



EAST L.A.
JULY
2025

Community Resource Center

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY	
 CRC East L.A. Instagram		1 Little One & Me 9:30 - 10:30 a.m. Eng. Christmas Sadness- for Older Adults 10 - 11 a.m. Spa. Dance Aerobics (Intermediate) 11 a.m. - 12 p.m. Dance Aerobics (Beginner) 12:15 - 1:15 p.m. Lotería - Cards & Community 1:30 - 3:30 p.m. Spa. Zumba Cardio Fusion 4 - 5 p.m.		2 The World of Juicing and Salads 9 - 10 a.m. Spa. Breakthrough Parenting Virtual 10 a.m. - 12 p.m. Spa.  Healthy Cooking [11 of 12] 10:15 a.m. - 12:15 p.m. Spa. Zumba 12:30 - 1:30 p.m. Pilates 1:45 - 2:45 p.m. Family Cooking Class 3:30 - 4:30 p.m. Breakthrough Parenting Virtual 4 - 6 p.m. Eng. 		3 Understanding High Blood Pressure 3 - 4 p.m. Spa. Kids Fitness Adventure 3 - 4 p.m. Boot Camp for Adults 4 - 5 p.m.		4 INDEPENDENCE DAY  CENTER CLOSED		5  CENTER CLOSED	
7 Cooking Matters 9 - 10:30 a.m. Spa. Life Skills: Value your Knowledge 10:45 - 11:45 a.m. Spa. Circuit Training for Adults 12 - 1 p.m. Zumba 1:15 - 2:15 p.m. Tai Chi 2:30 - 3:30 p.m. Sunset Yoga 4 - 5 p.m. Kid's Art Club: Ice Cream Wind Chime (Ages 5-12) 4 - 5 p.m.		8 Little One & Me 9:30 - 10:30 a.m. Eng. Immigration, Adaptation and Resilience 10 - 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: Painting With Watercolors 1:30 - 3:30 p.m. Zumba Cardio Fusion 4 - 5 p.m.		9 The World of Juicing and Salads 9 - 10 a.m. Spa. Breakthrough Parenting Virtual 10 a.m. - 12 p.m. Spa.  Healthy Cooking Graduation [12 of 12] 10:15 a.m. - 12:15 p.m. Spa. Zumba 12:30 - 1:30 p.m. Pilates 1:45 - 2:45 p.m. Family Cooking Class 3:30 - 4:30 p.m. Breakthrough Parenting Virtual 4 - 6 p.m. Eng. 		10 CPR & First Aid (English) 10 a.m. - 1 p.m. HPV & Cervical Cancer (Spanish) 10:30 - 11:30 a.m. HPV & Cervical Cancer (English) 11:30 a.m. - 12:30 p.m. Understanding High Blood Pressure 3 - 4 p.m. Spa. Kids Fitness Adventure 3 - 4 p.m. Boot Camp for Adults 4 - 5 p.m.		11 Boot Camp for Adults 8 - 9 a.m. Sunrise Yoga 9 - 10 a.m.  Anger Management Virtual 9:30 - 11 a.m. Eng. Story Time for Tots (Ages 0-5) 10:30 - 11:30 a.m. Spa. Diabetes Education 11 a.m. - 12 p.m. Spa. Nutrition and You 12 - 1 p.m. Spa. Zumba Step 12 - 1 p.m. Zumba Gold 1:15 - 2:15 p.m.		12  CENTER CLOSED	
14 Cooking Matters 9 - 10:30 a.m. Spa. Life Skills: Cultural Diversity 10:45 - 11:45 a.m. Spa. Circuit Training for Adults 12 - 1 p.m. Zumba 1:15 - 2:15 p.m. Tai Chi 2:30 - 3:30 p.m. Sunset Yoga 4 - 5 p.m.		15 Little One & Me 9:30 - 10:30 a.m. Eng. Understanding Neurodevelopmental Disorders and the Role of Caregivers 10 - 11 a.m. Spa. Dance Aerobics (Intermediate) 11 a.m. - 12 p.m. Dance Aerobics (Beginner) 12:15 - 1:15 p.m. Lotería - Cards & Community 1:30 - 3:30 p.m. Spa. Zumba Cardio Fusion 4 - 5 p.m.		16 The World of Juicing and Salads 9 - 10 a.m. Spa. Breakthrough Parenting Virtual 10 a.m. - 12 p.m. Spa.  Healthy Cooking [1 of 12] 10:15 a.m. - 12:15 p.m. Spa. Zumba 12:30 - 1:30 p.m. Pilates 1:45 - 2:45 p.m. Family Cooking Class 3:30 - 4:30 p.m. Breakthrough Parenting Virtual 4 - 6 p.m. Eng. 		17 Community Readiness Champions Training (Spanish) 9:30 - 11:30 a.m. Food Pantry (Limited to First 100 People) 10 - 11 a.m. Community Readiness Champions Training (English) 1 - 3 p.m. Understanding High Blood Pressure 3 - 4 p.m. Spa. Kids Fitness Adventure 3 - 4 p.m. Boot Camp for Adults 4 - 5 p.m.		18 Boot Camp for Adults 8 - 9 a.m. Sunrise Yoga 9 - 10 a.m.  Anger Management Virtual 9:30 - 11 a.m. Eng. Warm Drinks & Community Links 9:30 - 10:30 a.m. Story Time for Tots (Ages 0-5) 10:30 - 11:30 a.m. Spa. Diabetes Education 11 a.m. - 12 p.m. Spa. Nutrition and You 12 - 1 p.m. Spa. Zumba Step 12 - 1 p.m. Zumba Gold 1:15 - 2:15 p.m.		19  CENTER CLOSED	
21 Cooking Matters 9 - 10:30 a.m. Spa. Life Skills: Embracing Change 10:45 - 11:45 a.m. Spa. Circuit Training for Adults 12 - 1 p.m. Zumba 1:15 - 2:15 p.m. Tai Chi 2:30 - 3:30 p.m. Sunset Yoga 4 - 5 p.m. Kid's Art Club: DIY Magnet Painting (Ages 5-12) 4 - 5 p.m.		22 Little One & Me 9:30 - 10:30 a.m. Eng. Understanding Childhood Behaviors and Disorders 10 - 11 a.m. Spa. Dance Aerobics (Intermediate) 11 a.m. - 12 p.m. Dance Aerobics (Beginner) 12:15 - 1:15 p.m. Zumba Cardio Fusion 4 - 5 p.m.		23 The World of Juicing and Salads 9 - 10 a.m. Spa. Breakthrough Parenting Virtual 10 a.m. - 12 p.m. Spa.  Healthy Cooking [2 of 12] 10:15 a.m. - 12:15 p.m. Spa. Zumba 12:30 - 1:30 p.m. Pilates 1:45 - 2:45 p.m. Family Cooking Class 3:30 - 4:30 p.m. Breakthrough Parenting Virtual 4 - 6 p.m. Eng. 		24 CPR & First Aid (Spanish) 10 a.m. - 1 p.m. Understanding High Blood Pressure 3 - 4 p.m. Spa. Kids Fitness Adventure 3 - 4 p.m. Boot Camp for Adults 4 - 5 p.m.		25 BACK TO SCHOOL EVENT  10AM - 2PM		26  CENTER CLOSED	
28 Cooking Matters 9 - 10:30 a.m. Spa. Life Skills: What kind of Resources are Available for me? 10:45 - 11:45 a.m. Spa. Circuit Training for Adults 12 - 1 p.m. Zumba 1:15 - 2:15 p.m. Tai Chi 2:30 - 3:30 p.m. Sunset Yoga 4 - 5 p.m.		29 Little One & Me 9:30 - 10:30 a.m. Eng. Health, Well-being and Fulfillment- for Older Adults 10 - 11 a.m. Spa. Dance Aerobics (Intermediate) 11 a.m. - 12 p.m. Dance Aerobics (Beginner) 12:15 - 1:15 p.m. Lotería - Cards & Community 1:30 - 3:30 p.m. Spa. Fair Housing Rights (English) 1:30 - 3:30 p.m. Zumba Cardio Fusion 4 - 5 p.m.		30 The World of Juicing and Salads 9 - 10 a.m. Spa. Breakthrough Parenting Virtual 10 a.m. - 12 p.m. Spa. Healthy Cooking [3 of 12] 10:15 a.m. - 12:15 p.m. Spa. Zumba 12:30 - 1:30 p.m. Pilates 1:45 - 2:45 p.m. Family Cooking Class 3:30 - 4:30 p.m. Breakthrough Parenting Virtual 4 - 6 p.m. Eng.		31 Summer Family Movie & Crafts 10 a.m. - 12 p.m. Understanding High Blood Pressure 3 - 4 p.m. Spa. Kids Fitness Adventure 3 - 4 p.m. Boot Camp for Adults 4 - 5 p.m. Community Baby Shower Registration Opens Today!  Call us 213.438.5570		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!	

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



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LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO
 CRC East L.A. Instagram	Mi Pequeño y Yo19:30 - 10:30 a.m. Ing. Tristeza Navideña Para Adultos Mayores10 - 11 a.m. Esp. Baile Aeróbico (Intermedio)11 a.m. - 12 p.m. Baile Aeróbico (Principiante)12:15 - 1:15 p.m. Lotería - Cartas y Comunidad1:30 - 3:30 p.m. Esp. Zumba Cardio Fusion4 - 5 p.m.	El Mundo de Jugos y Ensaladas9 - 10 a.m. Esp. Cultivando Familias Virtual10 a.m. - 12 p.m. Esp. Cocinando Saludable [11 de 12]10:15 a.m. - 12:15 p.m. Esp. Zumba12:30 - 1:30 p.m. Pilates1:45 - 2:45 p.m. Clase de Cocina Para la Familia3:30 - 4:30 p.m. Cultivando Familias Virtual4 - 6 p.m. Ing.	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 INDEPENDENCIA  CENTRO CERRADO	 CENTRO CERRADO
Cocinado Saludable9 - 10:30 a.m. Esp. Habilidades Para la Vida: Valora tus Conocimientos10:45 - 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: Móvil de Helado (Edades 5-12)4 - 5 p.m	Mi Pequeño y Yo9:30 - 10:30 a.m. Ing. Inmigración, Adaptación y Resiliencia10 - 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: Pintar con Acuarelas1:30 - 3:30 p.m. Zumba Cardio Fusion4 - 5 p.m.	El Mundo de Jugos y Ensaladas9 - 10 a.m. Esp. Cultivando Familias Virtual10 a.m. - 12 p.m. Esp. Cocinando Saludable Graduación [12 de 12]10:15 a.m. - 12:15 p.m. Esp. Zumba12:30 - 1:30 p.m. Pilates1:45 - 2:45 p.m. Clase de Cocina Para la Familia3:30 - 4:30 p.m. Cultivando Familias Virtual4 - 6 p.m. Ing.	RCP y Primeros Auxilios (Inglés)10 a.m. - 1 p.m. VPH y Cáncer de Cuello Uterino (Español)10:30 - 11:30 a.m. VPH y Cáncer de Cuello Uterino (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 Adultos8 - 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.	 CENTRO CERRADO
Cocinado Saludable9 - 10:30 a.m. Esp. Habilidades Para la Vida: Diversidad 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.	Mi Pequeño y Yo9:30 - 10:30 a.m. Ing. Comprender los Trastornos del Neurodesarrollo y el Papel de los Cuidadores10 - 11 a.m. Esp. Baile Aeróbico (Intermedio)11 a.m. - 12 p.m. Baile Aeróbico (Principiante)12:15 - 1:15 p.m. Lotería - Cartas y Comunidad1:30 - 3:30 p.m. Esp. Zumba Cardio Fusion4 - 5 p.m.	El Mundo de Jugos y Ensaladas9 - 10 a.m. Esp. Cultivando Familias Virtual10 a.m. - 12 p.m. Esp. Cocinando Saludable [1 de 12]10:15 a.m. - 12:15 p.m. Esp. Zumba12:30 - 1:30 p.m. Pilates1:45 - 2:45 p.m. Clase de Cocina Para la Familia3:30 - 4:30 p.m. Cultivando Familias Virtual4 - 6 p.m. Ing.	Campeones de la Preparación Comunitaria (Español)9:30 - 11:30 a.m. Despensa de Alimentos (Limitado a las Primeras 100 Personas)10 - 11 a.m. Campeones de la Preparación Comunitaria (Inglés)1 - 3 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 Adultos8 - 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.	 CENTRO CERRADO
Cocinado Saludable9 - 10:30 a.m. Esp. Habilidades Para la Vida: Aceptando el Cambio10:45 - 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: Pinta Imanes (Edades 5-12)4 - 5 p.m	Mi Pequeño y Yo9:30 - 10:30 a.m. Ing. Comprender los Comportamientos y Trastornos de la Infancia10 - 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 Ensaladas9 - 10 a.m. Esp. Cultivando Familias Virtual10 a.m. - 12 p.m. Esp. Cocinando Saludable [2 de 12]10:15 a.m. - 12:15 p.m. Esp. Zumba12:30 - 1:30 p.m. Pilates1:45 - 2:45 p.m. Clase de Cocina Para la Familia3:30 - 4:30 p.m. Cultivando Familias Virtual4 - 6 p.m. Ing.	RCP y Primeros Auxilios (Español)10 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.	EVENTO DE REGRESO A LA ESCUELA  10AM - 2PM	 CENTRO CERRADO
Cocinado Saludable9 - 10:30 a.m. Esp. Habilidades Para la Vida: ¿Qué Tipo de Recursos Tengo Disponibles?10:45 - 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 Yo9:30 - 10:30 a.m. Ing. Salud, Bienestar y Plenitud Para Adultos Mayores10 - 11 a.m. Esp. Baile Aeróbico (Intermedio)11 a.m. - 12 p.m. Baile Aeróbico (Principiante)12:15 - 1:15 p.m. Lotería - Cartas y Comunidad1:30 - 3:30 p.m. Esp. Derechos de Vivienda Justa (Inglés)1:30 - 3:30 p.m. Zumba Cardio Fusion4 - 5 p.m.	El Mundo de Jugos y Ensaladas9 - 10 a.m. Esp. Cultivando Familias Virtual10 a.m. - 12 p.m. Esp. Cocinando Saludable [3 de 12]10:15 a.m. - 12:15 p.m. Esp. Zumba12:30 - 1:30 p.m. Pilates1:45 - 2:45 p.m. Clase de Cocina Para la Familia3:30 - 4:30 p.m. Cultivando Familias Virtual4 - 6 p.m. Ing.	Película Familiar y Manualidades de Verano10 a.m.- 12 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. ¡La Inscripción Para el Baby Shower Comunitario Abre hoy! Llámenos 213.438.5570	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



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