




POMONA
APRIL
2025

Community Resource Center

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>Medi-Cal Enrollment Monday, Wednesday and Friday 9am-4pm</p> <p>CalFresh Enrollment Thursday 9am-4pm</p> <p>CPR/First Aid Register at freecprla.com</p> <p>Join our Kids Classes during Spring Break! 4/1 - 4/4</p>	<p>Circuit Training 9:15-10:15am Healthy Cooking 10:30am-12pm Healthy Juicing 12-1:30pm Kids Sip & Paint 1:45-2:45pm Zumba 3-4pm HIIT 4-5pm</p>	<p>Medi-Cal Enrollment 9am-4pm Zumba 9:30-10:30am Kids Crafts 9:30-10:30pm Strong 10:45-11:45am Yoga 12-1pm Kids Fitness 3-4pm Preserving your Memory 3-4pm ESP Boot Camp 4-5pm Kids Health Education 4-5pm</p>	<p>CalFresh Enrollment 9am-4pm Circuit Training 9:15-10:15am Kids Story Time 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 New Member Orientation 3-4pm ENG Social Hour 4-5pm Kids Fitness 4-5pm</p>	<p>Medi-Cal Enrollment 9am-4pm Boot Camp 9-10am Zumba 10:15-11:15am Kids Planting 1-2pm Kids Cooking 2-3:45pm Kids Dance 4-5pm</p>	
<p>Medi-Cal Enrollment 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</p>	<p>Circuit Training 9:15-10:15am Healthy Cooking 10:30am-12pm Homework Help 3-5pm (Ages 5-12) Zumba 3-4pm HIIT 4-5pm</p>	<p>Medi-Cal Enrollment 9am-4pm Zumba 9:30-10:30am Strong 10:45-11:45am Yoga 12-1pm Kids Fitness 3-4pm Hoarding 3-4pm ESP Boot Camp 4-5pm Kids Health Education 4-5pm</p>	<p>CalFresh Enrollment 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</p>	<p>Medi-Cal Enrollment 9am-4pm Boot Camp 9-10am Zumba 10:15-11:15am Kids Dance 4-5pm</p>	
<p>Medi-Cal Enrollment 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</p>	<p>Circuit Training 9:15-10:15am Healthy Cooking 10:30am-12pm Healthy Juicing 12:15-1:45pm Breathe Freely- Asthma Management Class 2-3:30pm ESP Homework Help 3-5pm (Ages 5-12) Zumba 3-4pm HIIT 4-5pm</p>	<p>Medi-Cal Enrollment 9am-4pm Zumba 9:30-10:30am Strong 10:45-11:45am Yoga 12-1pm Kids Fitness 3-4pm Managing your Medication 3-4pm ESP Boot Camp 4-5pm Kids Health Education 4-5pm</p>	<p>CalFresh Enrollment 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</p>	<p>Medi-Cal Enrollment 9am-4pm Boot Camp 9-10am Zumba 10:15-11:15am Kids Dance 4-5pm</p>	
<p>Medi-Cal Enrollment 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</p>	<p>Circuit Training 9:15-10:15am Healthy Cooking 10:30am-12pm Homework Help 3-5pm (Ages 5-12) Zumba 3-4pm HIIT 4-5pm</p>	<p>Medi-Cal Enrollment 9am-4pm Zumba 9:30-10:30am Strong 10:45-11:45am Yoga 12-1pm Kids Fitness 3-4pm Social Isolation 3-4pm ESP Boot Camp 4-5pm Kids Health Education 4-5pm</p>	<p>CalFresh Enrollment 9am-4pm Circuit Training 9:15-10:15am Healthy Cooking 10:30am-12pm Mommy Yoga 1-2pm Vinyasa Yoga 2:15-3:15pm New Member Orientation 3-4pm ENG Social Hour 4-5pm Kids Fitness 4-5pm</p>	<p>Medi-Cal Enrollment 9am-1pm Boot Camp 9-10am Zumba 10:15-11:15am Food Pantry 2-4pm</p>	
<p>Medi-Cal Enrollment 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</p>	<p>Circuit Training 9:15-10:15am Healthy Cooking 10:30am-12pm Homework Help 3-5pm (Ages 5-12) Zumba 3-4pm HIIT 4-5pm</p>	<p>Medi-Cal Enrollment 9am-4pm Zumba 9:30-10:30am Strong 10:45-11:45am Yoga 12-1pm Late-Life Transitions 3-4pm ESP Boot Camp 4-5pm</p>	<div style="border: 2px solid orange; padding: 5px;"> <p>CENTER SERVICES</p> <ul style="list-style-type: none"> - Member Services - Enrollment Services* • Medi-cal, MediCare, Covered California, & CalFresh - New Member Orientation <p><small>*Contact Center for Availability of Services</small></p> <p>ALL SERVICES AND CLASSES ARE FREE FOR EVERYONE!</p> </div>	<div style="border: 2px solid orange; padding: 5px;"> <p>BLUE</p> <p>Qualify for the My Rewards for a Healthy Life Program.</p> <p>GREEN</p> <p>Appointment & Registration required.</p> </div>	 <p>CRC Website</p>

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




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LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO
<p>Inscripcion Medi-Cal Lunes, Miercoles y Viernes 9am-4pm</p> <p>Inscripcion Cal Fresh Jueves 9am-4pm</p> <p>RCP/Primeros Auxilios Registrese en freecprla.com</p> <p>Clases para Niños durante vacaciones de primavera! 4/1 a 4/4</p>	<p>Entrenamiento Circuito 1 9:15-10:15am Cocina Saludable 10:30am-12pm Jugos Saludables 12-1:30pm Arte Para Niños 1:45-2:45pm Zumba 3-4pm HIIT 4-5pm</p>	<p>Inscripcion Medi-Cal 2 9am-4pm Zumba 9:30-10:30am Manualidades para Niños 9:30- 10:30am Strong 10:45-11:45am Yoga 12-1pm Cardio Para Niños 3-4pm Preservando tu Memoria 3-4pm ESP Boot Camp 4-5pm Educacion de Salud para Niños 4-5pm</p>	<p>Inscripcion CalFresh 3 9am-4pm Entrenamiento Circuito 9:15-10:15am Hora de Cuentos para Niños 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 Orientacion para nuevos miembros 3-4pm ENG Hora Social 4-5pm Cardio Para Niños 4-5pm</p>	<p>Inscripcion Medi-Cal 4 9am-4pm Boot Camp 9-10am Zumba 10:15-11:15am Jardineria para Niños 1-2pm Cocina para Niños 2:00-3:45pm Clase de Baile para Niños 4-5pm</p>	
<p>Inscripcion Medi-Cal 7 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</p>	<p>Entrenamiento Circuito 8 9:15-10:15am Cocina Saludable 10:30am-12pm Ayuda con la tarea 3-5pm (Edad 5-12) Zumba 3-4pm HIIT 4-5pm</p>	<p>Inscripcion Medi-Cal 9 9am-4pm Zumba 9:30-10:30am Strong 10:45-11:45am Yoga 12-1pm Cardio Para Niños 3-4pm Acaparamiento 3-4pm ESP Boot Camp 4-5pm Educacion de Salud para Niños 4-5pm</p>	<p>Inscripcion CalFresh 10 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</p>	<p>Inscripcion Medi-Cal 11 9am-4pm Boot Camp 9-10am Zumba 10:15-11:15am Clase de Baile para Niños 4-5pm</p>	
<p>Inscripcion Medi-Cal 14 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</p>	<p>Entrenamiento Circuito 15 9:15-10:15am Cocina Saludable 10:30am-12pm Jugos Saludables 12:15-1:45pm Respire Libremente- Clase de Manejo de Asma 2-3:30pm Ayuda con la tarea 3-5pm (Edad 5-12) Zumba 3-4pm HIIT 4-5pm</p>	<p>Inscripcion Medi-Cal 16 9am-4pm Zumba 9:30-10:30am Strong 10:45-11:45am Yoga 12-1pm Cardio Para Niños 3-4pm Como Administrar su Medicina 3-4pm ESP Boot Camp 4-5pm Educacion de Salud para Niños 4-5pm</p>	<p>Inscripcion CalFresh 17 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</p>	<p>Inscripcion Medi-Cal 18 9am-4pm Boot Camp 9-10am Zumba 10:15-11:15am Clase de Baile para Niños 4-5pm</p>	
<p>Inscripcion Medi-Cal 21 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</p>	<p>Entrenamiento Circuito 22 9:15-10:15am Cocina Saludable 10:30am-12pm Ayuda con la tarea 3-5pm (Edad 5-12) Zumba 3-4pm HIIT 4-5pm</p>	<p>Inscripcion Medi-Cal 23 9am-4pm Zumba 9:30-10:30am Strong 10:45-11:45am Yoga 12-1pm Cardio Para Niños 3-4pm Aislamiento Social 3-4pm ESP Boot Camp 4-5pm Educacion de Salud para Niños 4-5pm</p>	<p>Inscripcion CalFresh 24 9am-4pm Entrenamiento Circuito 9:15-10:15am Cocina Saludable 10:30am-12pm Yoga Para Mama 1-2pm Vinyasa Yoga 2:15-3:15pm Orientacion para nuevos miembros 3-4pm ENG Hora Social 4-5pm Cardio Para Niños 4-5pm</p>	<p>Inscripcion Medi-Cal 25 9am-1pm Boot Camp 9-10am Zumba 10:15-11:15am Despensa de Alimentos 2-4pm</p>	
<p>Inscripcion Medi-Cal 28 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</p>	<p>Entrenamiento Circuito 29 9:15-10:15am Cocina Saludable 10:30am-12pm Ayuda con la tarea 3-5pm (Edad 5-12) Zumba 3-4pm HIIT 4-5pm</p>	<p>Inscripcion Medi-Cal 30 9am-4pm Zumba 9:30-10:30am Strong 10:45-11:45am Yoga 12-1pm Transiciones en la Vejez 3-4pm ESP Boot Camp 4-5pm</p>	<div style="border: 1px solid black; padding: 5px;"> <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><small>*Comuníquese con el Centro para disponibilidad de Servicios</small></p> <p>TODOS LOS SERVICIOS Y LAS CLASES SON GRATIS ¡PARA TODOS!</p> </div>	<div style="border: 1px solid black; padding: 5px;"> <p>AZUL</p> <p>Califican para el programa mis recompensas para una vida sana.</p> <p>VERDE</p> <p>Por cita y registro solamanete.</p> </div>	

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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