



Community Resource Center



PANORAMA CITY MARCH 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Boot Camp 10 — 11 a.m. 3 Yoga 11:15 a.m. — 12:15 p.m. Pilates 12:30 — 1:30 p.m. Virtual Breakthrough Parenting 2 — 4 p.m. Eng. Zumba Steps 5 — 6 p.m.	Boot Camp 9 — 10 a.m. 4 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 4 — 5 p.m. (5—14 y/o)	Boot Camp 10 — 11 a.m. 5 Little One & Me 11:30 a.m. — 12:30 p.m. (0—5 y/o) Dance Aerobics 1 — 2 p.m. Ask the Registered Dietician 2:15 — 3:15 p.m. Eng./Spa. Tai Chi 4 — 5 p.m. Family Yoga 5 — 6 p.m. (Adults & Kids 5 y/o & up)	Boot Camp 9 — 10 a.m. 6 Blood Pressure: What is High Blood Pressure? - NEVHC 10:30 - 11:30 a.m. Eng./Spa. Pilates 10:15 — 11:15 a.m. Stretching & Strengthening for Seniors 11:45 a.m. — 12:45 p.m. Low Impact Zumba 1:15 — 2:15 p.m. Virtual Breakthrough Parenting 2 — 4 p.m. Eng. Mental Health: Preserving your Memory 2:45 — 3:45 p.m. Spa. Zumba 4 — 5 p.m.	CPR & First Aid (Ages 14+) 7 Register at freecprla.com 8 - 11 a.m. Eng. Center Closes at 1 p.m. for staff enrichment cosponsored by LA Care and Blue Shield Promise.	CPR & First Aid (Ages 14+) 8 Register at freecprla.com 8 — 11 a.m. Eng. CENTER OPEN FROM 8:00 — 11:30 AM
Boot Camp 10 — 11 a.m. 10 Yoga 11:15 a.m. — 12:15 p.m. Pilates 12:30 — 1:30 p.m. Virtual Breakthrough Parenting 2 — 4 p.m. Eng. Zumba Steps 5 — 6 p.m.	Boot Camp 9 — 10 a.m. 11 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 4 — 5 p.m. (5—14 y/o)	Boot Camp 10 — 11 a.m. 12 Little One & Me 11:30 a.m. — 12:30 p.m. (0—5 y/o) Dance Aerobics 1 — 2 p.m. Registered Dietician 2:15 — 3:15 p.m. Eng./Spa. Tai Chi 4 — 5 p.m. Family Yoga 5 — 6 p.m. (Adults & Kids 5 y/o & up)	Boot Camp 9 — 10 a.m. 13 Blood Pressure: Nutrition - NEVHC 10:30 - 11:30 a.m. Eng./Spa. Pilates 10:15 — 11:15 a.m. Stretching & Strengthening for Seniors 11:45 a.m. — 12:45 p.m. Low Impact Zumba 1:15 — 2:15 p.m. Virtual Breakthrough Parenting 2 — 4 p.m. Eng. Mental Health: Good Sleep for Emotional Wellbeing 2:45 — 3:45 p.m. Spa. Health Screenings —EPDB 3 — 5 p.m. Zumba 4 — 5 p.m.	Support Group for Parents of Children with Special Needs 14 9:30 — 11:00 a.m. Spa.	 CENTER CLOSED
Boot Camp 10 — 11 a.m. 17 Yoga 11:15 a.m. — 12:15 p.m. Pilates 12:30 — 1:30 p.m. Virtual Breakthrough Parenting 2 — 4 p.m. Eng. Zumba Steps 5 — 6 p.m.	Boot Camp 9 — 10 a.m. 18 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. Internet Safety 4 — 5 p.m. Eng./Spa. Kids Healthy Cooking 4 — 5 p.m. (5—14 y/o)	Boot Camp 10 — 11 a.m. 19 Little One & Me 11:30 a.m. — 12:30 p.m. (0—5 y/o) Dance Aerobics 1 — 2 p.m. Ask the Registered Dietician 2:15 — 3:15 p.m. Eng./Spa. Tai Chi 4 — 5 p.m. Family Yoga 5 — 6 p.m. (Adults & Kids 5 y/o & up)	Boot Camp 9 — 10 a.m. 20 Blood Pressure: Physical Activity - NEVHC 10:30 - 11:30 a.m. Eng./Spa. Pilates 10:15 — 11:15 a.m. Stretching & Strengthening for Seniors 11:45 a.m. — 12:45 p.m. Low Impact Zumba 1:15 — 2:15 p.m. Virtual Breakthrough Parenting 2 — 4 p.m. Eng. Mental Health: Hoarding 2:45 — 3:45 p.m. Spa. Zumba 4 — 5 p.m.	CPR & First Aid (Ages 14+) 21 Register at freecprla.com 8 — 11 a.m. Spa.	 CENTER CLOSED
Boot Camp 10 — 11 a.m. 24 Yoga 11:15 a.m. — 12:15 p.m. Pilates 12:30 — 1:30 p.m. Gut Health - EPDB 2 — 3 p.m. Eng./Spa. Virtual Breakthrough Parenting 2 — 4 p.m. Eng. Zumba Steps 5 — 6 p.m.	Boot Camp 9 — 10 a.m. 25 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 4 — 5 p.m. (5—14 y/o)	Boot Camp 10 — 11 a.m. 26 Little One & Me 11:30 a.m. — 12:30 p.m. (0—5 y/o) Dance Aerobics 1 — 2 p.m. Ask the Registered Dietician 2:15 — 3:15 p.m. Eng./Spa. Tai Chi 4 — 5 p.m. Family Yoga 5 — 6 p.m. (Adults & Kids 5 y/o & up)	Boot Camp 9 — 10 a.m. 27 Blood Pressure: Medication - NEVHC 10:30 - 11:30 a.m. Eng./Spa. Pilates 10:15 — 11:15 a.m. Stretching & Strengthening for Seniors 11:45 a.m. — 12:45 p.m. Low Impact Zumba 1:15 — 2:15 p.m. Virtual Breakthrough Parenting 2 — 4 p.m. Eng. Mental Health: How Much is too Much? 2:45 — 3:45 p.m. Spa. Zumba 4 — 5 p.m.	Community Baby Shower 28 10 a.m. - 12 :30p.m. Center closed for Special Event	 CENTER CLOSED
Virtual Boot Camp 31 9 — 10 a.m. Virtual Breakthrough Parenting 2 — 4 p.m. Eng. CÉSAR CHÁVEZ DAY CENTER CLOSED	 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 <small>*Contact Center for Availability of Services</small> ALL SERVICES AND CLASSES ARE FREE FOR EVERYONE!	 CRC Website		

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 & Wednesday: **10 a.m. - 6 p.m.**
 Tuesday & Thursday: **9 a.m. - 5 p.m.**
 Friday: **8 a.m. - 4 p.m.**
 Saturday: **CLOSED**



213.438.5497
CommunityResourceCenterLA.org



LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO
Boot Camp 10 — 11 a.m. 3 Yoga 11:15 a.m. — 12:15 p.m. Pilates 12:30 — 1:30 p.m. Serie Cultivando Familias Virtual 2 — 4 p.m. Ing. Pasos de Zumba 5 — 6 p.m.	Boot Camp 9 — 10 a.m. 4 Zumba Bajo Impacto 10:30 — 11:30 a.m. El Mundo de Jugos y Ensaladas 12 — 1 p.m. Esp./Ing. Cocinando Saludable 1:15 — 3:15 p.m. Esp./Ing. Cultivando Familias 2 — 4 p.m. Esp. Cocinando Saludable para Niños 4 — 5 p.m. (5—14 años)	Boot Camp 10 — 11 a.m. 5 Mi Pequeño y Yo 11:30 a.m. — 12:30 p.m. (0—5 años) Baile Aeróbico 1 — 2 p.m. Pregúntale a la Dietista Registrada 2:15 — 3:15 p.m. Esp./Ing. Tai Chi 4 — 5 p.m. Yoga en Familia 5 — 6 p.m. (Adultos y niños 5 años en adelante)	Boot Camp 9 — 10 a.m. 6 Presión Arterial: ¿Qué es la presión arterial alta? - NEVHC 10:30 - 11:30 a.m. Ing./Esp. Pilates 10:15 — 11:15 a.m. Estiramiento y Fortalecer para Gente Mayor 11:45 a.m. — 12:45 p.m. Zumba Bajo Impacto 1:15 — 2:15 p.m. Serie Cultivando Familias Virtual 2 — 4 p.m. Ing. Salud Mental: Preservando Su Memoria 2:45 — 3:45 p.m. Esp. Zumba 4 — 5 p.m.	RCP y Primeros Auxilios (Edad 14+) 7 Regístrese en freecprla.com 8 — 11 a.m. Ing. Centro Cerrado desde la 1 p.m. para enriquecimiento del personal copatrocinado por LA Care y Blue Shield Promise	RCP y Primeros Auxilios (Edad 14+) 8 Regístrese en freecprla.com 8 — 11 a.m. Ing. CENTRO ABIERTO DE 8:00 — 11:30 AM
Boot Camp 10 — 11 a.m. 10 Yoga 11:15 a.m. — 12:15 p.m. Pilates 12:30 — 1:30 p.m. Serie Cultivando Familias Virtual 2 — 4 p.m. Ing. Pasos de Zumba 5 — 6 p.m.	Boot Camp 9 — 10 a.m. 11 Zumba Bajo Impacto 10:30 — 11:30 a.m. El Mundo de Jugos y Ensaladas 12 — 1 p.m. Esp./Ing. Cocinando Saludable 1:15 — 3:15 p.m. Esp./Ing. Cultivando Familias 2 — 4 p.m. Esp. Cocinando Saludable para Niños 4 — 5 p.m. (5—14 años)	Boot Camp 10 — 11 a.m. 12 Mi Pequeño y Yo 11:30 a.m. — 12:30 p.m. (0—5 años) Baile Aeróbico 1 — 2 p.m. Pregúntale a la Dietista Registrada 2:15 — 3:15 p.m. Esp./Ing. Tai Chi 4 — 5 p.m. Yoga en Familia 5 — 6 p.m. (Adultos y niños 5 años en adelante)	Boot Camp 9 — 10 a.m. 13 Presión Arterial: Nutrición - NEVHC 10:30 - 11:30 a.m. Ing./Esp. Pilates 10:15 — 11:15 a.m. Estiramiento y Fortalecer para Gente Mayor 11:45 a.m. — 12:45 p.m. Zumba Bajo Impacto 1:15 — 2:15 p.m. Serie Cultivando Familias Virtual 2 — 4 p.m. Ing. Salud Mental: Dormir Bien y el Bienestar Emocional 2:45 — 3:45 p.m. Esp. Exámenes de Salud—EPDB 3 — 5 p.m. Zumba 4 — 5 p.m.	Grupo de Apollo para Padres De Niños con Necesidades Especiales 14 9:30 — 11:00 a.m. Esp.	 CENTRO CERRADO
Boot Camp 10 — 11 a.m. 17 Yoga 11:15 a.m. — 12:15 p.m. Pilates 12:30 — 1:30 p.m. Serie Cultivando Familias Virtual 2 — 4 p.m. Ing. Pasos de Zumba 5 — 6 p.m.	Boot Camp 9 — 10 a.m. 18 Zumba Bajo Impacto 10:30 — 11:30 a.m. El Mundo de Jugos y Ensaladas 12 — 1 p.m. Esp./Ing. Cocinando Saludable 1:15 — 3:15 p.m. Esp./Ing. Cultivando Familias 2 — 4 p.m. Esp. Navegando el Internet con Seguridad 4 — 5 p.m. Esp./Ing. Cocinando Saludable para Niños 4 — 5 p.m. (5—14 años)	Boot Camp 10 — 11 a.m. 19 Mi Pequeño y Yo 11:30 a.m. — 12:30 p.m. (0—5 años) Baile Aeróbico 1 — 2 p.m. Pregúntale a la Dietista Registrada 2:15 — 3:15 p.m. Esp./Ing. Tai Chi 4 — 5 p.m. Yoga en Familia 5 — 6 p.m. (Adultos y niños 5 años en adelante)	Boot Camp 9 — 10 a.m. 20 Presión Arterial: Actividad Física - NEVHC 10:30 - 11:30 a.m. Ing./Esp. Pilates 10:15 — 11:15 a.m. Estiramiento y Fortalecer para Gente Mayor 11:45 a.m. — 12:45 p.m. Zumba Bajo Impacto 1:15 — 2:15 p.m. Serie Cultivando Familias Virtual 2 — 4 p.m. Ing. Salud Mental: El Acaparamiento 2:45 — 3:45 p.m. Esp. Zumba 4 — 5 p.m.	RCP y Primeros Auxilios (Edad 14+) 21 Regístrese en freecprla.com 8 — 11 a.m. Esp.	 CENTRO CERRADO
Boot Camp 10 — 11 a.m. 24 Yoga 11:15 a.m. — 12:15 p.m. Pilates 12:30 — 1:30 p.m. Salud Intestinal -EPDB 2 — 3 p.m. Esp./Ing. Serie Cultivando Familias Virtual 2 — 4 p.m. Ing. Pasos de Zumba 5 — 6 p.m.	Boot Camp 9 — 10 a.m. 25 Exámenes de Salud — EPDB 10:00 a.m. — 1:00 p.m. Zumba Bajo Impacto 10:30 — 11:30 a.m. El Mundo de Jugos y Ensaladas 12 — 1 p.m. Esp./Ing. Cocinando Saludable 1:15 — 3:15 p.m. Esp./Ing. Cultivando Familias 2 — 4 p.m. Esp. Cocinando Saludable para Niños 4 — 5 p.m. (5—14 años)	Boot Camp 10 — 11 a.m. 26 Mi Pequeño y Yo 11:30 a.m. — 12:30 p.m. (0—5 años) Baile Aeróbico 1 — 2 p.m. Pregúntale a la Dietista Registrada 2:15 — 3:15 p.m. Esp./Ing. Tai Chi 4 — 5 p.m. Yoga en Familia 5 — 6 p.m. (Adultos y niños 5 años en adelante)	Boot Camp 9 — 10 a.m. 27 Presión Arterial: Medicamento - NEVHC 10:30 - 11:30 a.m. Ing./Esp. Pilates 10:15 — 11:15 a.m. Estiramiento y Fortalecer para Gente Mayor 11:45 a.m. — 12:45 p.m. Zumba Bajo Impacto 1:15 — 2:15 p.m. Serie Cultivando Familias Virtual 2 — 4 p.m. Ing. Salud Mental: Cuanto es Demasiado? 2:45 — 3:45 p.m. Esp. Zumba 4 — 5 p.m.	Baby Shower Comunitario 28 10 a.m. - 12:30p.m. Centro Cerrado Para Evento Especial	 CENTRO CERRADO
Boot Camp Virtual 9 — 10 a.m. 31 Serie Cultivando Familias Virtual 2 — 4 p.m. Ing. DÍA DE CÉSAR CHÁVEZ CENTRO CERRADO	 AZUL Califican para el programa mis recompensas para una vida sana. VERDE Por cita y registro solamanete.	SERVICIOS DEL CENTRO - Servicios a los miembros - Servicios de Inscripción* • Medi-cal, MediCare, Covered California, y Calfresh Orientación para nuevos miembros <small>*Comuníquese con el Centro para disponibilidad de Servicios</small> TODOS LOS SERVICIOS Y LAS CLASES SON GRATIS ¡PARA TODOS!	 CRC Sitio de Web		

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. Supervisión de niños está disponible durante las clases. (Edades 4+). Debe usar zapatos apropiados para las clases de ejercicios.

SEA ACTIVO, SALUDABLE E INFORMADO

7868 Van Nuys Blvd.
Panorama City, CA. 91402



HORARIO DEL CENTRO:

Lunes y Miércoles: **10 a.m. - 6 p.m.**
Martes y Jueves: **9 a.m. - 5 p.m.**
Viernes: **8 a.m. - 4 p.m.**
Sábado: **Cerrado**



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