoga 2-3pm Educacion de Asthma 4-5pm ESP Cardio Para Niños 3-4pm	Boot Camp 9-10am Zumba 10:15-11:15am Clase de Baile para Niños 4-5pm	
Zumba 9:30-10:30am Yoga 10:45-11:45am Yoga Para Mamas 10:45-11:45am Meditacion 12-1pm Estiramiento y Movilidad 3-4pm Boot Camp 4-5pm	Entrenamiento Circuito 9:15-10:15am Cocina Saludable 10:30am-12pm Jugos Saludables 12:30-2pm Zumba 3-4pm HIIT 4-5pm	Zumba 9:30-10:30am Strong 10:45-11:45am Yoga 12-1pm Cocina Saludable para Niños 1:15-2:45pm Cardio Para Niños 3-4pm Inteligencia Emocional 3-4pm ESP Boot Camp 4-5pm Educacion de Salud para Niños 4-5pm	Entrenamiento Circuito 9:15-10:15am Cocina Saludable 10:30am-12pm RCP/Primeros Auxilios 12-3pm ESP Vinyasa Yoga 2-3pm Orientacion para Nuevos Miembros 4-4:30pm Cardio Para Niños 3-4pm	Boot Camp 9-10am Zumba 10:15-11:15am Clase de Baile para Niños 4-5pm	
Zumba 9:30-10:30am Yoga 10:45-11:45am Yoga Para Mamas 10:45-11:45am Meditacion 12-1pm Estiramiento y Movilidad 3-4pm Boot Camp 4-5pm	Entrenamiento Circuito 9:15-10:15am Cocina Saludable 10:30am-12pm Zumba 3-4pm HIIT 4-5pm		Entrenamiento Circuito 9:15-10:15am Cocina Saludable 10:30am-12pm Vinyasa Yoga 2-3pm Cardio Para Niños 3-4pm	Boot Camp 9-10am Zumba 10:15-11:15am Dispensa de Alimentos 2-4pm Nuevo Horario	
Zumba 9:30-10:30am Yoga 10:45-11:45am Yoga Para Mamas 10:45-11:45am Meditacion 12-1pm Estiramiento y Movilidad 3-4pm Boot Camp 4-5pm	Entrenamiento Circuito 9:15-10:15am Cocina Saludable 10:30am-12pm Zumba 3-4pm HIIT 4-5pm	Zumba 9:30-10:30am Strong 10:45-11:45am Yoga 12-1pm Cocina Saludable para Niños 1:15-2:45pm Cardio Para Niños 3-4pm Cuanto es Demasiado 3-4pm ESP Boot Camp 4-5pm Educacion de Salud para Niños 4-5pm	<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 <p>Orientación para nuevos miembros</p> <p>*Comuníquese con el Centro para disponibilidad de Servicios</p> <p>TODOS LOS SERVICIOS Y LAS CLASES SON GRATIS ¡PARA TODOS!</p>	<p>Las 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>	

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