



POMONA JANUARY 2025

Community Resource Center

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---|---|--|---|---|---|
| <p>BLUE Qualify for the My Rewards for a Healthy Life Program.</p> <p>GREEN Appointment & Registration required.</p> | <p>CENTER SERVICES</p> <ul style="list-style-type: none"> Member Services Enrollment Services* <ul style="list-style-type: none"> 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>HAPPY NEW YEAR</p> <p>CENTER CLOSED</p> | <p>CENTER CLOSED</p> | <p>CENTER CLOSED</p> | <p>CENTER CLOSED</p> |
| <p>CENTER CLOSED</p> | <p>CENTER CLOSED</p> | <p>Zumba 9:30-10:30am Strong 10:45-11:45am Vinyasa Yoga 12-1pm Kids Fitness 3-4pm Bullying Prevention 3-4pm ESP Boot Camp 4-5pm Kids 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 Fitness 3-4pm Kids Dance 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 Homework Help 3-5pm (Ages 5-12) Stretch & Mobility 3-4pm Boot Camp 4-5pm</p> | <p>Circuit Training 9:15-10:15am Healthy Cooking 10:30am-12pm Diabetes Self-Management Series 2-3:30pm (1 of 4) ESP Homework Help 3-5pm (Ages 5-12) Zumba 3-4pm HIIT 4-5pm</p> | <p>Zumba 9:30-10:30am Strong 10:45-11:45am Vinyasa Yoga 12-1pm Kids Fitness 3-4pm Family Violence Awareness 3-4pm ESP Boot Camp 4-5pm Kids 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 Kids Fitness 4-5pm</p> | <p>Boot Camp 9-10am Zumba 10:15-11:15am Kids Fitness 3-4pm Kids Dance 4-5pm</p> | <p>CENTER CLOSED</p> |
| <p>MLK DAY</p> <p>CENTER CLOSED</p> | <p>Circuit Training 9:15-10:15am Healthy Cooking 10:30am-12pm Healthy Juicing 12:15-1:45pm Diabetes Self-Management Series 2-3:30pm (2 of 4) ESP Homework Help 3-5pm (Ages 5-12) Zumba 3-4pm HIIT 4-5pm</p> | <p>Vinyasa Yoga 12-1pm Kids Fitness 3-4pm Child Abuse Prevention 3-4pm ESP Boot Camp 4-5pm Kids Health Education 4-5pm</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 Kids Dance 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 Homework Help 3-5pm (Ages 5-12) Stretch & Mobility 3-4pm Boot Camp 4-5pm</p> | <p>Circuit Training 9:15-10:15am Healthy Cooking 10:30am-12pm Diabetes Self-Management Series 2-3:30pm (3 of 4) ESP Homework Help 3-5pm (Ages 5-12) Zumba 3-4pm HIIT 4-5pm</p> | <p>Zumba 9:30-10:30am Strong 10:45-11:45am Vinyasa Yoga 12-1pm Kids Fitness 3-4pm Understanding Childhood Behaviors and Disorders 3-4pm ESP Boot Camp 4-5pm Kids Health Education 4-5pm</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</p> | <p></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



Community Resource Center

Calendar grid with columns for days of the week (LUNES to SÁBADO) and rows for dates. Each cell contains activity schedules, class times, and center status (e.g., 'CENTRO CERRADO', 'AZUL', 'VERDE').

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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CRC Sitio de Web