

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
BLUE Qualify for the My Rewards for a Healthy Life Program. GREEN Appointment & Registration required.	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!	 CRC Website	1 Boot Camp 9—10 a.m. Pilates 10:15—11:15 a.m. Low Impact Zumba 12:30 —1:30 p.m. Stretching & Strengthening for Seniors 2—3 p.m. Virtual Breakthrough Parenting 2— 4 p.m. Eng. Zumba 4— 5 p.m.	2 Virtual CPR & First Aid (Ages 14+) Register at freecprla.com 9 a.m.—12 p.m. Eng. FAMILY DAY  10AM - 2PM Center Closed for Special Event *Pre-Registration required*	3  CENTER CLOSED
5 Boot Camp 9—10 a.m. Yoga 10:15 —11:15 a.m. Pilates 11:30 a.m. — 12:30 p.m. Virtual Breakthrough Parenting 2— 4 p.m. Eng. Zumba Steps 4 —5 p.m.	6 Boot Camp 9—10 a.m. Low Impact Zumba 10:30—11:30 a.m. The World of Juicing and Salads 12— 1 p.m. Eng./Spa. Healthy Cooking 1:15 — 3:15 p.m. Eng./Spa. Breakthrough Parenting 2— 4 p.m. Spa. Improving Your Credit 4 - 5 p.m. Eng./Spa. Kids Healthy Cooking 3:45 —5:00 p.m. (5—14 y/o)	7 Boot Camp 9—10 a.m. Little One & Me 10:30—11:30 a.m. (0—5 y/o) Dance Aerobics 12 —1 p.m. Tai Chi 3 — 4 p.m. Yoga 4 — 5 p.m.	8 Boot Camp 9—10 a.m. Pilates 10:15—11:15 a.m. Low Impact Zumba 12:30 —1:30 p.m. Stretching & Strengthening for Seniors 2—3 p.m. Virtual Breakthrough Parenting 2— 4 p.m. Eng. Health Screenings —EPDB 3 — 5 p.m. Zumba 4— 5 p.m.	9 Support Group for Parents of Children with Special Needs 9:30— 11 a.m. Spa. Mental Health First Aid Pt. 1 1 - 5 p.m. Spa.	10 CPR & First Aid (Ages 14+) Register at freecprla.com 9 a.m.—12 p.m. Spa. OPEN FROM 9:00 AM - 12:30 PM
12 Boot Camp 9—10 a.m. Yoga 10:15 —11:15 a.m. Pilates 11:30 a.m. — 12:30 p.m. Virtual Breakthrough Parenting 2— 4 p.m. Eng. Zumba Steps 4 —5 p.m.	13 Boot Camp 9—10 a.m. Low Impact Zumba 10:30—11:30 a.m. The World of Juicing and Salads 12— 1 p.m. Eng./Spa. Healthy Cooking 1:15 — 3:15 p.m. Eng./Spa. Breakthrough Parenting 2— 4 p.m. Spa. Identity Protection 4 - 5 p.m. Eng./Spa. Kids Healthy Cooking 3:45 —5:00 p.m. (5—14 y/o)	14 WIC Application Assistance 9 a.m. — 12 p.m. Boot Camp 9—10 a.m. Little One & Me 10:30—11:30 a.m. (0—5 y/o) Dance Aerobics 12 —1 p.m. Tai Chi 3 — 4 p.m. Yoga 4 — 5 p.m.	15 Boot Camp 9—10 a.m. Pilates 10:15—11:15 a.m. Low Impact Zumba 12:30 —1:30 p.m. Stretching & Strengthening for Seniors 2—3 p.m. Virtual Breakthrough Parenting 2— 4 p.m. Eng. Zumba 4— 5 p.m.	16 CPR & First Aid (Ages 14+) Register at freecprla.com 9 a.m.—12 p.m.Spa. Mental Health First Aid Pt. 2 1 - 5 p.m. Spa.	17  CENTER CLOSED
19 Boot Camp 9—10 a.m. Yoga 10:15 —11:15 a.m. Pilates 11:30 a.m. — 12:30 p.m. Virtual Breakthrough Parenting 2— 4 p.m. Eng. Zumba Steps 4 —5 p.m.	20 Boot Camp 9—10 a.m. Low Impact Zumba 10:30—11:30 a.m. The World of Juicing and Salads 12— 1 p.m. Eng./Spa. Healthy Cooking 1:15 — 3:15 p.m. Eng./Spa. Breakthrough Parenting 2— 4 p.m. Spa. Kids Healthy Cooking 3:45 —5:00 p.m. (5—14 y/o)	21 Boot Camp 9—10 a.m. Little One & Me 10:30—11:30 a.m. (0—5 y/o) Oral Health Workshop 10:30 - 11:30 a.m. Eng./Spa. Dance Aerobics 12 —1 p.m. Tai Chi 3 — 4 p.m. Yoga 4 — 5 p.m.	22 Boot Camp 9—10 a.m. Pilates 10:15—11:15 a.m. Low Impact Zumba 12:30 —1:30 p.m. Stretching & Strengthening for Seniors 2—3 p.m. Virtual Breakthrough Parenting 2— 4 p.m. Eng. Zumba 4— 5 p.m.	23 BABY SHOWER  10AM - 2PM Center Closed for Special Event *Pre-registration Required*	24  CENTER CLOSED
26 Boot Camp 9—10 a.m. Yoga 10:15 —11:15 a.m. Pilates 11:30 a.m. — 12:30 p.m. Safe Summer - EPDB 1 - 2 p.m. Eng./Spa. Orientation for Food Education Access Support Together (FEAST) 2:00 — 3:30 p.m. Spa. Virtual Breakthrough Parenting 2— 4 p.m. Eng. Zumba Steps 4 —5 p.m.	27 Boot Camp 9—10 a.m. Health Screenings - EPDB 10 a.m. — 1 p.m. Low Impact Zumba 10:30—11:30 a.m. The World of Juicing and Salads 12— 1 p.m. Eng./Spa. Healthy Cooking 1:15 — 3:15 p.m. Eng./Spa. Breakthrough Parenting 2— 4 p.m. Spa. Kids Healthy Cooking 3:45 —5:00 p.m. (5—14 y/o)	28 Boot Camp 9—10 a.m. Little One & Me 10:30—11:30 a.m. (0—5 y/o) Dance Aerobics 12 —1 p.m. Tai Chi 3 — 4 p.m. Yoga 4 — 5 p.m.	29 Boot Camp 9—10 a.m. Pilates 10:15—11:15 a.m. Low Impact Zumba 12:30 —1:30 p.m. Stretching & Strengthening for Seniors 2—3 p.m. Virtual Breakthrough Parenting 2— 4 p.m. Eng. Zumba 4— 5 p.m.	30  OPEN FOR INFORMATIONAL RESOURCES ONLY. NO CLASSES.	31  CENTER CLOSED

Class space is limited (first come, first served). Classes are subject to change, rescheduling or cancellation without notice. Child supervision is provided while you attend a class. (Ages 4+). Must wear appropriate shoes for fitness classes.

BE ACTIVE,
HEALTHY & INFORMED



7868 Van Nuys Blvd.
Panorama City, CA. 91402



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



213.438.5497
CommunityResourceCenterLA.org

