




POMONA SEPTEMBER 2024

Community Resource Center

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>2</p> 	<p>3</p> <p>Circuit Training 9:15-10:15am Healthy Cooking 10:30am-12pm Healthy Juicing 12:30-2pm Zumba 3-4pm Homework Help 4-5pm (Ages 5-12) HIIT 4-5pm</p>	<p>4</p> <p>Zumba 9:30-10:30am Strong 10:45-11:45am Yoga 12-1pm Kids Fitness 3-4pm Family Violence Awareness, Prevention & Resilience 3-4pm ESP Boot Camp 4-5pm Kid's Health Education 4-5pm</p>	<p>5</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 Kids Fitness 4-5pm</p>	<p>6</p> <p>Boot Camp 9-10am Zumba 10:15-11:15am Kids Dance Class 4-5pm</p>	<p>7</p> 
<p>9</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 Homework Help 4-5pm (Ages 5-12) Boot Camp 4-5pm</p>	<p>10</p> <p>Circuit Training 9:15-10:15am Healthy Cooking 10:30am-12pm Zumba 3-4pm Homework Help 4-5pm (Ages 5-12) HIIT 4-5pm</p>	<p>11</p> <p>Zumba 9:30-10:30am Strong 10:45-11:45am Yoga 12-1pm Kids Fitness 3-4pm Child Abuse Prevention & Resilience 3-4pm ESP Boot Camp 4-5pm Kid's Health Education 4-5pm</p>	<p>12</p> <p>Family Fun Day 9am-1pm Asthma Education 4-5pm ESP</p>	<p>13</p> <p>Boot Camp 9-10am Zumba 10:15-11:15am Kids Dance Class 4-5pm</p>	<p>14</p> 
<p>16</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 Homework Help 4-5pm (Ages 5-12) Boot Camp 4-5pm</p>	<p>17</p> <p>Circuit Training 9:15-10:15am Healthy Cooking 10:30am-12pm Healthy Juicing 12:30-2pm Zumba 3-4pm Homework Help 4-5pm (Ages 5-12) HIIT 4-5pm</p>	<p>18</p> <p>Zumba 9:30-10:30am Strong 10:45-11:45am Yoga 12-1pm Kids Fitness 3-4pm Understanding Neurodevelopmental Disorders 3-4pm ESP Boot Camp 4-5pm Kid's Health Education 4-5pm</p>	<p>19</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>20</p> <p>Boot Camp 9-10am Zumba 10:15-11:15am Kids Dance Class 4-5pm</p>	<p>21</p> 
<p>23</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 Homework Help 4-5pm (Ages 5-12) Boot Camp 4-5pm</p>	<p>24</p> <p>Circuit Training 9:15-10:15am Healthy Cooking 10:30am-12pm Zumba 3-4pm Homework Help 4-5pm (Ages 5-12) HIIT 4-5pm</p>	<p>25</p> <p>Zumba 9:30-10:30am Strong 10:45-11:45am Yoga 12-1pm Kids Fitness 3-4pm Understanding Childhood Behaviors & Disorders 3-4pm ESP Boot Camp 4-5pm Kid's Health Education 4-5pm</p>	<p>26</p> <p>Circuit Training 9:15-10:15am Healthy Cooking 10:30am-12pm Vinyasa Yoga 2-3pm Kids Fitness 4-5pm</p>	<p>27</p> <p>Boot Camp 9-10am Zumba 10:15-11:15am Food Pantry 2-4pm</p>	<p>28</p> 
<p>30</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 Homework Help 4-5pm (Ages 5-12) Boot Camp 4-5pm</p>		 <p>CENTER SERVICES</p> <ul style="list-style-type: none"> - Member Services - Enrollment Services* • Medi-cal, MediCare, Covered California, & CalFresh - New Member Orientation <p>*Contact Center for Availability of Services</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>	

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 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 Circuito 9:15-10:15am Cocina Saludable 10:30am-12pm Jugos Saludables 12:30-2pm Zumba 3-4pm Ayuda con la tarea 4-5pm (Edad 5-12) HIIT 4-5pm</p>	<p>4</p> <p>Zumba 9:30-10:30am Strong 10:45-11:45am Yoga 12-1pm Cardio Para Niños 3-4pm Prevencion de la Violencia Familiar 3-4pm ESP Boot Camp 4-5pm Educacion de Salud para Niños 4-5pm</p>	<p>5</p> <p>Entrenamiento Circuito 9:15-10:15am Cocina Saludable 10:30am-12pm RCP/Primeros Auxilios Registrese en freecprla.com 12-3pm ENG Vinyasa Yoga 2-3pm Cardio Para Niños 4-5pm</p>	<p>6</p> <p>Boot Camp 9-10am Zumba 10:15-11:15am Clase de Baile para Niños 4-5pm</p>	<p>7</p> <p>CENTRO CERRADO</p>
<p>9</p> <p>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 Ayuda con la tarea 4-5pm (Edad 5-12) Boot Camp 4-5pm</p>	<p>10</p> <p>Entrenamiento Circuito 9:15-10:15am Cocina Saludable 10:30am-12pm Zumba 3-4pm Ayuda con la tarea 4-5pm (Edad 5-12) HIIT 4-5pm</p>	<p>11</p> <p>Zumba 9:30-10:30am Strong 10:45-11:45am Yoga 12-1pm Cardio Para Niños 3-4pm Prevencion del abuso infantil 3-4pm ESP Boot Camp 4-5pm Educacion de Salud para Niños 4-5pm</p>	<p>12</p> <p>Family Fun Day 9am-1pm Educacion de Asthma 4-5pm ESP</p>	<p>13</p> <p>Boot Camp 9-10am Zumba 10:15-11:15am Clase de Baile para Niños 4-5pm</p>	<p>14</p> <p>CENTRO CERRADO</p>
<p>16</p> <p>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 Ayuda con la tarea 4-5pm (Edad 5-12) Boot Camp 4-5pm</p>	<p>17</p> <p>Entrenamiento Circuito 9:15-10:15am Cocina Saludable 10:30am-12pm Jugos Saludables 12:30-2pm Zumba 3-4pm Ayuda con la tarea 4-5pm (Edad 5-12) HIIT 4-5pm</p>	<p>18</p> <p>Zumba 9:30-10:30am Strong 10:45-11:45am Yoga 12-1pm Cardio Para Niños 3-4pm Comprender desarrollos neurologicos 3-4pm ESP Boot Camp 4-5pm Educacion de Salud para Niños 4-5pm</p>	<p>19</p> <p>Entrenamiento Circuito 9:15-10:15am Cocina Saludable 10:30am-12pm RCP/Primeros Auxilios Registrese en freecprla.com 12-3pm ESP Vinyasa Yoga 2-3pm Orientacion para Nuevos Miembros 4-4:30pm Cardio Para Niños 4-5pm</p>	<p>20</p> <p>Boot Camp 9-10am Zumba 10:15-11:15am Clase de Baile para Niños 4-5pm</p>	<p>21</p> <p>CENTRO CERRADO</p>
<p>23</p> <p>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 Ayuda con la tarea 4-5pm (Edad 5-12) Boot Camp 4-5pm</p>	<p>24</p> <p>Entrenamiento Circuito 9:15-10:15am Cocina Saludable 10:30am-12pm Zumba 3-4pm Ayuda con la tarea 4-5pm (Edad 5-12) HIIT 4-5pm</p>	<p>25</p> <p>Zumba 9:30-10:30am Strong 10:45-11:45am Yoga 12-1pm Cardio Para Niños 3-4pm Comprender trastornos de menores 3-4pm ESP Boot Camp 4-5pm Educacion de Salud para Niños 4-5pm</p>	<p>26</p> <p>Entrenamiento Circuito 9:15-10:15am Cocina Saludable 10:30am-12pm Vinyasa Yoga 2-3pm Cardio Para Niños 4-5pm</p>	<p>27</p> <p>Boot Camp 9-10am Zumba 10:15-11:15am Dispensa de Alimentos 2-4pm Nuevo Horario</p>	<p>28</p> <p>CENTRO CERRADO</p>
<p>30</p> <p>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 Ayuda con la tarea 4-5pm (Edad 5-12) Boot Camp 4-5pm</p>		<p>SERVICIOS DEL CENTRO</p> <ul style="list-style-type: none"> - Servicios a los miembros - Servicios de Inscripción* • 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>La 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>	 <p>CRC Sitio de Web</p>	<p>CENTRO CERRADO</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**



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