





POMONA MARCH 2025

Community Resource Center

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Medi-Cal Enrollment 3 9am-4pm Zumba 9:30-10:30am Vinyasa Yoga 10:45-11:45am Meditation 12-1pm Homework Help 3-5pm (Ages 5-12) Stretch & Mobility 3-4pm Boot Camp 4-5pm	Circuit Training 4 9:15-10:15am Healthy Cooking 10:30am-12pm Healthy Juicing 12:15-1:45pm Homework Help 3-5pm (Ages 5-12) Zumba 3-4pm HIIT 4-5pm	Medi-Cal Enrollment 5 9am-4pm Zumba 9:30-10:30am Strong 10:45-11:45am Yoga 12-1pm Kids Fitness 3-4pm Famiy Violence Awareness Prevention & Resilience 3-4pm ESP Boot Camp 4-5pm Kids Health Education 4-5pm	CalFresh Enrollment 6 9am-4pm Circuit Training 9:15-10:15am Healthy Cooking 10:30am-12pm CPR/First Aid 12-3pm ENG Mommy Yoga 1-2pm Vinyasa Yoga 2:15-3:15pm Social Hour 4-5pm Kids Fitness 4-5pm	Medi-Cal Enrollment 7 9am-1pm Boot Camp 9-10am Zumba 10:15-11:15am CENTER CLOSED 1-5pm	
Medi-Cal Enrollment 2 9am-4pm Zumba 9:30-10:30am Vinyasa Yoga 10:45-11:45am Meditation 12-1pm Homework Help 3-5pm (Ages 5-12) Stretch & Mobility 3-4pm Boot Camp 4-5pm	Circuit Training 11 9:15-10:15am Healthy Cooking 10:30am-12pm Homework Help 3-5pm (Ages 5-12) Zumba 3-4pm HIIT 4-5pm	Medi-Cal Enrollment 12 9am-4pm 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 Kids Health Education 4-5pm	CalFresh Enrollment 13 9am-4pm Circuit Training 9:15-10:15am Healthy Cooking 10:30am-12pm Mommy Yoga 1-2pm Vinyasa Yoga 2:15-3:15pm Social Hour 4-5pm Kids Fitness 4-5pm	Medi-Cal Enrollment 14 9am-1pm Boot Camp 9-10am Zumba 10:15-11:15am Community Baby Shower Pregnant & New Mommies (Infants up to 6 months) *Call to Register 12-3pm Kids Dance 4-5pm	
Medi-Cal Enrollment 17 9am-4pm Zumba 9:30-10:30am Vinyasa Yoga 10:45-11:45am Meditation 12-1pm Homework Help 3-5pm (Ages 5-12) Stretch & Mobility 3-4pm Boot Camp 4-5pm	Circuit Training 18 9:15-10:15am Healthy Cooking 10:30am-12pm Healthy Juicing 12:15-1:45pm Homework Help 3-5pm (Ages 5-12) Zumba 3-4pm HIIT 4-5pm	Medi-Cal Enrollment 19 9am-4pm 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 Kids Health Education 4-5pm	CalFresh Enrollment 20 9am-4pm Circuit Training 9:15-10:15am Healthy Cooking 10:30am-12pm CPR/First Aid 12-3pm ESP Mommy Yoga 1-2pm Vinyasa Yoga 2:15-3:15pm Social Hour 4-5pm Kids Fitness 4-5pm	Medi-Cal Enrollment 21 9am-1pm Boot Camp 9-10am Zumba 10:15-11:15am Kids Dance 4-5pm	
Medi-Cal Enrollment 24 9am-4pm Zumba 9:30-10:30am Vinyasa Yoga 10:45-11:45am Meditation 12-1pm Homework Help 3-5pm (Ages 5-12) Stretch & Mobility 3-4pm Boot Camp 4-5pm	Circuit Training 25 9:15-10:15am Healthy Cooking 10:30am-12pm Homework Help 3-5pm (Ages 5-12) Zumba 3-4pm HIIT 4-5pm	Medi-Cal Enrollment 26 9am-4pm 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 Kids Health Education 4-5pm	CalFresh Enrollment 27 9am-4pm Circuit Training 9:15-10:15am Healthy Cooking 10:30am-12pm Mommy Yoga 1-2pm Vinyasa Yoga 2:15-3:15pm Social Hour 4-5pm Kids Fitness 4-5pm	Medi-Cal Enrollment 28 9am-1pm Boot Camp 9-10am Zumba 10:15-11:15am Food Pantry 2-4pm	
	CENTER SERVICES <ul style="list-style-type: none"> 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!	BLUE Qualify for the My Rewards for a Healthy Life Program. GREEN Appointment & Registration required.	 CRC Website	Medi-Cal Enrollment Monday, Wednesday and Friday 9am-4pm CalFresh Enrollment Thursday 9am-4pm CPR/First Aid Register at freecprla.com	

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

LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO
Inscripcion Medi-Cal 3 9am-4pm Zumba 9:30-10:30am Vinyasa Yoga 10:45-11:45am Meditacion 12-1pm Ayuda con la tarea 3-5pm (Edad 5-12) Estiramiento y Movilidad 3-4pm Boot Camp 4-5pm	Entrenamiento Circuito 4 9:15-10:15am Cocina Saludable 10:30am-12pm Jugos Saludables 12:15-1:45pm Ayuda con la tarea 3-5pm (Edad 5-12) Zumba 3-4pm HIIT 4-5pm	Inscripcion Medi-Cal 5 9am-4pm 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	Inscripcion CalFresh 6 9am-4pm Entrenamiento Circuito 9:15-10:15am Cocina Saludable 10:30am-12pm RCP/Primeros Auxilios 12-3pm ENG Yoga Para Mamas 1-2pm Vinyasa Yoga 2:15-3:15pm Hora Social 4-5pm Cardio Para Niños 4-5pm	Inscripcion Medi-Cal 7 9am-4pm Boot Camp 9-10am Zumba 10:15-11:15am CENTRO CERRADO 1-5pm	
Inscripcion Medi-Cal 10 9am-4pm Zumba 9:30-10:30am Vinyasa Yoga 10:45-11:45am Meditacion 12-1pm Ayuda con la tarea 3-5pm (Edad 5-12) Estiramiento y Movilidad 3-4pm Boot Camp 4-5pm	Entrenamiento Circuito 11 9:15-10:15am Cocina Saludable 10:30am-12pm Ayuda con la tarea 3-5pm (Edad 5-12) Zumba 3-4pm HIIT 4-5pm	Inscripcion Medi-Cal 12 9am-4pm 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	Inscripcion CalFresh 13 9am-4pm Entrenamiento Circuito 9:15-10:15am Cocina Saludable 10:30am-12pm Yoga Para Mamas 1-2pm Vinyasa Yoga 2:15-3:15pm Hora Social 4-5pm Cardio Para Niños 4-5pm	Inscripcion Medi-Cal 14 9am-4pm Boot Camp 9-10am Zumba 10:15-11:15am Community Baby Shower para Embarazadas y Nuevas Mamas (Bebes hasta 6 meses) *Llame para registrarse 12-3pm Clase de Baile para Niños 4-5pm	
Inscripcion Medi-Cal 17 9am-4pm Zumba 9:30-10:30am Vinyasa Yoga 10:45-11:45am Meditacion 12-1pm Ayuda con la tarea 3-5pm (Edad 5-12) Estiramiento y Movilidad 3-4pm Boot Camp 4-5pm	Entrenamiento Circuito 18 9:15-10:15am Cocina Saludable 10:30am-12pm Jugos Saludables 12:15-1:45pm Ayuda con la tarea 3-5pm (Edad 5-12) Zumba 3-4pm HIIT 4-5pm	Inscripcion Medi-Cal 19 9am-4pm Zumba 9:30-10:30am Strong 10:45-11:45am Yoga 12-1pm Cardio Para Niños 3-4pm Comprender desarrollos neurologico 3-4pm ESP Boot Camp 4-5pm Educacion de Salud para Niños 4-5pm	Inscripcion CalFresh 20 9am-4pm Entrenamiento Circuito 9:15-10:15am Cocina Saludable 10:30am-12pm RCP/Primeros Auxilios 12-3pm ESP Yoga Para Mamas 1-2pm Vinyasa Yoga 2:15-3:15pm Hora Social 4-5pm Cardio Para Niños 4-5pm	Inscripcion Medi-Cal 21 9am-4pm Boot Camp 9-10am Zumba 10:15-11:15am Clase de Baile para Niños 4-5pm	
Inscripcion Medi-Cal 24 9am-4pm Zumba 9:30-10:30am Vinyasa Yoga 10:45-11:45am Meditacion 12-1pm Ayuda con la tarea 3-5pm (Edad 5-12) Estiramiento y Movilidad 3-4pm Boot Camp 4-5pm	Entrenamiento Circuito 25 9:15-10:15am Cocina Saludable 10:30am-12pm Ayuda con la tarea 3-5pm (Edad 5-12) Zumba 3-4pm HIIT 4-5pm	Inscripcion Medi-Cal 26 9am-4pm 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	Inscripcion CalFresh 27 9am-4pm Entrenamiento Circuito 9:15-10:15am Cocina Saludable 10:30am-12pm Yoga Para Mama 1-2pm Vinyasa Yoga 2:15-3:15pm Hora Social 4-5pm Cardio Para Niños 4-5pm	Inscripcion Medi-Cal 28 9am-1pm Boot Camp 9-10am Zumba 10:15-11:15am Despensa de Alimentos 2-4pm	
				Inscripcion Medi-Cal Lunes, Miercoles y Viernes 9am-4pm Inscripcion Cal Fresh Jueves 9am-4pm RCP/Primeros Auxilios Regístrese en freecprla.com	

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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