








METRO L.A.
MAY
2025

Community Resource Center

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>BLUE Qualify for the My Rewards for a Healthy Life Program.</p> <p>GREEN Appointment & Registration required.</p>	 <p>CRC Website</p>		<p>Korean - Developmental Screenings 1 9:30 a.m. - 4:00 p.m.</p> <p>Low Impact Zumba (14+) 2 9:00 a.m. - 10:00 a.m.</p> <p>Zumba Step (14+) 3 10:10 a.m. - 11:10 a.m.</p> <p>Dance Aerobics (Beginner) (14+) 4 11:25 a.m. - 12:15 p.m.</p> <p>Dance Aerobics (Intermediate)(14+) 5 12:25 p.m. - 1:20 p.m.</p> <p>Bilingual - Healthy Living: Weight Management (18+) 6 2:00 p.m. - 3:00 p.m. Eng/Spa</p> <p>Zumba (14+) 7 3:15 p.m. - 4:15 p.m.</p>	<p>Meditation (18+) 8 9:00 a.m. - 10:00 a.m.</p> <p>Restorative Yin Yoga (18+) 9 10:15 a.m. - 11:15 a.m.</p>	
<p>5 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>6 Gentle Yoga 9:15 a.m. - 10:15 a.m.</p> <p>Active Yoga 10:30 a.m. - 11:30 a.m.</p> <p>Spanish - Let's Talk About High Blood Pressure (1 of 4) 11:45 a.m. - 12:45 p.m.</p> <p>English - Healthy Living: Cooking Matters (14+) 12:00 p.m. - 1:30 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>7 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>8 Korean - Developmental Screenings 8 9:30 a.m. - 4:00 p.m.</p> <p>Low Impact Zumba (14+) 9 9:00 a.m. - 10:00 a.m.</p> <p>Zumba Step (14+) 10 10:10 a.m. - 11:10 a.m.</p> <p>Dance Aerobics (Beginner) (14+) 11 11:25 a.m. - 12:15 p.m.</p> <p>Dance Aerobics (Intermediate)(14+) 12 12:25 p.m. - 1:20 p.m.</p> <p>Bilingual - Healthy Living: Weight Management (18+) 13 2:00 p.m. - 3:00 p.m. Eng/Spa</p> <p>Zumba (14+) 14 3:15 p.m. - 4:15 p.m.</p>	<p>9 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>12 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>Spanish - CPR, AED & First Aid (14+) 2:00 p.m. - 5:00 p.m.</p>	<p>13 Gentle Yoga 9:15 a.m. - 10:15 a.m.</p> <p>Active Yoga 10:30 a.m. - 11:30 a.m.</p> <p>English - Let's Talk About High Blood Pressure (1 of 4) 11:45 a.m. - 12:45 p.m.</p> <p>English - Healthy Living: Cooking Matters (14+) 12:00 p.m. - 1:30 p.m.</p> <p>Spanish - Live Healthy with Diabetes (1 of 4) 1:45 p.m. - 3:00 p.m.</p>	<p>14 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+) 12:30p.m. - 1:30 p.m.</p> <p>Community Wellness: Blood Pressure Screenings & Medication Review 1:00 p.m. - 4:30 p.m.</p>	<p>15 Korean - Developmental Screenings 15 9:30 a.m. - 4:00 p.m.</p> <p>Low Impact Zumba (14+) 16 9:00 a.m. - 10:00 a.m.</p> <p>Zumba Step (14+) 17 10:10 a.m. - 11:10 a.m.</p> <p>Dance Aerobics (Beginner) (14+) 18 11:25 a.m. - 12:15 p.m.</p> <p>Dance Aerobics (Intermediate) (14+) 19 12:25 p.m. - 1:20 p.m.</p> <p>Bilingual - Healthy Living: Weight Management (18+) 20 2:00 p.m. - 3:00 p.m. Eng/Spa</p> <p>Zumba (14+) 21 3:15 p.m. - 4:15 p.m.</p>	<p>16 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>19 Mental Health Awareness Week</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>Mental Health Awareness Event: Body Love Yoga & Social 10:00 a.m. - 11:30 a.m.</p>	<p>20 Mental Health Awareness Week</p> <p>RCAC 4 Meeting 10:00 a.m. - 12:30 p.m.</p> <p>Spanish - Let's Talk About High Blood Pressure (2 of 4) 11:45 a.m. - 12:45 p.m.</p> <p>English - Healthy Living: Cooking Matters (14+) 12:00 p.m. - 1:30 p.m.</p> <p>Spanish - Live Healthy with Diabetes (2 of 4) 1:45 p.m. - 3:00 p.m.</p> <p>Gentle Yoga 2:00 p.m. - 3:00 p.m.</p> <p>Active Yoga 3:15 p.m. - 4:15 p.m.</p>	<p>21 Mental Health Awareness Week</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>22 Mental Health Awareness Week</p> <p>Korean - Developmental Screenings 22 9:30 a.m. - 4:00 p.m.</p> <p>Low Impact Zumba (14+) 23 9:00 a.m. - 10:00 a.m.</p> <p>Zumba Step (14+) 24 10:10 a.m. - 11:10 a.m.</p> <p>Dance Aerobics (Beginner) (14+) 25 11:25 a.m. - 12:15 p.m.</p> <p>Dance Aerobics (Intermediate) (14+) 26 12:25 p.m. - 1:20 p.m.</p> <p>Bilingual - Healthy Living: Weight Management (18+) 27 2:00 p.m. - 3:00 p.m. Eng/Spa</p> <p>Zumba (14+) 28 3:15 p.m. - 4:15 p.m.</p>	<p>23 Mental Health Awareness Week</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>26 MEMORIAL DAY</p>  <p>CENTER CLOSED</p>	<p>27 Gentle Yoga 9:15 a.m. - 10:15 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>English - Healthy Living: Cooking Matters (14+) 12:00 p.m. - 1:30 p.m.</p> <p>Spanish - Live Healthy with Diabetes (3 of 4) 1:45 p.m. - 3:00 p.m.</p>	<p>28 Spanish - Healthy Living: Personal Development 9:15 a.m. - 10:15 a.m.</p> <p>Prenatal & Postnatal Yoga 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>Bilingual - Tenants Rights Legal Clinic Eng/Spa 4:30 p.m. - 5:00 p.m. Register 5:00 p.m. - 7:00 p.m. Clinic</p>	<p>29 Korean - Developmental Screenings 29 9:30 a.m. - 4:00 p.m.</p> <p>Low Impact Zumba (14+) 30 9:00 a.m. - 10:00 a.m.</p> <p>Zumba Step (14+) 31 10:10 a.m. - 11:10 a.m.</p> <p>Dance Aerobics (Beginner) (14+) 32 11:25 a.m. - 12:15 p.m.</p> <p>Dance Aerobics (Intermediate)(14+) 33 12:25 p.m. - 1:20 p.m.</p> <p>Bilingual - Healthy Living: Weight Management (18+) 34 2:00 p.m. - 3:00 p.m. Eng/Spa</p> <p>Zumba (14+) 35 3:15 p.m. - 4:15 p.m.</p>	<p>30 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>	

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

Calendar grid with columns for LUNES, MARTES, MIÉRCOLES, JUEVES, VIERNES, and SÁBADO. Each cell contains activity details, times, and a 'CENTRO CERRADO' icon.

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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