







INGLEWOOD SEPTEMBER 2024

Community Resource Center

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>2</p> 	<p>3</p> <p>Boot Camp 9 - 10 a.m. Kick Boxing 10 - 11 a.m. Balance & Stability 11:10 a.m. - 12:10 p.m. Diabetes Self-Management 1:30 - 3 p.m. Pilates 4 - 5 p.m.</p>	<p>4</p> <p>Yoga Therapy 9 - 10 a.m. Covered California Enrollments 10 a.m. - 3 p.m. Wellness Nutrition Group (Hourly Sessions) 10 a.m. - 1 p.m. Line Dancing 1 - 2:30 p.m. Zumba 4 - 5 p.m.</p>	<p>5</p> <p>Yoga Therapy Virtual 9 - 10 a.m. Anger Management Virtual 10 - 11:30 a.m. Tai Chi 10:30 - 11:30 a.m. Beginners Line Dancing 12 - 1:30 p.m. Breakthrough Parenting Virtual 12 - 1:30 p.m. Pilates 2 - 3 p.m. Anger Management Virtual 4:30 - 6 p.m.</p>	<p>6</p> <p>Yoga Therapy 9 - 10 a.m. Mommy & Me 10 - 11 a.m. The Arts of Fruit and Vegetables 10:30 a.m. - 12 p.m. Line Dancing 1 - 2:30 p.m. Zumba 4 - 5 p.m.</p>	<p>7</p> <p>Family Fitness Virtual 9 - 10 a.m.</p> 
<p>9</p> <p>Tai Chi 10 - 11 a.m. FEAST (Spanish) The Big 3 Addictions, Part 2: Fat 10:30 a.m. - 12:30 p.m. CPR & First Aid 12:30 - 3:30 p.m. Boot Camp 4 - 5 p.m. Healthy Cooking for Kids (Ages 6 - 12) 4 - 5 p.m.</p>	<p>10</p> <p>Boot Camp 9 - 10 a.m. Kick Boxing 10 - 11 a.m. Balance & Stability 11:10 a.m. - 12:10 p.m. Diabetes Self-Management 1:30 - 3 p.m. Pilates 4 - 5 p.m.</p>	<p>11</p> <p>Yoga Therapy 9 - 10 a.m. Covered California Enrollments 10 a.m. - 3 p.m. Wellness Nutrition Group (Hourly Sessions) 10 a.m. - 1 p.m. Line Dancing 1 - 2:30 p.m. Chase Money Skills Help Avoid Fraud & Scams as you Age 2:45 - 3:45 p.m. Zumba 4 - 5 p.m.</p>	<p>12</p> <p>Yoga Therapy Virtual 9 - 10 a.m. Anger Management Virtual 10 - 11:30 a.m. Tai Chi 10:30 - 11:30 a.m. Beginners Line Dancing 12 - 1:30 p.m. Breakthrough Parenting Virtual 12 - 1:30 p.m. Pilates 2 - 3 p.m. Anger Management Virtual 4:30 - 6 p.m.</p>	<p>13</p> <p>Yoga Therapy 9 - 10 a.m. Mommy & Me 10 - 11 a.m. Healthy Cooking 10:30 a.m. - 12 p.m. Line Dancing 1 - 2:30 p.m. Zumba 4 - 5 p.m.</p>	<p>14</p> <p>Family Fitness Virtual 9 - 10 a.m.</p> 
<p>16</p> <p>Tai Chi 10 - 11 a.m. FEAST (Spanish) The Big 3 Addictions, Part 3: Sodium 10:30 a.m. - 12:30 p.m. CLOSED for Team Meeting 1:30 - 2:30 p.m. Boot Camp 4 - 5 p.m. Healthy Cooking for Kids (Ages 6 - 12) 4 - 5 p.m.</p>	<p>17</p> <p>Boot Camp 9 - 10 a.m. Kick Boxing 10 - 11 a.m. Balance & Stability 11:10 a.m. - 12:10 p.m. Diabetes Self-Management 1:30 - 3 p.m. Pilates 4 - 5 p.m.</p>	<p>18</p> <p>Yoga Therapy 9 - 10 a.m. Covered California Enrollments 10 a.m. - 3 p.m. Wellness Nutrition Group (Hourly Sessions) 10 a.m. - 1 p.m. Line Dancing 1 - 2:30 p.m. Zumba 4 - 5 p.m.</p>	<p>19</p> <p>Yoga Therapy Virtual 9 - 10 a.m. Anger Management Virtual 10 - 11:30 a.m. Tai Chi 10:30 - 11:30 a.m. Beginners Line Dancing 12 - 1:30 p.m. Breakthrough Parenting Virtual 12 - 1:30 p.m. Pilates 2 - 3 p.m. Anger Management Virtual 4:30 - 6 p.m.</p>	<p>20</p> <p>Yoga Therapy 9 - 10 a.m. Mommy & Me 10 - 11 a.m. The Arts of Fruit and Vegetables 10:30 a.m. - 12 p.m. Line Dancing 1 - 2:30 p.m. Zumba 4 - 5 p.m.</p>	<p>21</p> <p>Family Fitness Virtual 9 - 10 a.m.</p> 
<p>23</p> <p>Community Baby Shower 10 a.m. - 12:30 p.m. *REGISTRATION REQUIRED* FEAST (Spanish) Review 10:30 a.m. - 12:30 p.m. Boot Camp 4 - 5 p.m. Healthy Cooking for Kids (Ages 6 - 12) 4 - 5 p.m.</p>	<p>24</p> <p>Boot Camp 9 - 10 a.m. Kick Boxing 10 - 11 a.m. Balance & Stability 11:10 a.m. - 12:10 p.m. Diabetes Self-Management 1:30 - 3 p.m. Pilates 4 - 5 p.m.</p>	<p>25</p> <p>Yoga Therapy 9 - 10 a.m. Covered California Enrollments 10 a.m. - 3 p.m. Wellness Nutrition Group (Hourly Sessions) 10 a.m. - 1 p.m. Line Dancing 1 - 2:30 p.m. Chase Money Skills Cyber Safety for Good: Parents/Adults 2:45 - 3:45 p.m. Zumba 4 - 5 p.m.</p>	<p>26</p> <p>Yoga Therapy Virtual 9 - 10 a.m. Anger Management Virtual 10 - 11:30 a.m. Tai Chi 9:30 - 11:30 a.m. Beginners Line Dancing 12 - 1:30 p.m. Breakthrough Parenting Virtual 12 - 1:30 p.m. Pilates 2 - 3 p.m. Anger Management Virtual 4:30 - 6 p.m.</p>	<p>27</p> <p>Yoga Therapy 9 - 10 a.m. Mommy & Me 10 - 11 a.m. Healthy Cooking 10:30 a.m. - 12 p.m. Line Dancing 1 - 2:30 p.m. Zumba 4 - 5 p.m.</p>	<p>28</p> <p>Family Fitness Virtual 9 - 10 a.m. CPR & First Aid Virtual 9:30 a.m. - 12:30 p.m.</p> 
<p>30</p> <p>Healthy Heart 9:30 - 11:30 a.m. Tai Chi 10 - 11 a.m. FEAST (Spanish) Graduation 10:30 a.m. - 12:30 p.m. Boot Camp 4 - 5 p.m. Healthy Cooking for Kids (Ages 6 - 12) 4 - 5 p.m.</p>			<p>CalFresh Assistance Thursdays 9:30 a.m. - 4 p.m.</p> <p>Diaper Distribution Thursdays 9:30 a.m. - 3:30 p.m.</p> <p>PLEASE CALL before visiting for eligibility requirements</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>	 CRC Website

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

 2864 W. Imperial Hwy.
Inglewood, CA 90303

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

 **310.330.3130**
CommunityResourceCenterLA.org



INGLEWOOD SEPTIEMBRE 2024

Community Resource Center

LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO
<p>2</p> <p>DÍA DEL TRABAJO</p> <p>CENTRO CERRADO</p>	<p>3</p> <p>Entrenamiento Intenso 9 - 10 a.m. Kick Boxing 10 - 11 a.m. Equilibrio y Estabilidad 11:10 a.m. - 12:10 p.m. Autocontrol de la Diabetes 1:30 - 3 p.m. Pilates 4 - 5 p.m.</p>	<p>4</p> <p>Terapia de Yoga 9 - 10 a.m. Servicios de Inscripción para Covered California 10 a.m. - 3 p.m. Nutrición y Bienestar (Sesiones de una Hora) 10 a.m. - 1 p.m. Baile en Línea 1 - 2:30 p.m. Zumba 4 - 5 p.m.</p>	<p>5</p> <p>Terapia de Yoga Virtual 9 - 10 a.m. Manejo de Ira Virtual 10 - 11:30 a.m. Tai Chi 10:30 - 11:30 a.m. Baile en Línea para Principiantes 12 - 1:30 p.m. Cultivando Familias Virtual 12 p.m. - 1:30 p.m. Pilates 2 - 3 p.m. Manejo de Ira Virtual 4:30 - 6 p.m.</p>	<p>6</p> <p>Terapia de Yoga 9 - 10 a.m. Mami y Yo 10 - 11 a.m. El Arte de las Frutas y Vegetales 10:30 a.m. - 12 p.m. Baile en Línea 1 - 2:30 p.m. Zumba 4 - 5 p.m.</p>	<p>7</p> <p>Ejercicio Familiar Virtual 9 - 10 a.m.</p> <p>CENTRO CERRADO</p>
<p>9</p> <p>Tai Chi 10 - 11 a.m. FEAST (Español) Las 3 Grandes Adicciones, Parte 2: Grasa 10:30 a.m. - 12:30 p.m. RCP y Primeros Auxilios 12:30 - 3:30 p.m. Entrenamiento Intenso 4 - 5 p.m. Cocina Saludable para Niños (6 - 12 años) 4 - 5 p.m.</p>	<p>10</p> <p>Entrenamiento Intenso 9 - 10 a.m. Kick Boxing 10 - 11 a.m. Equilibrio y Estabilidad 11:10 a.m. - 12:10 p.m. Autocontrol de la Diabetes 1:30 - 3 p.m. Pilates 4 - 5 p.m.</p>	<p>11</p> <p>Terapia de Yoga 9 - 10 a.m. Servicios de Inscripción para Covered California 10 a.m. - 3 p.m. Nutrición y Bienestar (Sesiones de una Hora) 10 a.m. - 1 p.m. Baile en Línea 1 - 2:30 p.m. Habilidades de Chase Money: evitar fraudes y estafas 2:45 - 3:45 p.m. Zumba 4 - 5 p.m.</p>	<p>12</p> <p>Terapia de Yoga Virtual 9 - 10 a.m. Manejo de Ira Virtual 10 - 11:30 a.m. Tai Chi 10:30 - 11:30 a.m. Baile en Línea para Principiantes 12 - 1:30 p.m. Cultivando Familias Virtual 12 p.m. - 1:30 p.m. Pilates 2 - 3 p.m. Manejo de Ira Virtual 4:30 - 6 p.m.</p>	<p>13</p> <p>Terapia de Yoga 9 - 10 a.m. Mami y Yo 10 - 11 a.m. Cocina Saludable 10:30 a.m. - 12 p.m. Baile en Línea 1 - 2:30 p.m. Zumba 4 - 5 p.m.</p>	<p>14</p> <p>Ejercicio Familiar Virtual 9 - 10 a.m.</p> <p>CENTRO CERRADO</p>
<p>16</p> <p>Tai Chi 10 - 11 a.m. FEAST (Español) Las 3 Grandes Adicciones, Parte 3: Sodio 10:30 a.m. - 12:30 p.m. CERRADO por Reunión de Personal 1:30 - 2:30 p.m. Entrenamiento Intenso 4 - 5 p.m. Cocina Saludable para Niños (6 - 12 años) 4 - 5 p.m.</p>	<p>17</p> <p>Entrenamiento Intenso 9 - 10 a.m. Kick Boxing 10 - 11 a.m. Equilibrio y Estabilidad 11:10 a.m. - 12:10 p.m. Autocontrol de la Diabetes 1:30 - 3 p.m. Pilates 4 - 5 p.m.</p>	<p>18</p> <p>Terapia de Yoga 9 - 10 a.m. Servicios de Inscripción para Covered California 10 a.m. - 3 p.m. Nutrición y Bienestar (Sesiones de una Hora) 10 a.m. - 1 p.m. Baile en Línea 1 - 2:30 p.m. Zumba 4 - 5 p.m.</p>	<p>19</p> <p>Terapia de Yoga Virtual 9 - 10 a.m. Manejo de Ira Virtual 10 - 11:30 a.m. Tai Chi 10:30 - 11:30 a.m. Baile en Línea para Principiantes 12 - 1:30 p.m. Cultivando Familias Virtual 12 p.m. - 1:30 p.m. Pilates 2 - 3 p.m. Manejo de Ira Virtual 4:30 - 6 p.m.</p>	<p>20</p> <p>Terapia de Yoga 9 - 10 a.m. Mami y Yo 10 - 11 a.m. El Arte de las Frutas y Vegetales 10:30 a.m. - 12 p.m. Baile en Línea 1 - 2:30 p.m. Zumba 4 - 5 p.m.</p>	<p>21</p> <p>Ejercicio Familiar Virtual 9 - 10 a.m.</p> <p>CENTRO CERRADO</p>
<p>23</p> <p>Baby Shower para la Comunidad 10 a.m. - 12:30 p.m. *SE REQUIERE REGISTRO* FEAST (Español) Revisión 10:30 a.m. - 12:30 p.m. Entrenamiento Intenso 4 - 5 p.m. Cocina Saludable para Niños (6 - 12 años) 4 - 5 p.m.</p>	<p>24</p> <p>Entrenamiento Intenso 9 - 10 a.m. Kick Boxing 10 - 11 a.m. Equilibrio y Estabilidad 11:10 a.m. - 12:10 p.m. Autocontrol de la Diabetes 1:30 - 3 p.m. Pilates 4 - 5 p.m.</p>	<p>25</p> <p>Terapia de Yoga 9 - 10 a.m. Servicios de Inscripción para Covered California 10 a.m. - 3 p.m. Nutrición y Bienestar (Sesiones de una Hora) 10 a.m. - 1 p.m. Baile en Línea 1 - 2:30 p.m. Habilidades de Chase Money: seguridad cibernética para siempre 2:45 - 3:45 p.m. Zumba 4 - 5 p.m.</p>	<p>26</p> <p>Terapia de Yoga Virtual 9 - 10 a.m. Manejo de Ira Virtual 10 - 11:30 a.m. Tai Chi 9:30 - 11:30 a.m. Baile en Línea para Principiantes 12 - 1:30 p.m. Cultivando Familias Virtual 12 p.m. - 1:30 p.m. Pilates 2 - 3 p.m. Manejo de Ira Virtual 4:30 - 6 p.m.</p>	<p>27</p> <p>Terapia de Yoga 9 - 10 a.m. Mami y Yo 10 - 11 a.m. Cocina Saludable 10:30 a.m. - 12 p.m. Baile en Línea 1 - 2:30 p.m. Zumba 4 - 5 p.m.</p>	<p>28</p> <p>Ejercicio Familiar Virtual 9 - 10 a.m. RCP y Primeros Auxilios Virtual 9:30 a.m. - 12:30 p.m.</p> <p>CENTRO CERRADO</p>
<p>30</p> <p>Corazón Saludable 9:30 - 11:30 a.m. Tai Chi 10 - 11 a.m. FEAST (Español) Graduación 10:30 a.m. - 12:30 p.m. Entrenamiento Intenso 4 - 5 p.m. Cocina Saludable para Niños (6 - 12 años) 4 - 5 p.m.</p>			<p>Servicios de Inscripción para CalFresh Los Jueves 9:30 a.m. - 4 p.m.</p> <p>Distribución de Pañales Los Jueves 9:30 a.m. - 3:30 p.m.</p> <p>POR FAVOR LLAME antes de visitar para requisitos de elegibilidad</p>	<p>AZUL Califican para el programa mis recompensas para una vida sana.</p> <p>VERDE Por cita y registro solamanete.</p> <p>GRIS Virtual. Por favor llame al centro para registrarse.</p>	<p>CENTRO CERRADO</p> <p>CRC Sitio de Web</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



2864 W. Imperial Hwy.
Inglewood, CA 90303



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



310.330.3130
activehealthyinformed.org