



POMONA
MAY
2025

Community Resource Center

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>Medi-Cal Enrollment Monday-Friday 9am-4pm</p> <p>CalFresh Enrollment Monday-Friday 9am-4pm</p> <p>CPR/First Aid Register at freecprla.com</p>	 <p>CRC Website</p>	<p>BLUE Qualify for the My Rewards for a Healthy Life Program.</p> <p>GREEN Appointment & Registration required.</p>	<p>Circuit Training 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 SPA Social Hour 4-5pm Kids Fitness 4-5pm</p>	<p>Boot Camp 9-10am Zumba 10:15-11:15am Kids Dance 4-5pm</p>	 <p>CENTER CLOSED</p>
<p>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 12-1:30pm Homework Help 3-5pm (Ages 5-12) Zumba 3-4pm HIIT 4-5pm</p>	<p>Zumba 9:30-10:30am Strong 10:45-11:45am Yoga 12-1pm Kids Fitness 3-4pm Bullying Prevention 3-4pm SPA Boot Camp 4-5pm Kids Health Education 4-5pm</p>	<p>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>Boot Camp 9-10am Zumba 10:15-11:15am Kids Dance 4-5pm</p>	 <p>CENTER CLOSED</p>
<p>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>Zumba 9:30-10:30am Strong 10:45-11:45am Yoga 12-1pm Kids Fitness 3-4pm Family Violence Awareness 3-4pm SPA Boot Camp 4-5pm Kids Health Education 4-5pm</p>	<p>Circuit Training 9:15-10:15am Healthy Cooking 10:30am-12pm CPR/First Aid 12-3pm SPA Mommy Yoga 1-2pm Vinyasa Yoga 2:15-3:15pm Social Hour 4-5pm Kids Fitness 4-5pm</p>	<p>Boot Camp 9-10am Zumba 10:15-11:15am Kids Dance 4-5pm</p>	 <p>CENTER CLOSED</p>
<p>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 Homework Help 3-5pm (Ages 5-12) Zumba 3-4pm HIIT 4-5pm</p>	<p>RCAC Meeting 9am-1pm Yoga 12-1pm Kids Fitness 3-4pm Child Abuse Prevention 3-4pm SPA Boot Camp 4-5pm Kids Health Education 4-5pm</p>	<p>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>Boot Camp 9-10am Zumba 10:15-11:15am Blood Pressure Management (1 of 2) 11:30-12:30 Kids Dance 4-5pm</p>	 <p>CENTER CLOSED</p>
 <p>MEMORIAL DAY CENTER CLOSED</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>Zumba 9:30-10:30am Strong 10:45-11:45am Yoga 12-1pm Kids Fitness 3-4pm Understanding Childhood Behaviors and Disorders 3-4pm SPA Boot Camp 4-5pm Kids Health Education 4-5pm</p>	<p>Circuit Training 9:15-10:15am Healthy Cooking 10:30am-12pm Asthma Management 12-1pm Mommy Yoga 1-2pm Vinyasa Yoga 2:15-3:15pm Improving Credit & Managing Debt 3-3:50pm (SPA) 4-5pm (ENG) *Registration Required Social Hour 4-5pm Kids Fitness 4-5pm</p>	<p>Boot Camp 9-10am Zumba 10:15-11:15am Blood Pressure Management (2 of 2) 11:30-12:30 Food Pantry 2-4pm</p>	 <p>CENTER CLOSED</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 a Viernes 9am-4pm</p> <p>Inscripcion Cal Fresh Lunes a Viernes 9am-4pm</p> <p>RCP/Primeros Auxilios Registrese en freecprla.com</p>	 <p>CRC Sitio de Web</p>	<p>AZUL Califican para el programa mis recompensas para una vida sana.</p> <p>VERDE Por cita y registro solamanete.</p>	<p>Entrenamiento Circuito 1 9:15-10:15am Cocina Saludable 10:30am-12pm RCP/Primeros Auxilios 12-3pm ING Yoga Para Mamas 1-2pm Vinyasa Yoga 2:15-3:15pm Orientacion para nuevos miembros 3-4pm ESP Hora Social 4-5pm Cardio Para Niños 4-5pm</p>	<p>Boot Camp 2 9-10am Zumba 10:15-11:15am Clase de Baile para Niños 4-5pm</p>	
<p>Zumba 5 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 6 9:15-10:15am Cocina Saludable 10:30am-12pm Jugos Saludables 12-1:30pm Zumba 3-4pm HIIT 4-5pm</p>	<p>Zumba 7 9:30-10:30am Strong 10:45-11:45am Yoga 12-1pm Cardio Para Niños 3-4pm Prevencion de Acoso 3-4pm ESP Boot Camp 4-5pm Educacion de Salud para Niños 4-5pm</p>	<p>Entrenamiento Circuito 8 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>Boot Camp 9 9-10am Zumba 10:15-11:15am Clase de Baile para Niños 4-5pm</p>	
<p>Zumba 12 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 13 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>Zumba 14 9:30-10:30am Strong 10:45-11:45am Yoga 12-1pm Cardio Para Niños 3-4pm Violencia Familiar 3-4pm ESP Boot Camp 4-5pm Educacion de Salud para Niños 4-5pm</p>	<p>Entrenamiento Circuito 15 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>Boot Camp 16 9-10am Zumba 10:15-11:15am Clase de Baile para Niños 4-5pm</p>	
<p>Zumba 19 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 20 9:15-10:15am Cocina Saludable 10:30am-12pm Jugos Saludables 12:15-1:45pm Ayuda con la tarea 3-5pm (Edad 5-12) Zumba 3-4pm HIIT 4-5pm</p>	<p>Junta de RCAC 21 9am-1pm Yoga 12-1pm Cardio Para Niños 3-4pm Prevencion del Abuso Infantil 3-4pm ESP Boot Camp 4-5pm Educacion de Salud para Niños 4-5pm</p>	<p>Entrenamiento Circuito 22 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 ING Hora Social 4-5pm Cardio Para Niños 4-5pm</p>	<p>Boot Camp 23 9-10am Zumba 10:15-11:15am Manejo de la presion arterial (1 de 2) 11:30-12:30pm Clase de Baile para Niños 4-5pm</p>	
 <p>DÍA DE LOS CAÍDOS EN GUERRA</p> <p>CENTRO CERRADO</p>	<p>Entrenamiento Circuito 27 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>Zumba 28 9:30-10:30am Strong 10:45-11:45am Yoga 12-1pm Cardio Para Niños 3-4pm Trastornos de Menores 3-4pm ESP Boot Camp 4-5pm Educacion de Salud para Niños 4-5pm</p>	<p>Entrenamiento Circuito 29 9:15-10:15am Cocina Saludable 10:30am-12pm Manejo del asma 12-1pm Yoga Para Mama 1-2pm Vinyasa Yoga 2:15-3:15pm Mejorar el Credito y Administrar la Deuda 3-3:50pm (ESP) 4-5pm (ENG) *Registracion Requerida Hora Social 4-5pm Cardio Para Niños 4-5pm</p>	<p>Boot Camp 30 9-10am Zumba 10:15-11:15am Manejo de la presion arterial (2 de 2) 11:30-12:30pm Despensa de Alimentos 2-4pm</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. 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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