



EAST L.A.
JUNE
2025

Community Resource Center

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Cooking Matters29 - 10:30 a.m. Spa. Life Skills: Evaluating Goals10:45 - 11:45 a.m. Spa. Circuit Training for Adults12 - 1 p.m. Zumba1:15 - 2:15 p.m. Tai Chi2:30 - 3:30 p.m. Sunset Yoga4 - 5 p.m.	Little One & Me39:30 - 10:30 a.m. Eng. Awareness, Prevention and Resilience of Domestic Violence10 - 11 a.m. Spa. Dance Aerobics (Intermediate)11 a.m. - 12 p.m. Dance Aerobics (Beginner)12:15 - 1:15 p.m. Zumba Cardio Fusion4 - 5 p.m.	The World of Juicing and Salads49 - 10 a.m. Spa. Breakthrough Parenting Virtual10 a.m. - 12 p.m. Spa. Healthy Cooking [7 of 12]10:15 a.m. - 12:15 p.m. Spa. Zumba12:30 - 1:30 p.m. Pilates1:45 - 2:45 p.m. Breakthrough Parenting Virtual4 - 6 p.m. Eng.	Community Wellness Fair: Blood Pressure Screenings, Medication Review and Resources510 a.m.-2 p.m. Understanding High Blood Pressure3 - 4 p.m. Spa. Kids Fitness Adventure3 - 4 p.m. Boot Camp for Adults4 - 5 p.m.	Boot Camp for Adults68 - 9 a.m. Sunrise Yoga9 - 10 a.m. Anger Management Virtual9:30 - 11 a.m. Eng. Story Time for Tots (Ages 0-5)10:30 - 11:30 a.m. Spa. Diabetes Education11 a.m. - 12 p.m. Spa. Nutrition and You12 - 1 p.m. Spa. Zumba Step12 - 1 p.m. Zumba Gold1:15 - 2:15 p.m.	CENTER CLOSED
Cooking Matters99 - 10:30 a.m. Spa. Life Skills: Cultural Understanding10:45 - 11:45 a.m. Spa. Circuit Training for Adults12 - 1 p.m. Zumba1:15 - 2:15 p.m. Tai Chi2:30 - 3:30 p.m. Sunset Yoga4 - 5 p.m. Kid's Art Club: Father's Day Craft (Ages 5-12)4 - 5 p.m.	Little One & Me109:30 - 10:30 a.m. Eng. Suicide Awareness, Prevention, and Resilience10 - 11 a.m. Spa. Dance Aerobics (Intermediate)11 a.m. - 12 p.m. Dance Aerobics (Beginner)12:15 - 1:15 p.m. Adult Art Workshop: Printmaking with Pastels1:30 - 3:30 p.m. Zumba Cardio Fusion4 - 5 p.m.	The World of Juicing and Salads119 - 10 a.m. Spa. Breakthrough Parenting Virtual10 a.m. - 12 p.m. Spa. Healthy Cooking [8 of 12]10:15 a.m. - 12:15 p.m. Spa. Zumba12:30 - 1:30 p.m. Pilates1:45 - 2:45 p.m. Breakthrough Parenting Virtual4 - 6 p.m. Eng.	CPR & First Aid (English)1210 a.m. - 1 p.m. Risk Factors of Breast Cancer (Spanish)10:30 - 11:30 a.m. Risk Factors of Breast Cancer (English)11:30 a.m. - 12:30 p.m. Understanding High Blood Pressure3 - 4 p.m. Spa. Kids Fitness Adventure3 - 4 p.m. Boot Camp for Adults4 - 5 p.m.	Boot Camp for Adults138 - 9 a.m. Sunrise Yoga9 - 10 a.m. Anger Management Virtual9:30 - 11 a.m. Eng. Story Time for Tots (Ages 0-5)10:30 - 11:30 a.m. Spa. Diabetes Education11 a.m. - 12 p.m. Spa. Nutrition and You12 - 1 p.m. Spa. Zumba Step12 - 1 p.m. Zumba Gold1:15 - 2:15 p.m. Father's Day Resource Fair2:30 - 3:30 p.m.	CENTER CLOSED
Cooking Matters169 - 10:30 a.m. Spa. Life Skills: Creating a Safe Space10:45 - 11:45 a.m. Spa. Circuit Training for Adults12 - 1 p.m. Zumba1:15 - 2:15 p.m. Tai Chi2:30 - 3:30 p.m. Sunset Yoga4 - 5 p.m.	Little One & Me179:30 - 10:30 a.m. Eng. Child Abuse Prevention, Awareness, and Resilience10 - 11 a.m. Spa. Dance Aerobics (Intermediate)11 a.m. - 12 p.m. Dance Aerobics (Beginner)12:15 - 1:15 p.m. Zumba Cardio Fusion4 - 5 p.m.	The World of Juicing and Salads189 - 10 a.m. Spa. Breakthrough Parenting Virtual10 a.m. - 12 p.m. Spa. Healthy Cooking [9 of 12]10:15 a.m. - 12:15 p.m. Spa. Zumba12:30 - 1:30 p.m. Pilates1:45 - 2:45 p.m. Breakthrough Parenting Virtual4 - 6 p.m. Eng.	JUNETEENTH NATIONAL INDEPENDENCE DAY CENTER CLOSED	Boot Camp for Adults208 - 9 a.m. Sunrise Yoga9 - 10 a.m. Anger Management Virtual9:30 - 11 a.m. Eng. Warm Drinks & Community Links9:30 - 10:30 a.m. Story Time for Tots (Ages 0-5)10:30 - 11:30 a.m. Spa. Diabetes Education11 a.m. - 12 p.m. Spa. Nutrition and You12 - 1 p.m. Spa. Zumba Step12 - 1 p.m. Zumba Gold1:15 - 2:15 p.m.	CENTER CLOSED
National Pink Day239 - 10:30 a.m. Spa. Life Skills: Effective Listening10:45 - 11:45 a.m. Spa. Circuit Training for Adults12 - 1 p.m. Zumba1:15 - 2:15 p.m. Tai Chi2:30 - 3:30 p.m. Sunset Yoga4 - 5 p.m. Kid's Art Club: Hand Puppets (Ages 5-12)4 - 5 p.m.	Blue Beanie Day249:30 - 10:30 a.m. Eng. Bullying Prevention: Kindness, Acceptance, Inclusion10 - 11 a.m. Spa. Dance Aerobics (Intermediate)11 a.m. - 12 p.m. Dance Aerobics (Beginner)12:15 - 1:15 p.m. Fair Housing Rights (Spanish)1:30 - 3:30 p.m. Zumba Cardio Fusion4 - 5 p.m.	Beach Day259 - 10 a.m. Spa. Breakthrough Parenting Virtual10 a.m. - 12 p.m. Spa. Healthy Cooking [10 of 12]10:15 a.m. - 12:15 p.m. Spa. Zumba12:30 - 1:30 p.m. Pilates1:45 - 2:45 p.m. Breakthrough Parenting Virtual4 - 6 p.m. Eng.	Lilo & Stitch Day26CPR & First Aid (Spanish)10 a.m. - 1 p.m. Understanding High Blood Pressure3 - 4 p.m. Spa. Kids Fitness Adventure3 - 4 p.m. Boot Camp for Adults4 - 5 p.m.	Sunglasses Day278 - 9 a.m. Sunrise Yoga9 - 10 a.m. Anger Management Virtual9:30 - 11 a.m. Eng. Story Time for Tots (Ages 0-5)10:30 - 11:30 a.m. Spa. Diabetes Education11 a.m. - 12 p.m. Spa. Nutrition and You12 - 1 p.m. Spa. Zumba Step12 - 1 p.m. Zumba Gold1:15 - 2:15 p.m.	CENTER CLOSED
Cooking Matters309 - 10:30 a.m. Spa. Life Skills: Planning for Life Transitions10:45 - 11:45 a.m. Spa. Circuit Training for Adults12 - 1 p.m. Zumba1:15 - 2:15 p.m. Tai Chi2:30 - 3:30 p.m. Sunset Yoga4 - 5 p.m.		Spirit Week! June 23 - 27 Monday National Pink Day Tuesday Blue Beanie Day Wednesday Beach Day Thursday Lilo & Stitch Day Friday Sunglasses Day	BLUE Qualify for the My Rewards for a Healthy Life Program. GREEN Appointment & Registration required.	CENTER SERVICES Member Services Enrollment Services* Medi-cal, MediCare, Covered California, & CalFresh New Member Orientation *Contact Center for Availability of Services ALL SERVICES AND CLASSES ARE FREE FOR EVERYONE!	QR CODE CRC East L.A. Instagram

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+)

BE ACTIVE,
HEALTHY & INFORMED



4801 Whittier Blvd
Los Angeles, CA 90022



CENTER HOURS:
Monday - Thursday: 9 a.m. - 5 p.m.
Friday: 8 a.m. - 4 p.m.
Saturday: CLOSED



213.438.5570
CommunityResourceCenterLA.org



EAST L.A.
JUNIO
2025

Community Resource Center

LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO
Cocinado Saludable29 - 10:30 a.m. Esp. Habilidades Para la Vida: Evaluación de Objetivos10:45 - 11:45 a.m. Esp. Circuito de Entrenamiento Para Adultos12 - 1 p.m. Zumba1:15 - 2:15 p.m. Tai Chi2:30 - 3:30 p.m. Sunset Yoga4 - 5 p.m.	Mi Pequeño y Yo39:30 - 10:30 a.m. Ing. Concientización, Prevención y Resiliencia de la Violencia Familiar10 - 11 a.m. Esp. Baile Aeróbico (Intermedio)11 a.m. - 12 p.m. Baile Aeróbico (Principiante)12:15 - 1:15 p.m. Zumba Cardio Fusion4 - 5 p.m.	El Mundo de Jugos y Ensaladas49 - 10 a.m. Esp. Cultivando Familias Virtual10 a.m. - 12 p.m. Esp. Cocinando Saludable [7 de 12]10:15 a.m. - 12:15 p.m. Esp. Zumba12:30 - 1:30 p.m. Pilates1:45 - 2:45 p.m. Cultivando Familias Virtual4 - 6 p.m. Ing.	Feria de Bienestar Comunitario: Exámenes de Presión Arterial, Revisión de Medicamentos y Recursos510 a.m.-2 p.m. Entendiendo la Presión Arterial Alta3 - 4 p.m. Esp. Adventura de Fitness Para Niños3 - 4 p.m. Boot Camp Para Adultos4 - 5 p.m.	Boot Camp Para Adultos68 - 9 a.m. Sunrise Yoga9 - 10 a.m. Clase de Manejo de la Ira Virtual9:30 - 11 a.m. Ing. Cuentos Para Niños (Edades 0-5)10:30 - 11:30 a.m. Esp. Educación Sobre la Diabetes11 a.m. - 12 p.m. Esp. Nutrición y Tú12 - 1 p.m. Esp. Zumba Step12 - 1 p.m. Zumba Gold1:15 - 2:15 p.m.	
Cocinado Saludable910 - 10:30 a.m. Esp. Habilidades Para la Vida: Comprensión Cultural10:45 - 11:45 a.m. Esp. Circuito de Entrenamiento Para Adultos12 - 1 p.m.. Zumba1:15 - 2:15 p.m. Tai Chi2:30 - 3:30 p.m. Sunset Yoga4 - 5 p.m. Club de Arte Para Niños: Manualidad Para el Día del Padre (Edades 5-12)4 - 5 p.m	Mi Pequeño y Yo109:30 - 10:30 a.m. Ing. Concienciación, Prevención y Resiliencia del Suicidio10 - 11 a.m. Esp. Baile Aeróbico (Intermedio)11 a.m. - 12 p.m. Baile Aeróbico (Principiante)12:15 - 1:15 p.m. Taller de Arte Para Adultos: Grabado con Pasteles1:30 - 3:30 p.m. Zumba Cardio Fusion4 - 5 p.m.	El Mundo de Jugos y Ensaladas119 - 10 a.m. Esp. Cultivando Familias Virtual10 a.m. - 12 p.m. Esp. Cocinando Saludable [8 de 12]10:15 a.m. - 12:15 p.m. Esp. Zumba12:30 - 1:30 p.m. Pilates1:45 - 2:45 p.m. Cultivando Familias Virtual4 - 6 p.m. Ing.	RCP y Primeros Auxilios (Inglés)1210 a.m. - 1 p.m. Factores de Riesgo del Cáncer de Mama (Español)10:30 - 11:30 a.m. Factores de Riesgo del Cáncer de Mama (Inglés)11:30 a.m. - 12:30 p.m. Entendiendo la Presión Arterial Alta3 - 4 p.m. Esp. Adventura de Fitness Para Niños3 - 4 p.m. Boot Camp Para Adultos4 - 5 p.m.	Boot Camp Para Adultos138 - 9 a.m. Sunrise Yoga9 - 10 a.m. Clase de Manejo de la Ira Virtual9:30 - 11 a.m. Ing. Cuentos Para Niños (Edades 0-5)10:30 - 11:30 a.m. Esp. Educación Sobre la Diabetes11 a.m. - 12 p.m. Esp. Nutrición y Tú12 - 1 p.m. Esp. Zumba Step12 - 1 p.m. Zumba Gold1:15 - 2:15 p.m. Feria de Recursos Para el Día del Padre2:30 - 3:30 p.m.	
Cocinado Saludable169 - 10:30 a.m. Esp. Habilidades Para la Vida: Creación de un Espacio Seguro10:45 - 11:45 a.m. Esp. Circuito de Entrenamiento Para Adultos12 - 1 p.m. Zumba1:15 - 2:15 p.m. Tai Chi2:30 - 3:30 p.m. Sunset Yoga4 - 5 p.m.	Mi Pequeño y Yo179:30 - 10:30 a.m. Ing. Prevención, Concienciación y Resiliencia del Maltrato Infantil10 - 11 a.m. Esp. Baile Aeróbico (Intermedio)11 a.m. - 12 p.m. Baile Aeróbico (Principiante)12:15 - 1:15 p.m. Zumba Cardio Fusion4 - 5 p.m.	El Mundo de Jugos y Ensaladas189 - 10 a.m. Esp. Cultivando Familias Virtual10 a.m. - 12 p.m. Esp. Cocinando Saludable [9 de 12]10:15 a.m. - 12:15 p.m. Esp. Zumba12:30 - 1:30 p.m. Pilates1:45 - 2:45 p.m. Cultivando Familias Virtual4 - 6 p.m. Ing.		Boot Camp Para Adultos208 - 9 a.m. Sunrise Yoga9 - 10 a.m. Clase de Manejo de la Ira Virtual9:30 - 11 a.m. Ing. Cafecito y Conexiones9:30 - 10:30 a.m. Cuentos Para Niños (Edades 0-5)10:30 - 11:30 a.m. Esp. Educación Sobre la Diabetes11 a.m. - 12 p.m. Esp. Nutrición y Tú12 - 1 p.m. Esp. Zumba Step12 - 1 p.m. Zumba Gold1:15 - 2:15 p.m.	
Día Nacional del Rosa239 - 10:30 a.m. Esp. Habilidades Para la Vida: Escucha Eficaz10:45 - 11:45 a.m. Esp. Circuito de Entrenamiento Para Adultos12 - 1 p.m. Zumba1:15 - 2:15 p.m. Tai Chi2:30 - 3:30 p.m. Sunset Yoga4 - 5 p.m. Club de Arte Para Niños: Marionetas de Mano (Edades 5-12)4 - 5 p.m	Día del Gorro Azul249:30 - 10:30 a.m. Ing. Prevención del Acoso Escolar: Amabilidad, Aceptación, Inclusión10 - 11 a.m. Esp. Baile Aeróbico (Intermedio)11 a.m. - 12 p.m. Baile Aeróbico (Principiante)12:15 - 1:15 p.m. Derechos de Vivienda Justa (Español)1:30 - 3:30 p.m. Zumba Cardio Fusion4 - 5 p.m.	Día de Playa259 - 10 a.m. Esp. El Mundo de Jugos y Ensaladas10 a.m. - 12 p.m. Esp. Cultivando Familias Virtual10 a.m. - 12 p.m. Esp. Cocinando Saludable [10 de 12]10:15 a.m. - 12:15 p.m. Esp. Zumba12:30 - 1:30 p.m. Pilates1:45 - 2:45 p.m. Cultivando Familias Virtual4 - 6 p.m. Ing.	Día de Lilo y Stitch2610 a.m. - 1 p.m. Entendiendo la Presión Arterial Alta3 - 4 p.m. Esp. Adventura de Fitness Para Niños3 - 4 p.m. Boot Camp Para Adultos4 - 5 p.m.	Día de Gafas de sol278 - 9 a.m. Sunrise Yoga9 - 10 a.m. Clase de Manejo de la Ira Virtual9:30 - 11 a.m. Ing. Cuentos Para Niños (Edades 0-5)10:30 - 11:30 a.m. Esp. Educación Sobre la Diabetes11 a.m. - 12 p.m. Esp. Nutrición y Tú12 - 1 p.m. Esp. Zumba Step12 - 1 p.m. Zumba Gold1:15 - 2:15 p.m.	
Cocinado Saludable309 - 10:30 a.m. Esp. Habilidades Para la Vida: Planificación de Transiciones en la Vida10:45 - 11:45 a.m. Esp. Circuito de Entrenamiento Para Adultos12 - 1 p.m. Zumba1:15 - 2:15 p.m. Tai Chi2:30 - 3:30 p.m. Sunset Yoga4 - 5 p.m.		Semana de Diversión!Junio 23 - 27LunesDía Nacional del RosaMartesDía del Gorro AzulMiércolesDía de PlayaJuevesDía de Lilo y StitchViernesDía de Gafas de sol	AZUL Califican para el programa mis recompensas para una vida sana. VERDE Por cita y registro solamanete.	SERVICIOS DEL CENTRO - Servicios a los miembros - Servicios de Inscripción* - Medi-cal, MediCare, Covered California, y Calfresh Orientación para nuevos miembros *Comuníquese con el Centro para disponibilidad de Servicios TODOS LOS SERVICIOS Y LAS CLASES SON GRATIS ¡PARA TODOS!	

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+)

SEA ACTIVO,
SALUDABLE E INFORMADO



4801 Whittier Blvd
Los Angeles, CA 90022



HORARIO DEL CENTRO:
Lunes a Jueves: 9 a.m. - 5 p.m.
Viernes: 8 a.m. - 4 p.m.
Sábado: Cerrado



213.438.5570
CommunityResourceCenterLA.org