








Community Resource Center



NORWALK APRIL 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	CPR/First Aid - Spanish Register at freecprla.com 10 a.m. - 1 p.m. Yoga for All 2:30 p.m. - 3:30 p.m. Zumba 3:45 p.m. - 4:45 p.m.	1 CalFresh Enrollment 9 a.m. - 4 p.m. Salsa Dance Aerobics 9 a.m. - 10 a.m. Stretch & Tone 10 a.m. - 11 a.m. Fruits & Vegetables Class 2:30 p.m. - 3:30 p.m. Homework Help (ages 4-12 y/o) 2:45 p.m. - 3:45 p.m. Kids' Cooking Class 3:45 p.m. - 4:45 p.m.	2 Juicing & Salads Class 9 a.m. - 10 a.m. Healthy Cooking 10:00 a.m. - 11:30 a.m. Adult Arts & Crafts 10:00 a.m. - 10:45 a.m. Exercise! Adult & Senior 12 p.m. - 1 p.m. Salsa Dance Aerobics 3 p.m. - 4 p.m. Fitness & Body Toning 4 p.m. - 5 p.m.	3 Exercise for All 9 a.m. - 10 a.m. Cooking Matters 10:15 a.m. - 11:45 a.m. Adult Arts & Crafts 10:15 a.m. - 11:00 a.m. Yoga for All 3:45 p.m. - 4:45 p.m. Kids' Painting Class 3:45 p.m. - 4:30 p.m.	
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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**



11721 Rosecrans Ave
Norwalk, CA 90650



CENTER HOURS:

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








562.651.6060

CommunityResourceCenterLA.org






LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO
	RCP/Primeros Auxilios- Español Registrarse en freecprla.com 10 a.m. - 1 p.m. Yoga para Todos 2:30 p.m. - 3:30 p.m. Zumba 3:45 p.m. - 4:45 p.m.	1 Inscripción para CalFresh 9 a.m. - 4 p.m. Baile de Salsa Aeróbicos 9 a.m. -10 a.m. Estirar y Tonificar 10 a.m. -11 a.m. Clase de Frutas y Verduras 2:30 p.m. - 3:30 p.m. Ayuda con la Tarea (edades 4-12) 2:45 p.m. - 3:45 p.m. Cocina Saludable para Niños 3:45 p.m. - 4:45 p.m.	2 Clase de Jugos y Ensaladas 9 a.m. - 10 a.m. Cocina Saludable 10:00 a.m. - 11:30 a.m. Artes y Manualidades para Adultos 10:00 a.m - 10:45 a.m Ejercicio! Adultos y Personas Mayores 12 p.m. - 1 p.m. Baile de Salsa Aeróbicos 3 p.m. - 4 p.m. Ejercicio y Tonificar 4 p.m. - 5 p.m.	3 Ejercicios para Todos 9 a.m. - 10 a.m. Cocina para Adultos 10:15 a.m. - 11:45 a.m. Artes y Manualidades para Adultos 10:15 am - 11:00 a.m Yoga para Todos 3:45 p.m. - 4:45 p.m. Clase de Pintura para Niños 3:45 p.m. - 4:30 p.m.	4 5 
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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

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Norwalk, CA 90650

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