





METRO L.A.
APRIL
2025

Community Resource Center

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<p>1</p> <p>Gentle Yoga 9:15 a.m. - 10:15 a.m.</p> <p>English - Healthy Living: Cooking Matters (14+) 10:00 a.m. - 11:30 a.m.</p> <p>Active Yoga 10:30 a.m. - 11:30 a.m.</p> <p>English - Let's Talk About High Blood Pressure (2 of 4) 11:45 a.m. - 12:45 p.m.</p> <p>Spanish - Live Healthy with Diabetes (3 of 4) 1:45 p.m. - 3:00 p.m.</p> <p>English - Peak of Season Nutrition & Cooking for Teens (11-17) 3:00 p.m. - 4:00 p.m.</p>	<p>2</p> <p>Spanish - Healthy Living: Personal Development 9:15 a.m. - 10:15 a.m.</p> <p>Prenatal & Postnatal Yoga *Receive a free pack of diapers after class* 9:45 a.m. - 10:45 a.m.</p> <p>Spanish - Healthy Living: Cooking Matters (14+) 10:45 a.m. - 12:15 p.m.</p> <p>Healthy Living: Weight Training (14+) 12:30 p.m. - 1:30 p.m.</p>	<p>3</p> <p>CalFresh Application Assistance 9:30 a.m. - 4:30 p.m.</p> <p>Korean - Developmental Screenings 9:30 a.m. - 4:00 p.m.</p> <p>Low Impact Zumba (14+) *Receive a free pack of diapers after class* 9:00 a.m. - 10:00 a.m.</p> <p>Zumba Step (14+) 10:10 a.m. - 11:10 a.m.</p> <p>Dance Aerobics (Beginner)(14+) 11:25 a.m. - 12:15 p.m.</p> <p>Dance Aerobics (Intermediate)(14+) 12:25 p.m. - 1:20 p.m.</p> <p>Bilingual - Healthy Living: Weight Management (18+) 2:00 p.m. - 3:00 p.m. Eng/Spa</p> <p>Zumba (14+) 3:15 p.m. - 4:15 p.m.</p>	<p>4</p> <p>Meditation (18+) 9:00 a.m. - 10:00 a.m.</p> <p>Restorative Yin Yoga (18+) 10:15 a.m. - 11:15 a.m.</p>	<p>5</p> <p> CENTER CLOSED</p>
<p>7</p> <p>Medi-Cal & Covered CA Enrollment Services Monday, Tuesday, Thursday, Friday 9:00 a.m. - 5:00 p.m.</p> <p>Member Services Tuesday, Wednesday, Thursday 9:00 a.m. - 4:30 p.m.</p> <p>English - CPR, AED & First Aid (14+) 2:00 p.m. - 5:00 p.m.</p>	<p>8</p> <p>Gentle Yoga 9:15 a.m. - 10:15 a.m.</p> <p>English - Healthy Living: Cooking Matters (14+) 10:00 a.m. - 11:30 a.m.</p> <p>Active Yoga 10:30 a.m. - 11:30 a.m.</p> <p>Spanish - Let's Talk About High Blood Pressure (3 of 4) 11:45 a.m. - 12:45 p.m.</p> <p>Spanish - Live Healthy with Diabetes (4 of 4) 1:45 p.m. - 3:00 p.m.</p> <p>English - Peak of Season Nutrition & Cooking for Teens (11-17) 3:00 p.m. - 4:00 p.m.</p>	<p>9</p> <p>Spanish - Healthy Living: Personal Development 9:15 a.m. - 10:15 a.m.</p> <p>Prenatal & Postnatal Yoga *Receive a free pack of diapers after class* 9:45 a.m. - 10:45 a.m.</p> <p>Spanish - Healthy Living: Cooking Matters (14+) 10:45 a.m. - 12:15 p.m.</p> <p>Healthy Living: Weight Training (14+) 12:30 p.m. - 1:30 p.m.</p>	<p>10</p> <p>CalFresh Application Assistance 9:30 a.m. - 4:30 p.m.</p> <p>Korean - Developmental Screenings 9:30 a.m. - 4:00 p.m.</p> <p>Low Impact Zumba (14+) 9:00 a.m. - 10:00 a.m.</p> <p>Zumba Step (14+) 10:10 a.m. - 11:10 a.m.</p> <p>Dance Aerobics (Beginner)(14+) 11:25 a.m. - 12:15 p.m.</p> <p>Dance Aerobics (Intermediate)(14+) 12:25 p.m. - 1:20 p.m.</p> <p>Bilingual - Healthy Living: Weight Management (18+) 2:00 p.m. - 3:00 p.m. Eng/Spa</p> <p>Zumba (14+) 3:15 p.m. - 4:15 p.m.</p>	<p>11</p> <p>Meditation (18+) 9:00 a.m. - 10:00 a.m.</p> <p>Restorative Yin Yoga (18+) 10:15 a.m. - 11:15 a.m.</p> <p>Spanish - Breath Freely: Asthma Management Workshop 11:00 a.m. - 12:30 p.m.</p> <p>English - Breath Freely: Asthma Management Workshop 2:00 p.m. - 3:30 p.m.</p>	<p>12</p> <p> CENTER CLOSED</p>
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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**

 1233 S. Western Ave.
Los Angeles, CA 90006

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

 **213.428.1457**
CommunityResourceCenterLA.org



Community Resource Center

Table with 6 columns (LUNES to SÁBADO) and 6 rows of activities. Includes details for Yoga Suave, Yoga Activo, Spanish classes, and Zumba. Includes 'CENTRO CERRADO' notices and a QR code for the website.

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



1233 S. Western Ave.
Los Angeles, CA 90006



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



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