



Community Resource Center



NORWALK
JUNE 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Yoga for All 9 a.m. - 10 a.m. Pilates 12 p.m. - 1 p.m. High Blood Pressure Prevention & Management 1 p.m. - 2 p.m. Bingo! 2:00 p.m - 2:45 p.m. Kids' Fitness! Games & Fun! 3:45 p.m. - 4:45 p.m.	2 CPR/First Aid - Spanish Register at freecprla.com 10 a.m. - 1 p.m. Calming Coloring 10:15 a.m - 11:00 a.m. Yoga for All 2:30 p.m. - 3:30 p.m. Zumba 3:45 p.m. - 4:45 p.m. Kids' Arts & Crafts 3:45 p.m. - 4:45 p.m.	3 CalFresh Enrollment 9 a.m. - 4 p.m. Salsa Dance Aerobics 9 a.m. -10 a.m. Stretch & Tone 10 a.m. -11 a.m. Fruits & Vegetables Class 2:30 p.m. - 3:30 p.m. Kids' Cooking Class 3:45 p.m. - 4:45 p.m. Resource Connection: Financial Literacy-Spanish 3:45 p.m. - 4:45 p.m.	4 Juicing & Salads Class 9 a.m. - 10 a.m. Healthy Cooking 10:00 a.m. -11:30 a.m. Arts & Craft for All 10:15 a.m - 11:00 a.m. Sculpt Fitness; Exercise! 12 p.m. - 1 p.m. Salsa Dance Aerobics 3 p.m. - 4 p.m. Fitness & Body Toning 4 p.m. - 5 p.m.	5 Exercise for All 9 a.m. - 10 a.m. Cooking Matters 10:15 a.m. - 11:45 a.m.	6 CENTER CLOSED
Yoga for All 9 a.m. - 10 a.m. Pilates 12 p.m. - 1 p.m. Bingo! 2:00 p.m - 2:45 p.m. Kids' Fitness! Games & Fun! 3:45 p.m. - 4:45 p.m.	9 Diabetes Wellness 9 a.m. - 10 a.m. Nutrition & You 10 a.m. - 11 a.m. Calming Coloring 10:15 a.m - 11:00 a.m. Yoga for All 2:30 p.m. - 3:30 p.m. Zumba 3:45 p.m. - 4:45 p.m. Kids' Arts and Crafts 3:45 p.m. - 4:45 p.m.	10 CalFresh Enrollment 9 a.m. - 4 p.m. Food Pantry (while supplies last) Salsa Dance Aerobics 9 a.m. -10 a.m. Stretch & Tone 10 a.m. -11 a.m. Fruits & Vegetables Class 2:30 p.m. - 3:30 p.m. Kids' Cooking Class 3:45 p.m. - 4:45 p.m.	11 Juicing & Salads Class 9 a.m. - 10 a.m. Healthy Cooking 10:00 a.m. -11:30 a.m. Arts & Crafts for All 10:15 a.m - 11:00 a.m. Sculpt Fitness; Exercise! 12 p.m. - 1 p.m. Salsa Dance Aerobics 3 p.m. - 4 p.m. Fitness & Body Toning 4 p.m. - 5 p.m.	12 Exercise for All 9 a.m. - 10 a.m. Cooking Matters 10:15 a.m. - 11:45 a.m. Yoga for All 3:45 p.m. - 4:45 p.m. Kids' Loteria 3:45 p.m - 4:45 p.m.	14 CENTER CLOSED
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Yoga for All 9 a.m. - 10 a.m. Pilates 12 p.m. - 1 p.m. Bingo! 2:00 p.m - 2:45 p.m. Kids' Fitness! Games & Fun! 3:45 p.m. - 4:45 p.m.	23 Diabetes Wellness 9 a.m. - 10 a.m. Nutrition & You 10 a.m. - 11 a.m. Calming Coloring 10:15 a.m - 11:00 a.m. Yoga for All 2:30 p.m. - 3:30 p.m. Zumba 3:45 p.m. - 4:45 p.m. Kids' Arts and Crafts 3:45 p.m. - 4:45 p.m.	24 CalFresh Enrollment 9 a.m. - 4 p.m. Salsa Dance Aerobics 9 a.m. -10 a.m. Stretch & Tone 10 a.m. -11 a.m. Fruits & Vegetables Class 2:30 p.m. - 3:30 p.m. Kids' Cooking Class 3:45 p.m. - 4:45 p.m.	25 Juicing & Salads Class 9 a.m. - 10 a.m. Healthy Cooking 10:00 a.m. -11:30 a.m. Arts & Crafts for All 10:15 a.m - 11:00 a.m. Sculpt Fitness; Exercise! 12 p.m. - 1 p.m. Salsa Dance Aerobics 3 p.m. - 4 p.m. Fitness & Body Toning 4 p.m. - 5 p.m.	26 Exercise for All 9 a.m. - 10 a.m. Cooking Matters 10:15 a.m. - 11:45 a.m. CPR/First Aid - English Register at freecprla.com 12:30 p.m. - 3:30 p.m. Yoga for All 3:45 p.m. - 4:45 p.m. Kids' Loteria 3:45 p.m - 4:45 p.m.	28 CENTER CLOSED
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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+). Must wear appropriate shoes for fitness classes.

BE ACTIVE,
HEALTHY & INFORMED



11721 Rosecrans Ave
Norwalk, CA 90650



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



562.651.6060
CommunityResourceCenterLA.org



Community Resource Center



NORWALK
JUNIO 2025

LUNES		MARTES		MIÉRCOLES		JUEVES		VIERNES		SÁBADO			
Yoga para Todos 9 a.m. - 10 a.m.		2	RCP/Primeros Auxilios- Español Registrarse en freecprla.com 10 a.m. - 1 p.m. Colorear para Relajacion 10:15 a.m - 11:00 a.m. Yoga para Todos 2:30 p.m. - 3:30 p.m. Zumba 3:45 p.m. - 4:45 p.m. Artes y Manualidades para Niños 3:45 p.m. - 4:45 p.m.	3	Inscripción para CalFresh 9 a.m. - 4 p.m. Baile de Salsa Aeróbicos 9 a.m. -10 a.m. Estirar y Tonificar 10 a.m. -11 a.m. Clase de Frutas y Verduras 2:30 p.m. - 3:30 p.m. Cocina Saludable para Niños 3:45 p.m. - 4:45 p.m. Conexión de Recursos: Clase de Salud Financiera - Español 3:45 p.m. - 4:45 p.m.	4	Clase de Jugos y Ensaladas 9 a.m. - 10 a.m. Cocina Saludable 10:00 a.m. - 11:30 a.m. Artes y Manualidades para Todos 10:15 a.m. - 11:00 a.m. Sculpt Fitness; Ejercicio! 12 p.m. - 1 p.m. Baile de Salsa Aeróbicos 3 p.m. - 4 p.m. Ejercicio y Tonificar 4 p.m. - 5 p.m.	5	Ejercicios para Todos 9 a.m. - 10 a.m. Cocina para Adultos 10:15 a.m. - 11:45 a.m.	6	 CENTRO CERRADO		
Pilates 12 p.m. - 1 p.m. Prevencion y Control de la Presion Alta 1 p.m. - 2 p.m. Bingo! 2:00 p.m. - 2:45 p.m. Ejercicios para Niños- Juegos y Diversion! 3:45 p.m. - 4:45 p.m.		9	Educacion Sobre Diabetes 9 a.m. - 10 a.m. La Nutrición y Usted 10 a.m. - 11 a.m. Colorear para Relajacion 10:15 a.m - 11:00 a.m. Yoga para Todos 2:30 p.m. - 3:30 p.m. Zumba 3:45 p.m. - 4:45 p.m. Artes y Manualidades para Niños 3:45 p.m. - 4:45 p.m.	10	Inscripción para CalFresh 9 a.m. - 4 p.m. Despensa de Alimentos (suministro limitado) Baile de Salsa Aeróbicos 9 a.m. -10 a.m. Estirar y Tonificar 10 a.m. -11 a.m. Clase de Frutas y Verduras 2:30 p.m. - 3:30 p.m. Cocina Saludable para Niños 3:45 p.m. - 4:45 p.m.	11	Clase de Jugos y Ensaladas 9 a.m. - 10 a.m. Cocina Saludable 10:00 a.m. - 11:30 a.m. Artes y Manualidades para Todos 10:15 a.m. - 11:00 a.m. Sculpt Fitness; Ejercicio! 12 p.m. - 1 p.m. Baile de Salsa Aeróbicos 3 p.m. - 4 p.m. Ejercicio y Tonificar 4 p.m. - 5 p.m.	12	Ejercicios para Todos 9 a.m. - 10 a.m. Cocina para Adultos 10:15 a.m. - 11:45 a.m. Yoga para Todos 3:45 p.m. - 4:45 p.m. Loteria para Niños 3:45 p.m. - 4:45 p.m.	13		 CENTRO CERRADO	
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Yoga para Todos 9 a.m. - 10 a.m. Pilates 12 p.m. - 1 p.m. Prevencion y Control de la Presion Alta 1 p.m. - 2 p.m. Bingo! 2:00 p.m. - 2:45 p.m. Ejercicios para Niños- Juegos y Diversion! 3:45 p.m. - 4:45 p.m.		23	Educacion Sobre Diabetes 9 a.m. - 10 a.m. La Nutrición y Usted 10 a.m. - 11 a.m. Colorear para Relajacion 10:15 a.m - 11:00 a.m. Yoga para Todos 2:30 p.m. - 3:30 p.m. Zumba 3:45 p.m. - 4:45 p.m. Artes y Manualidades para Niños 3:45 p.m. - 4:45 p.m.	24	Inscripción para CalFresh 9 a.m. - 4 p.m. Baile de Salsa Aeróbicos 9 a.m. -10 a.m. Estirar y Tonificar 10 a.m. -11 a.m. Clase de Frutas y Verduras 2:30 p.m. - 3:30 p.m. Cocina Saludable para Niños 3:45 p.m. - 4:45 p.m.	25	Clase de Jugos y Ensaladas 9 a.m. - 10 a.m. Cocina Saludable 10:00 a.m. - 11:30 a.m. Artes y Manualidades para Todos 10:15 a.m. - 11:00 a.m. Sculpt Fitness; Ejercicio! 12 p.m. - 1 p.m. Baile de Salsa Aeróbicos 3 p.m. - 4 p.m. Ejercicio y Tonificar 4 p.m. - 5 p.m.	26	Ejercicios para Todos 9 a.m. - 10 a.m. Cocina para Adultos 10:15 a.m. - 11:45 a.m. RCP/Primeros Auxilios - Ingles Registrarse en freecprla.com 12:30 p.m. - 3:30 p.m. Yoga para Todos 3:45 p.m. - 4:45 p.m. Loteria para Niños 3:45 p.m. - 4:45 p.m.	27	 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. Supervisión de niños está disponible durante las clases. (Edades 4+). Debe usar zapatos apropiados para las clases de ejercicios.

**SEA ACTIVO,
SALUDABLE E INFORMADO**



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Norwalk, CA 90650



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Saturday: **CLOSED**



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