

















Community Resource Center



PANORAMA CITY APRIL 2025

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--|--|---|--|--|--|
| <p>Spring Break Activities for Children 4 - 14 years old</p> <p>April 14th, 16th, & 18th 2:30PM — 3:30PM</p>  | <p>1</p> <p>Boot Camp 9 — 10 a.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. Budgeting 4 — 5 p.m. Eng./Spa. Kids Healthy Cooking 4 — 5 p.m. (5—14 y/o)</p> | <p>2</p> <p>Boot Camp 10 — 11 a.m.</p> <p>Little One & Me 11:30 a.m. — 12:30 p.m. (0—5 y/o)</p> <p>Dance Aerobics 1 — 2 p.m.</p> <p>Ask the Registered Dietician 2:15 — 3:15 p.m. Eng./Spa.</p> <p>Tai Chi 4 — 5 p.m.</p> <p>Family Yoga 5 — 6 p.m. (Adults & Kids 5 y/o & up)</p> | <p>3</p> <p>Boot Camp 9 — 10 a.m. Blood Pressure: Healthy Lifestyle & Stress - 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. Hypertension Management (1) 1:00 — 2:30 p.m. Eng. Low Impact Zumba 1:15 — 2:15 p.m. Virtual Breakthrough Parenting 2 — 4 p.m. Eng.  Mental Health: Managing your Medication 2:45 — 3:45 p.m. Spa. Zumba 4 — 5 p.m.</p> | <p>4</p> <p>CPR & First Aid (Ages 14+) Register at freecprla.com 8 — 11 a.m. Eng.</p> <p>You Have Rights! Presented by: Hermandad Mexicana 2 — 3 p.m. Spa.</p>  | |
| <p>7</p> <p>Boot Camp 10 — 11 a.m.</p> <p>Yoga 11:15 a.m. — 12:15 p.m.</p> <p>Pilates 12:30 — 1:30 p.m.</p> <p>Virtual Breakthrough Parenting 2 — 4 p.m. Eng. </p> <p>Zumba Steps 5 — 6 p.m.</p> | <p>8</p> <p>Boot Camp 9 — 10 a.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. Protecting Your Money 4 — 5 p.m. Eng./Spa. Kids Healthy Cooking 4 — 5 p.m. (5—14 y/o)</p> | <p>9</p> <p>Boot Camp 10 — 11 a.m.</p> <p>Little One & Me 11:30 a.m. — 12:30 p.m. (0—5 y/o)</p> <p>Dance Aerobics 1 — 2 p.m.</p> <p>Ask the Registered Dietician 2:15 — 3:15 p.m. Eng./Spa.</p> <p>Tai Chi 4 — 5 p.m.</p> <p>Family Yoga 5 — 6 p.m. (Adults & Kids 5 y/o & up)</p> | <p>10</p> <p>Boot Camp 9 — 10 a.m. Pilates 10:15 — 11:15 a.m. Stretching & Strengthening for Seniors 11:45 a.m. — 12:45 p.m. Hypertension Management (2) 1:00 — 2:30 p.m. Eng. Low Impact Zumba 1:15 — 2:15 p.m. Virtual Breakthrough Parenting 2 — 4 p.m. Eng.  Mental Health: Resiliency 2:45 — 3:45 p.m. Spa. Health Screenings —EPDB 3 — 5 p.m. Zumba 4 — 5 p.m.</p> | <p>11</p> <p>Support Group for Parents of Children with Special Needs 9:30 — 11:00 a.m. Spa.</p> | <p>12</p> <p>CPR & First Aid (Ages 14+) Register at freecprla.com 8 — 11 a.m. Spa.</p> <p>CENTER OPEN FROM 8:00 — 11:30 AM</p> |
| <p>14</p> <p>Boot Camp 10 — 11 a.m.</p> <p>Yoga 11:15 a.m. — 12:15 p.m.</p> <p>Pilates 12:30 — 1:30 p.m.</p> <p>Virtual Breakthrough Parenting 2 — 4 p.m. Eng. </p> <p>Sunrise Silhouettes 2:30 — 3:30 p.m. Eng./Spa. (4 - 14 y/o)</p> <p>Zumba Steps 5 — 6 p.m.</p> | <p>15</p> <p>Boot Camp 9 — 10 a.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)</p> | <p>16</p> <p>Boot Camp 10 — 11 a.m.</p> <p>Little One & Me 11:30 a.m. — 12:30 p.m. (0—5 y/o)</p> <p>Dance Aerobics 1 — 2 p.m.</p> <p>Ask the Registered Dietician 2:15 — 3:15 p.m. Eng./Spa.</p> <p>Crafting Garden Friends 2:30 — 3:30 p.m. Eng./Spa. (4 - 14 y/o)</p> <p>Tai Chi 4 — 5 p.m.</p> <p>Family Yoga 5 — 6 p.m. (Adults & Kids 5 y/o & up)</p> | <p>17</p> <p>Boot Camp 9 — 10 a.m.</p> <p>Pilates 10:15 — 11:15 a.m.</p> <p>Stretching & Strengthening for Seniors 11:45 a.m. — 12:45 p.m.</p> <p>Low Impact Zumba 1:15 — 2:15 p.m. Virtual Breakthrough Parenting 2 — 4 p.m. Eng.  Mental Health: Bullying 2:45 — 3:45 p.m. Spa. Zumba 4 — 5 p.m.</p> | <p>18</p> <p>CPR & First Aid (Ages 14+) Register at freecprla.com 8 — 11 a.m. Spa.</p> <p>Spring Sensory Bottles 2:30 — 3:30 p.m. Eng./Spa. (4 - 14 y/o)</p>  | |
| <p>21</p> <p>Boot Camp 10 — 11 a.m.</p> <p>Yoga 11:15 a.m. — 12:15 p.m.</p> <p>Pilates 12:30 — 1:30 p.m.</p> <p>Virtual Breakthrough Parenting 2 — 4 p.m. Eng. </p> <p>Zumba Steps 5 — 6 p.m.</p> | <p>22</p> <p>Boot Camp 9 — 10 a.m. 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)</p> | <p>23</p> <p>Boot Camp 10 — 11 a.m.</p> <p>Little One & Me 11:30 a.m. — 12:30 p.m. (0—5 y/o)</p> <p>Dance Aerobics 1 — 2 p.m.</p> <p>Ask the Registered Dietician 2:15 — 3:15 p.m. Eng./Spa.</p> <p>Family Yoga 5 — 6 p.m. (Adults & Kids 5 y/o & up)</p> | <p>24</p> <p>Boot Camp 9 — 10 a.m.</p> <p>Pilates 10:15 — 11:15 a.m.</p> <p>Stretching & Strengthening for Seniors 11:45 a.m. — 12:45 p.m.</p> <p>Low Impact Zumba 1:15 — 2:15 p.m. Virtual Breakthrough Parenting 2 — 4 p.m. Eng.  Mental Health: Late-Life Transitions 2:45 — 3:45 p.m. Spa. Zumba 4 — 5 p.m.</p> | <p>25</p>  <p>OPEN FOR INFORMATIONAL RESOURCES ONLY. NO CLASSES.</p> | <p>26</p>  |
| <p>28</p> <p>Boot Camp 10 — 11 a.m.</p> <p>Yoga 11:15 a.m. — 12:15 p.m.</p> <p>Pilates 12:30 — 1:30 p.m.</p> <p>Eye Health - EPDB 2 — 3 p.m. Eng./Spa.</p> <p>Virtual Breakthrough Parenting 2 — 4 p.m. Eng. </p> <p>Zumba Steps 5 — 6 p.m.</p> | <p>29</p> <p>Boot Camp 9 — 10 a.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)</p> | <p>30</p> <p>Boot Camp 10 — 11 a.m.</p> <p>Little One & Me 11:30 a.m. — 12:30 p.m. (0—5 y/o)</p> <p>Dance Aerobics 1 — 2 p.m.</p> <p>Ask the Registered Dietician 2:15 — 3:15 p.m. Eng./Spa.</p> <p>Tai Chi 4 — 5 p.m.</p> <p>Family Yoga 5 — 6 p.m. (Adults & Kids 5 y/o & up)</p> | <p>BLUE</p> <p>Qualify for the My Rewards for a Healthy Life Program.</p> <p>GREEN</p> <p>Appointment & Registration required.</p> | <p>CENTER SERVICES</p> <ul style="list-style-type: none"> - Member Services - Enrollment Services* - 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>CRC Website</p> |

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 |
|--|--|--|--|--|---|
| <p>Actividades para las Vacaciones de Primavera para niños de 4 a 14 años</p> <p>Abril 14, 16, y 18 2:30PM — 3:30PM</p>  | <p>1</p> <p>Boot Camp 9 — 10 a.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. La Importancia de Tener un Presupuesto 4 — 5 p.m. Esp./Ing. Cocinando Saludable para Niños 4 — 5 p.m. (5—14 años)</p> | <p>2</p> <p>Boot Camp 10 — 11 a.m. 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)</p> | <p>3</p> <p>Boot Camp 9 — 10 a.m. Presión Arterial: Estilo de vida Saludable y Estrés - NEVHC 10:30 — 11:30 a.m. Esp./Ing. Pilates 10:15 — 11:15 a.m. Estiramiento y Fortalecer para Gente Mayor 11:45 a.m. — 12:45 p.m. Manejo de la Hipertensión (1) 1:00 — 2:30 p.m. Ing. Zumba Bajo Impacto 1:15 — 2:15 p.m. Serie Cultivando Familias Virtual 2 — 4 p.m. Ing. Salud Mental: Como Administrar su Medicación 2:45 — 3:45 p.m. Esp. Zumba 4 — 5 p.m.</p> | <p>4</p> <p>RCP y Primeros Auxilios (Edad 14+) Regístrese en freecprla.com 8 — 11 a.m. Ing.</p> <p>Usted Tiene Derechos! Presentado por: La Hermandad Mexicana 2 — 3 p.m. Esp.</p>  | |
| <p>7</p> <p>Boot Camp 10 — 11 a.m. 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.</p> | <p>8</p> <p>Boot Camp 9 — 10 a.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. Protega su Dinero 4 — 5 p.m. Esp./Ing. Cocinando Saludable para Niños 4 — 5 p.m. (5—14 años)</p> | <p>9</p> <p>Boot Camp 10 — 11 a.m. 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)</p> | <p>10</p> <p>Boot Camp 9 — 10 a.m. Pilates 10:15 — 11:15 a.m. Estiramiento y Fortalecer para Gente Mayor 11:45 a.m. — 12:45 p.m. Manejo de la Hipertensión (2) 1:00 — 2:30 p.m. Ing. Zumba Bajo Impacto 1:15 — 2:15 p.m. Serie Cultivando Familias Virtual 2 — 4 p.m. Ing. Salud Mental: Resiliencia 2:45 — 3:45 p.m. Esp. Exámenes de Salud—EPDB 3 — 5 p.m. Zumba 4 — 5 p.m.</p> | <p>11</p> <p>Grupo de Apollo para Padres De Niños con Necesidades Especiales 9:30 — 11:00 a.m. Esp.</p> | <p>12</p> <p>RCP y Primeros Auxilios (Edad 14+) Regístrese en freecprla.com 8 — 11 a.m. Esp.</p> <p>CENTRO ABIERTO DE 8:00 — 11:30 AM</p> |
| <p>14</p> <p>Boot Camp 10 — 11 a.m. 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. Siluetas del Amanecer 2:30 — 3:30 p.m. Esp./Ing. (4 - 14 años) Pasos de Zumba 5 — 6 p.m.</p> | <p>15</p> <p>Boot Camp 9 — 10 a.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)</p> | <p>16</p> <p>Boot Camp 10 — 11 a.m. 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. Jardín de Amigos 2:30 — 3:30 p.m. Esp./Ing. (4 - 14 años) Tai Chi 4 — 5 p.m. Yoga en Familia 5 — 6 p.m. (Adultos y niños 5 años en adelante)</p> | <p>17</p> <p>Boot Camp 9 — 10 a.m. 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: Intimidación 2:45 — 3:45 p.m. Esp. Zumba 4 — 5 p.m.</p> | <p>18</p> <p>RCP y Primeros Auxilios (Edad 14+) Regístrese en freecprla.com 8 — 11 a.m. Esp.</p> <p>Botellas Sensorial de Primavera 2:30 — 3:30 p.m. Esp./Ing. (4 - 14 años)</p>  | |
| <p>21</p> <p>Boot Camp 10 — 11 a.m. 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.</p> | <p>22</p> <p>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)</p> | <p>23</p> <p>Boot Camp 10 — 11 a.m. 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. Yoga en Familia 5 — 6 p.m. (Adultos y niños 5 años en adelante)</p> | <p>24</p> <p>Boot Camp 9 — 10 a.m. 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: Transiciones de la Vejez 2:45 — 3:45 p.m. Esp. Zumba 4 — 5 p.m.</p> | <p>25</p> <p>ABIERTO SOLO PARA RECURSOS DE INFORMACIÓN. NO HAY CLASES.</p>  | <p>26</p> <p>CENTRO CERRADO</p>  |
| <p>28</p> <p>Boot Camp 10 — 11 a.m. Yoga 11:15 a.m. — 12:15 p.m. Pilates 12:30 — 1:30 p.m. Ojos Sanos -EPDB 2 — 3 p.m. Esp./Ing. Serie Cultivando Familias Virtual 2 — 4 p.m. Ing. Pasos de Zumba 5 — 6 p.m.</p> | <p>29</p> <p>Boot Camp 9 — 10 a.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)</p> | <p>30</p> <p>Boot Camp 10 — 11 a.m. 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)</p> | <p>AZUL Califican para el programa mis recompensas para una vida sana.</p> <p>VERDE Por cita y registro solamnete.</p> | <p>SERVICIOS DEL CENTRO</p> <ul style="list-style-type: none"> - Servicios a los miembros - Servicios de Inscripción* • Medi-cal, MediCare, Covered California, y CalFresh <p>Orientación para nuevos miembros</p> <p>*Comuníquese con el Centro para disponibilidad de Servicios</p> <p>TODOS LOS SERVICIOS Y LAS CLASES SON GRATIS ¡PARA TODOS!</p> |  <p>CRC Sitio de Web</p> |

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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CommunityResourceCenterLA.org