



Community Resource Center

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Courses in BLUE qualify for the My Rewards for a Healthy Life program. Appointment and registration required for services in GREEN. Inglewood Community Bookshelf (Ages 0 -15) Diaper Distribution PLEASE CALL before visiting for more information.	Family Sing (Ages 0 - 5) 1 9:15 - 10 a.m. Boot Camp 9 - 10 a.m. Kick Boxing 10 - 11 a.m. Balance & Stability 11:10 a.m. - 12:10 p.m. Pilates 4 - 5 p.m.	Yoga Therapy 2 9 - 10 a.m. Wellness Nutrition: Prediabetes & Diabetes (Hourly Sessions) 10 a.m. - 1 p.m. Covered California Enrollments 10 a.m. - 3 p.m. Line Dancing 1 - 2:30 p.m. Zumba 4 - 5 p.m.	Yoga Therapy Virtual 3 9 - 10 a.m. CalFresh Assistance 9:30 a.m. - 4 p.m. Tai Chi 10:30 - 11:30 a.m. Beginners Line Dancing 12 - 1:30 p.m. Pilates 2 - 3 p.m.	4 INDEPENDENCE DAY CENTER CLOSED	Family Fitness Virtual 5 9 - 10 a.m. CENTER CLOSED
7 Health Advocates Disability Assistance 10 a.m. - 12 p.m. Tai Chi 10:30 - 11:30 a.m. Healthcare Navigation: Your Health Plan Has Perks! How to Find & Use Them 11 a.m. - 12 p.m. CPR & First Aid 12:30 p.m. - 3:30 p.m. Hip-Hop Step Class 4 - 5 p.m. Healthy Cooking for Kids (Ages 6 - 12) 4 - 5 p.m.	8 Family Sing (Ages 0 - 5) 9:15 - 10 a.m. Boot Camp 9 - 10 a.m. Kick Boxing 10 - 11 a.m. Balance & Stability 11:10 a.m. - 12:10 p.m. Pilates 4 - 5 p.m.	9 Yoga Therapy 9 - 10 a.m. Wellness Nutrition: Prediabetes and Diabetes (Hourly Sessions) 10 a.m. - 1 p.m. Covered California Enrollments 10 a.m. - 3 p.m. Line Dancing 1 - 2:30 p.m. Zumba 4 - 5 p.m.	10 Yoga Therapy Virtual 9 - 10 a.m. CalFresh Assistance 9:30 a.m. - 4 p.m. Tai Chi 10:30 - 11:30 a.m. Beginners Line Dancing 12 - 1:30 p.m. Pilates 2 - 3 p.m.	11 Yoga Therapy 9 - 10 a.m. Mommy & Me (Ages 0 - 5) 10 - 11 a.m. Healthy Cooking 10:30 a.m. - 12 p.m. Line Dancing 1 - 2:30 p.m. Zumba 4 - 5 p.m.	12 Family Fitness Virtual 9 - 10 a.m. CENTER CLOSED
14 Community Baby Shower 9:30 a.m. - 12 p.m. Hip-Hop Step Class 4 - 5 p.m. Healthy Cooking for Kids (Ages 6 - 12) 4 - 5 p.m.	15 Family Sing (Ages 0 - 5) 9:15 - 10 a.m. Boot Camp 9 - 10 a.m. Kick Boxing 10 - 11 a.m. Coffee, Wealth, and Connect: A Perfect Blend 10:30 a.m. - 12:30 p.m. Balance & Stability 11:10 a.m. - 12:10 p.m. Tai Chi 2:30 - 3:30 p.m. Pilates 4 - 5 p.m.	16 Yoga Therapy 9 - 10 a.m. Wellness Nutrition: Healthy Food Preparation and Food Safety (Hourly Sessions) 10 a.m. - 1 p.m. Covered California Enrollments 10 a.m. - 3 p.m. Line Dancing 1 - 2:30 p.m. Zumba 4 - 5 p.m.	17 Yoga Therapy Virtual 9 - 10 a.m. CalFresh Assistance 9:30 a.m. - 4 p.m. Tai Chi 10:30 - 11:30 a.m. Beginners Line Dancing 12 - 1:30 p.m. Pilates 2 - 3 p.m.	18 Yoga Therapy 9 - 10 a.m. Mommy & Me (Ages 0 - 5) 10 - 11 a.m. The Arts of Fruit and Vegetables 10:30 a.m. - 12 p.m. Line Dancing 1 - 2:30 p.m. Zumba 4 - 5 p.m.	19 Family Fitness Virtual 9 - 10 a.m. CPR & First Aid 9:30 a.m. - 12:30 p.m. CENTER CLOSED
21 Health Advocates Disability Assistance 10 a.m. - 12 p.m. Tai Chi 10:30 - 11:30 a.m. Healthcare Navigation: Emergency Room, Urgent Care, or Telehealth? Making the Smart Choice 11 a.m. - 12 p.m. Hip-Hop Step Class 4 - 5 p.m. Healthy Cooking for Kids (Ages 6 - 12) 4 - 5 p.m.	22 CENTER CLOSED	23 Yoga Therapy 9 - 10 a.m. Wellness Nutrition: Healthy Fast Foods & Eating Out (Hourly Sessions) 10 a.m. - 1 p.m. Covered California Enrollments 10 a.m. - 3 p.m. Line Dancing 1 - 2:30 p.m. Zumba 4 - 5 p.m.	24 Yoga Therapy Virtual 9 - 10 a.m. CENTER CLOSED	25 Yoga Therapy 9 - 10 a.m. Mommy & Me (Ages 0 - 5) 10 - 11 a.m. Healthy Cooking 10:30 a.m. - 12 p.m. Line Dancing 1 - 2:30 p.m. Tai Chi 3 - 3:50 p.m. Zumba 4 - 5 p.m.	26 Family Fitness Virtual 9 - 10 a.m. BACK TO SCHOOL INGLEWOOD CRC'S SWEET 16 10AM - 2PM
28 Tai Chi 10:30 - 11:30 a.m. Healthcare Navigation: What is New in Healthcare for 2025: Updates that Affect You 11 a.m. - 12 p.m. Hip-Hop Step Class 4 - 5 p.m. Healthy Cooking for Kids (Ages 6 - 12) 4 - 5 p.m.	29 Boot Camp 9 - 10 a.m. Kick Boxing 10 - 11 a.m. Balance & Stability 11:10 a.m. - 12:10 p.m. Pilates 4 - 5 p.m.	30 Yoga Therapy 9 - 10 a.m. Wellness Nutrition: Hypertension & Cholesterol Diet Management (Hourly Sessions) 10 a.m. - 1 p.m. Covered California Enrollments 10 a.m. - 3 p.m. Line Dancing 1 - 2:30 p.m. Zumba 4 - 5 p.m.	31 Blood Pressure Series • 9 - 11 a.m. SPAN • 11:30 a.m. - 1:30 p.m. ENG Yoga Therapy Virtual 9 - 10 a.m. CalFresh Assistance 9:30 a.m. - 4 p.m. Tai Chi 10:30 - 11:30 a.m. Beginners Line Dancing 12 - 1:30 p.m. Pilates 2 - 3 p.m.	Anger Management Virtual Thursdays • 10 - 11:30 a.m. • 4:30 - 6 p.m. Breakthrough Parenting Virtual Thursdays 12 - 1:30 p.m. PLEASE CALL for enrollment information. (Waitlist may apply)	CRC Website

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



2864 W. Imperial Hwy.
Inglewood, CA 90303



CENTER HOURS:
Monday - Friday: 9 a.m. - 5 p.m.
3rd Saturday Open 9 a.m. - 12:30 p.m.
All other Saturdays: Closed



310.330.3130
CommunityResourceCenterLA.org



Community Resource Center

LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO
Los cursos en AZUL califican para el programa Mis recompensas para una vida sana. Se requiere cita y registro para los servicios en VERDE. Biblioteca Comunitaria de Inglewood (0 - 5 años) Distribución de Pañales POR FAVOR LLAME antes de visitarnos para mas informacion.	Cantar en Familia (0 - 5 años) 9:15 - 10 a.m. Entrenamiento Intenso 9 - 10 a.m. Kick Boxing 10 - 11 a.m. Equilibrio y Estabilidad 11:10 a.m. - 12:10 p.m. Pilates 4 - 5 p.m.	Terapia de Yoga 9 - 10 a.m. Nutrición de Bienestar: Prediabetes y Diabetes (Sesiones de una Hora) 10 a.m. - 1 p.m. Servicios de Inscripción para Covered California 10 a.m. - 3 p.m. Baile en Línea 1 - 2:30 p.m. Zumba 4 - 5 p.m.	Terapia de Yoga Virtual 9 - 10 a.m. Asistencia de CalFresh 9:30 a.m. - 4 p.m. Tai Chi 10:30 - 11:30 a.m. Baile en Línea para Principiantes 12 - 1:30 p.m. Pilates 2 - 3 p.m.	DÍA DE INDEPENDENCIA CENTRO CERRADO	Ejercicio Familiar Virtual 9 - 10 a.m. CENTRO CERRADO
Asistencia de SSI/SSDI Defensores de Salud 10 a.m. - 12 p.m. Tai Chi 10:30 - 11:30 a.m. Navegación de Salud Médica: ¡Tu Plan de Salud Tiene Beneficios! Cómo Encontrarlos y Usarlos 11 a.m. - 12 p.m. RCP y Primeros Auxilios 12:30 p.m. - 3:30 p.m. Clase de Paso de Hip-Hop 4 - 5 p.m. Cocina Saludable para Niños (6 - 12 años)	Cantar en Familia (0 - 5 años) 9:15 - 10 a.m. Entrenamiento Intenso 9 - 10 a.m. Kick Boxing 10 - 11 a.m. Equilibrio y Estabilidad 11:10 a.m. - 12:10 p.m. Pilates 4 - 5 p.m.	Terapia de Yoga 9 - 10 a.m. Nutrición de Bienestar: Prediabetes y Diabetes (Sesiones de una Hora) 10 a.m. - 1 p.m. Servicios de Inscripción para Covered California 10 a.m. - 3 p.m. Baile en Línea 1 - 2:30 p.m. Zumba 4 - 5 p.m.	Terapia de Yoga Virtual 9 - 10 a.m. Asistencia de CalFresh 9:30 a.m. - 4 p.m. Tai Chi 10:30 - 11:30 a.m. Baile en Línea para Principiantes 12 - 1:30 p.m. Pilates 2 - 3 p.m.	Terapia de Yoga 9 - 10 a.m. Mami y Yo (0 - 5 años) 10 - 11 a.m. Cocina Saludable 10:30 a.m. - 12 p.m. Baile en Línea 1 - 2:30 p.m. Zumba 4 - 5 p.m.	Ejercicio Familiar Virtual 9 - 10 a.m. CENTRO CERRADO
Baby Shower Comunitario 9:30 a.m. - 12 p.m. Clase de Paso de Hip-Hop 4 - 5 p.m. Cocina Saludable para Niños (6 - 12 años) 4 - 5 p.m.	Cantar en Familia (0 - 5 años) 9:15 - 10 a.m. Entrenamiento Intenso 9 - 10 a.m. Kick Boxing 10 - 11 a.m. Café, riqueza y conexión: una mezcla perfecta 10:30 a.m. - 12:30 p.m. Equilibrio y Estabilidad 11:10 a.m. - 12:10 p.m. Tai Chi 2:30 - 3:30 p.m. Pilates 4 - 5 p.m.	Terapia de Yoga 9 - 10 a.m. Nutrición de Bienestar: Preparación de alimentos saludables y seguridad alimentaria (Sesiones de una Hora) 10 a.m. - 1 p.m. Servicios de Inscripción para Covered California 10 a.m. - 3 p.m. Baile en Línea 1 - 2:30 p.m. Zumba 4 - 5 p.m.	Terapia de Yoga Virtual 9 - 10 a.m. Asistencia de CalFresh 9:30 a.m. - 4 p.m. Tai Chi 10:30 - 11:30 a.m. Baile en Línea para Principiantes 12 - 1:30 p.m. Pilates 2 - 3 p.m.	Terapia de Yoga 9 - 10 a.m. Mami y Yo (0 - 5 años) 10 - 11 a.m. El Arte de las Frutas y Vegetales 10:30 a.m. - 12 p.m. Baile en Línea 1 - 2:30 p.m. Zumba 4 - 5 p.m.	Ejercicio Familiar Virtual 9 - 10 a.m. RCP y Primeros Auxilios 9:30 a.m. - 12:30 p.m. CENTRO CERRADO
Asistencia de SSI/SSDI Defensores de Salud 10 a.m. - 12 p.m. Tai Chi 10:30 - 11:30 a.m. Navegación de Salud Médica:¿Urgencias, atención de urgencia o telesalud? Tome la decisión inteligente 11a.m. - 12 p.m. Clase de Paso de Hip-Hop 4 - 5 p.m. Cocina Saludable para Niños (6 - 12 años) 4 - 5 p.m.	CENTRO CERRADO	Terapia de Yoga 9 - 10 a.m. Nutrición de Bienestar: Comidas rápidas saludables y comer fuera (Sesiones de una Hora) 10 a.m. - 1 p.m. Servicios de Inscripción para Covered California 10 a.m. - 3 p.m. Baile en Línea 1 - 2:30 p.m. Zumba 4 - 5 p.m.	Terapia de Yoga Virtual 9 - 10 a.m. CENTRO CERRADO	Terapia de Yoga 9 - 10 a.m. Mami y Yo (0 - 5 años) 10 - 11 a.m. Cocina Saludable 10:30 a.m. - 12 p.m. Baile en Línea 1 - 2:30 p.m. Tai Chi 3 - 3:50 p.m. Zumba 4 - 5 p.m.	Ejercicio Familiar Virtual 9 - 10 a.m. REGRESO A LA ESCUELA LOS DULCES 16 DEL CRC DE INGLEWOOD 10PM - 2PM
Tai Chi 10:30 - 11:30 a.m. Navegación de Salud Médica: Novedades en atención médica para 2025: Actualizaciones que le afectan 11 a.m. - 12 p.m. Clase de Paso de Hip-Hop 4 - 5 p.m. Cocina Saludable para Niños (6 - 12 años) 4 - 5 p.m.	Entrenamiento Intenso 9 - 10 a.m. Kick Boxing 10 - 11 a.m. Equilibrio y Estabilidad 11:10 a.m. - 12:10 p.m. Pilates 4 - 5 p.m.	Terapia de Yoga 9 - 10 a.m. Nutrición de Bienestar: Manejo dietético de la hipertensión y el colesterol (Sesiones de una Hora) 10 a.m. - 1 p.m. Servicios de Inscripción para Covered California 10 a.m. - 3 p.m. Baile en Línea 1 - 2:30 p.m. Zumba 4 - 5 p.m.	Serie de Presión Arterial • 9 - 11 a.m. ESP • 11:30 a.m. - 1:30 p.m. ING Terapia de Yoga Virtual 9 - 10 a.m. Asistencia de CalFresh 9:30 a.m. - 4 p.m. Tai Chi 10:30 - 11:30 a.m. Baile en Línea para Principiantes 12 - 1:30 p.m. Pilates 2 - 3 p.m.	Manejo de Ira Virtual Los Jueves • 10 - 11:30 a.m. • 4:30 - 6 p.m. Cultivando Familias Virtual Los Jueves 12 -1:30 p.m. POR FAVOR LLAME para obtener información sobre la inscripción. (Puede aplicarse lista de espera)	CRC Sitio de Web

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



2864 W. Imperial Hwy.
Inglewood, CA 90303



HORARIO DEL CENTRO:

Lunes a Viernes: 9 a.m. - 5 p.m.
3º sábado del mes abierto 9 a.m. - 12:30 p.m.
Todos los demás sábados: Cerrado



310.330.3130
activehealthyinformed.org