



POMONA
JUNE
2025

Community Resource Center

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
2 Zumba 9:30-10:30am Vinyasa Yoga 10:45-11:45am Meditation 12-1pm Stretch & Mobility 3-4pm Boot Camp 4-5pm	3 Circuit Training 9:15-10:15am Healthy Cooking 10:30am-12pm Healthy Juicing 12-1:30pm Zumba 3-4pm HIIT 4-5pm	4 Zumba 9:30-10:30am Strong 10:45-11:45am Yoga 12-1pm Kids Fitness 3-4pm Suicide Prevention and Resilience 3-4pm SPA Boot Camp 4-5pm Kids Health Education 4-5pm	5 Circuit Training 9:15-10:15am Healthy Cooking 10:30am-12pm CPR/First Aid 12-3pm ENG Mommy Yoga 1-2pm Vinyasa Yoga 2:15-3:15pm New Member Orientation 3-4pm SPA Social Hour 4-5pm Kids Fitness 4-5pm	6 Boot Camp 9-10am Zumba 10:15-11:15am Kids Cooking 2-3:30pm Kids Folklorico 4-5pm	7  CENTER CLOSED
9 Zumba 9:30-10:30am Vinyasa Yoga 10:45-11:45am Meditation 12-1pm Stretch & Mobility 3-4pm Boot Camp 4-5pm	10 Circuit Training 9:15-10:15am Healthy Cooking 10:30am-12pm Zumba 3-4pm HIIT 4-5pm	11 Zumba 9:30-10:30am Strong 10:45-11:45am Yoga 12-1pm Kids Fitness 3-4pm Impact of Addiction and Mental Wellness 3-4pm SPA Boot Camp 4-5pm Kids Health Education 4-5pm	12 Circuit Training 9:15-10:15am Healthy Cooking 10:30am-12pm Mommy Yoga 1-2pm Vinyasa Yoga 2:15-3:15pm Social Hour 4-5pm Kids Fitness 4-5pm	13 Boot Camp 9-10am Zumba 10:15-11:15am Summer Movie Day 1:30-3:30pm Kids Dance 4-5pm	14  CENTER CLOSED
16 Zumba 9:30-10:30am Vinyasa Yoga 10:45-11:45am Meditation 12-1pm Stretch & Mobility 3-4pm Boot Camp 4-5pm	17 Circuit Training 9:15-10:15am Healthy Cooking 10:30am-12pm Healthy Juicing 12-1:30pm Zumba 3-4pm HIIT 4-5pm	18 Zumba 9:30-10:30am Strong 10:45-11:45am Yoga 12-1pm Kids Fitness 3-4pm Treatment and Recovery From Anxiety 3-4pm SPA Boot Camp 4-5pm Kids Health Education 4-5pm	19  JUNETEENTH NATIONAL INDEPENDENCE DAY CENTER CLOSED	20 Boot Camp 9-10am Zumba 10:15-11:15am Kids Cooking 2-3:30pm Kids Folklorico 4-5pm	21  CENTER CLOSED
23 Zumba 9:30-10:30am Vinyasa Yoga 10:45-11:45am Meditation 12-1pm Stretch & Mobility 3-4pm Boot Camp 4-5pm	24 Circuit Training 9:15-10:15am Healthy Cooking 10:30am-12pm Zumba 3-4pm HIIT 4-5pm	25 Zumba 9:30-10:30am Strong 10:45-11:45am Yoga 12-1pm New Member Orientation 3-4pm ENG Kids Fitness 3-4pm Treatment and Recovery From Depression 3-4pm SPA Boot Camp 4-5pm Kids Health Education 4-5pm	26 Circuit Training 9:15-10:15am Healthy Cooking 10:30am-12pm CPR/First Aid 12-3pm SPA Mommy Yoga 1-2pm Vinyasa Yoga 2:15-3:15pm Social Hour 4-5pm Kids Fitness 4-5pm	27 Boot Camp 9-10am Zumba 10:15-11:15am Food Pantry 2-4pm	28  CENTER CLOSED
30 Zumba 9:30-10:30am Vinyasa Yoga 10:45-11:45am Meditation 12-1pm Stretch & Mobility 3-4pm Boot Camp 4-5pm		 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!	Medi-Cal Enrollment Monday-Friday 9am-4pm CalFresh Enrollment Monday-Friday 9am-4pm CPR/First Aid Register at freecprla.com	 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



696 W. Holt Ave.
Pomona, CA 91768



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



909.620.1661
CommunityResourceCenterLA.org



Community Resource Center

LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO
2 Zumba 9:30-10:30am Vinyasa Yoga 10:45-11:45am Meditacion 12-1pm Estiramiento y Movilidad 3-4pm Boot Camp 4-5pm	3 Entrenamiento Circuito 9:15-10:15am Cocina Saludable 10:30am-12pm Jugos Saludables 12-1:30pm Zumba 3-4pm HIIT 4-5pm	4 Zumba 9:30-10:30am Strong 10:45-11:45am Yoga 12-1pm Cardio Para Niños 3-4pm Prevencion del Suicidio y Resiliencia 3-4pm ESP Boot Camp 4-5pm Educacion de Salud para Niños 4-5pm	5 Entrenamiento Circuito 9:15-10:15am Cocina Saludable 10:30am-12pm RCP/Primeros Auxilios 12-3pm ING Yoga Para Mamas 1-2pm Vinyasa Yoga 2:15-3:15pm Orientacion para nuevos miembros 3-4pm ESP Hora Social 4-5pm Cardio Para Niños 4-5pm	6 Boot Camp 9-10am Zumba 10:15-11:15am Cocina para Niños 2-3:30pm Clase de Folklorico para Niños 4-5pm	7
9 Zumba 9:30-10:30am Vinyasa Yoga 10:45-11:45am Meditacion 12-1pm Estiramiento y Movilidad 3-4pm Boot Camp 4-5pm	10 Entrenamiento Circuito 9:15-10:15am Cocina Saludable 10:30am-12pm Zumba 3-4pm HIIT 4-5pm	11 Zumba 9:30-10:30am Strong 10:45-11:45am Yoga 12-1pm Cardio Para Niños 3-4pm Adiccion y el Bienestar Mental 3-4pm ESP Boot Camp 4-5pm Educacion de Salud para Niños 4-5pm	12 Entrenamiento Circuito 9:15-10:15am Cocina Saludable 10:30am-12pm Yoga Para Mamas 1-2pm Vinyasa Yoga 2:15-3:15pm Hora Social 4-5pm Cardio Para Niños 4-5pm	13 Boot Camp 9-10am Zumba 10:15-11:15am Summer Movie Day 1:30-3:30pm Clase de Baile para Niños 4-5pm	14
16 Zumba 9:30-10:30am Vinyasa Yoga 10:45-11:45am Meditacion 12-1pm Estiramiento y Movilidad 3-4pm Boot Camp 4-5pm	17 Entrenamiento Circuito 9:15-10:15am Cocina Saludable 10:30am-12pm Jugos Saludables 12-1:30pm Zumba 3-4pm HIIT 4-5pm	18 Zumba 9:30-10:30am Strong 10:45-11:45am Yoga 12-1pm Cardio Para Niños 3-4pm Tratamiento de la Ansiedad 3-4pm ESP Boot Camp 4-5pm Educacion de Salud para Niños 4-5pm	19 JUNETEENTH DÍA DE LA INDEPENDENCIA NACIONAL CENTRO CERRADO	20 Boot Camp 9-10am Zumba 10:15-11:15am Cocina para Niños 2-3:30pm Clase de Folklorico para Niños 4-5pm	21
23 Zumba 9:30-10:30am Vinyasa Yoga 10:45-11:45am Meditacion 12-1pm Estiramiento y Movilidad 3-4pm Boot Camp 4-5pm	24 Entrenamiento Circuito 9:15-10:15am Cocina Saludable 10:30am-12pm Zumba 3-4pm HIIT 4-5pm	25 Zumba 9:30-10:30am Strong 10:45-11:45am Yoga 12-1pm Orientacion para nuevos miembros 3-4pm ING Cardio Para Niños 3-4pm Tratamiento de la Depresion 3-4pm ESP Boot Camp 4-5pm Educacion de Salud para Niños 4-5pm	26 Entrenamiento Circuito 9:15-10:15am Cocina Saludable 10:30am-12pm RCP/Primeros Auxilios 12-3pm ESP Yoga Para Mama 1-2pm Vinyasa Yoga 2:15-3:15pm Hora Social 4-5pm Cardio Para Niños 4-5pm	27 Boot Camp 9-10am Zumba 10:15-11:15am Despensa de Alimentos 2-4pm	28
30 Zumba 9:30-10:30am Vinyasa Yoga 10:45-11:45am Meditacion 12-1pm Estiramiento y Movilidad 3-4pm Boot Camp 4-5pm		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!	Inscripcion Medi-Cal Lunes a Viernes 9am-4pm Inscripcion Cal Fresh Lunes a Viernes 9am-4pm RCP/Primeros Auxilios Registrese en freecprla.com	 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



696 W. Holt Ave.
Pomona, CA 91768



HORARIO DEL CENTRO:
Lunes a Viernes: 9 a.m. - 5 p.m.
Sábado: CERRADO



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