



Community Resource Center

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
2 Medi-Cal & Covered CA Enrollment Services Monday, Tuesday, Thursday, Friday 9:00 a.m. - 5:00 p.m. Member Services Tuesday, Wednesday, Thursday 9:00 a.m. - 4:30 p.m. Bookworm Book club 9:00 a.m. - 5:00 p.m. English - CPR, AED & First Aid (14+) 2:00 p.m. - 5:00 p.m.	3 Gentle Yoga 9:15 a.m. - 10:15 a.m. Active Yoga 10:30 a.m. - 11:30 a.m. Spanish - Let's Talk About High Blood Pressure (3 of 4) 11:45 a.m. - 12:45 p.m. English - Healthy Living: Cooking Matters (14+) 12:00 p.m. - 1:30 p.m. Spanish - Live Healthy with Diabetes (4 of 4) 1:45 p.m. - 3:00 p.m.	4 Spanish - Healthy Living: Personal Development 9:15 a.m. - 10:15 a.m. Prenatal & Postnatal Yoga *Receive a free pack of diapers after class* 9:45 a.m. - 10:45 a.m. Spanish - Healthy Living: Cooking Matters (14+) 10:45 a.m. - 12:15 p.m. Healthy Living: Weight Training (14+) 12:30 p.m. - 1:30 p.m.	5 Korean - Developmental Screenings 9:30 a.m. - 4:00 p.m. Low Impact Zumba (14+) 9:00 a.m. - 10:00 a.m. Zumba Step (14+) 10:10 a.m. - 11:10 a.m. Dance Aerobics (Beginner) (14+) 11:25 a.m. - 12:15 p.m. Dance Aerobics (Intermediate) (14+)12:25 p.m. - 1:20 p.m. Bilingual - Healthy Living: Weight Management (18+) 2:00 p.m. - 3:00 p.m. Eng/Spa Zumba (14+) 3:15 p.m. - 4:15 p.m.	6 Meditation (18+) 9:00 a.m. - 10:00 a.m. Restorative Yin Yoga (18+) 10:15 a.m. - 11:15 a.m.	7
9 Medi-Cal & Covered CA Enrollment Services Monday, Tuesday, Thursday, Friday 9:00 a.m. - 5:00 p.m. Member Services Tuesday, Wednesday, Thursday 9:00 a.m. - 4:30 p.m. Bookworm Book Club 9:00 a.m. - 5:00 p.m. Spanish - CPR, AED & First Aid (14+) 2:00 p.m. - 5:00 p.m.	10 Gentle Yoga 9:15 a.m. - 10:15 a.m. Active Yoga 10:30 a.m. - 11:30 a.m. English - Let's Talk About High Blood Pressure (3 of 4) 11:45 a.m. - 12:45 p.m. English - Healthy Living: Cooking Matters (14+) 12:00 p.m. - 1:30 p.m. Spanish - Live Healthy with Diabetes (1 of 4) 1:45 p.m. - 3:00 p.m.	11 Spanish - Healthy Living: Personal Development 9:15 a.m. - 10:15 a.m. Prenatal & Postnatal Yoga *Receive a free pack of diapers after class* 9:45 a.m. - 10:45 a.m. Spanish - Healthy Living: Cooking Matters (14+) 10:45 a.m. - 12:15 p.m. Healthy Living: Weight Training (14+) 12:30 p.m. - 1:30 p.m.	12 Korean - Developmental Screenings 9:30 a.m. - 4:00 p.m. Low Impact Zumba (14+) 9:00 a.m. - 10:00 a.m. Kids - Ready, Set, Games! (4-13) 10:00 a.m. - 11:15 a.m. Zumba Step (14+) 10:10 a.m. - 11:10 a.m. Dance Aerobics (Beginner) (14+) 11:25 a.m. - 12:15 p.m. Dance Aerobics (Intermediate) (14+)12:25 p.m. - 1:20 p.m. Bilingual - Healthy Living: Weight Management (18+) 2:00 p.m. - 3:00 p.m. Eng/Spa Zumba (14+) 3:15 p.m. - 4:15 p.m.	13 Meditation (18+) 9:00 a.m. - 10:00 a.m. Restorative Yin Yoga (18+) 10:15 a.m. - 11:15 a.m.	14
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23 Medi-Cal & Covered CA Enrollment Services Monday, Tuesday, Thursday, Friday 9:00 a.m. - 5:00 p.m. Member Services Tuesday, Wednesday, Thursday 9:00 a.m. - 4:30 p.m. Bookworm Book Club 9:00 a.m. - 5:00 p.m.	24 Gentle Yoga 9:15 a.m. - 10:15 a.m. Active Yoga 10:30 a.m. - 11:30 a.m. English - Let's Talk About High Blood Pressure (4 of 4) 11:45 a.m. - 12:45 p.m. English - Healthy Living: Cooking Matters (14+) 12:00 p.m. - 1:30 p.m. Spanish - Live Healthy with Diabetes (3 of 4) 1:45 p.m. - 3:00 p.m.	25 Spanish - Healthy Living: Personal Development 9:15 a.m. - 10:15 a.m. Prenatal & Postnatal Yoga 9:45 a.m. - 10:45 a.m. Spanish - Healthy Living: Cooking Matters (14+) 10:45 a.m. - 12:15 p.m. Healthy Living: Weight Training (14+) 12:30 p.m. - 1:30 p.m. 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	26 Korean - Developmental Screenings 9:30 a.m. - 4:00 p.m. Low Impact Zumba (14+) 9:00 a.m. - 10:00 a.m. Kids - Adventures in Reading (4-13) 10:00 a.m. - 11:15 a.m. Zumba Step (14+) 10:10 a.m. - 11:10 a.m. Dance Aerobics (Beginner) (14+) 11:25 a.m. - 12:15 p.m. Dance Aerobics (Intermediate) (14+)12:25 p.m. - 1:20 p.m. Bilingual - Healthy Living: Weight Management (18+) 2:00 p.m. - 3:00 p.m. Eng/Spa Zumba (14+) 3:15 p.m. - 4:15 p.m.	27 Meditation (18+) 9:00 a.m. - 10:00 a.m. Restorative Yin Yoga (18+) 10:15 a.m. - 11:15 a.m.	28
30 Medi-Cal & Covered CA Enrollment Services Monday, Tuesday, Thursday, Friday 9:00 a.m. - 5:00 p.m. Member Services Tuesday, Wednesday, Thursday 9:00 a.m. - 4:30 p.m. Bookworm Book Club 9:00 a.m. - 5:00 p.m.				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!	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



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

LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO
2 Servicios de Inscripción para Medi-Cal y Covered CA Lunes, Martes, Jueves, Viernes 9:00 a.m. - 5:00 p.m. Servicio para Miembros Martes, Miércoles, Jueves 9:00 a.m. - 4:30 p.m. Club de Lectura 9:00 a.m. - 5:00 p.m. Inglés - RCP y Primeros Auxilios (14+) 2:00 p.m. - 5:00 p.m.	3 Yoga Suave 9:15 a.m. - 10:15 a.m. Yoga Activo 10:30 a.m. - 11:30 a.m. Español - Hay Que Hablar Sobre la Presión Alta (3 de 4) 11:45 a.m. - 12:45 p.m. Inglés - Vida Sana: En la Cocina (14+) 12:00 p.m. - 1:30 p.m. Español - Vivir Bien con Diabetes (4 de 4) 1:45 p.m. - 3:00 p.m.	4 Español - Vida Sana: Superación Personal 9:15 a.m. - 10:15 a.m. Yoga Prenatal y Postnatal *Recibe un paquete de pañales gratis despues de clase* 9:45 a.m. - 10:45 a.m. Español - Vida Sana: En la Cocina (14+) 10:45 a.m. - 12:15 p.m. Vida Sana: Ejercicio de Resistencia (14+) 12:30 p.m. - 1:30 p.m.	5 Coreano - Exámenes de Desarrollo 9:30 a.m. - 4:00 p.m. Bajo Impacto Zumba (14+) 9:00 a.m. - 10:00 a.m. Zumba Step (14+) 10:10 a.m. - 11:10 a.m. Baile Aerobico (Principantes) (14+) 11:25 a.m. - 12:15 p.m. Baile Aerobico (Intermediante) (14+) 12:25 p.m. - 1:20 p.m. Bilingüe - Vida Sana: Control de Peso (18+) 2:00 p.m. - 3:00 p.m. Ing/Esp Zumba (14+) 3:15 p.m. - 4:15 p.m.	6 Meditacion (18+) 9:00 a.m. - 10:00 a.m. Yin Yoga Restaurativo (18+) 10:15 a.m. - 11:15 a.m.	7  CENTRO CERRADO
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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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