



POMONA
JULY
2025

Community Resource Center

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Medi-Cal Enrollment Monday-Friday 9am-4pm CalFresh Enrollment Monday-Friday 9am-4pm CPR/First Aid Register at freecprla.com	1 Circuit Training 9:15-10:15am Healthy Cooking 10:30am-12pm Healthy Juicing 12-1:30pm Zumba 3-4pm HIIT 4-5pm	2 Zumba 9:30-10:30am Strong 10:45-11:45am Yoga 12-1pm Kids Fitness 3-4pm Good Sleep for Emotional Wellbeing for Older Adults 3-4:30pm SPA Boot Camp 4-5pm Kids Health Education 4-5pm	3 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 Social Hour 4-5pm Kids Fitness 4-5pm	4 INDEPENDENCE DAY CENTER CLOSED	5 CENTER CLOSED
7 Zumba 9:30-10:30am Vinyasa Yoga 10:45-11:45am Meditation 12-1pm Stretch & Mobility 3-4pm Boot Camp 4-5pm	8 Circuit Training 9:15-10:15am Healthy Cooking 10:30am-12pm Summer Movie Day 12:30-2:30pm Zumba 3-4pm HIIT 4-5pm	9 Zumba 9:30-10:30am Strong 10:45-11:45am Yoga 12-1pm Kids Fitness 3-4pm Managing your Medication 3-4:30pm SPA Boot Camp 4-5pm Kids Health Education 4-5pm	10 Circuit Training 9:15-10:15am Healthy Cooking 10:30am-12pm Mommy Yoga 1-2pm Vinyasa Yoga 2:15-3:15pm New Member Orientation 3-4pm SPA Social Hour 4-5pm Kids Fitness 4-5pm	11 Boot Camp 9-10am Zumba 10:15-11:15am Kids Dance 4-5pm	12 BACK TO SCHOOL EVENT 9AM - 1PM
14 Zumba 9:30-10:30am Vinyasa Yoga 10:45-11:45am Meditation 12-1pm Stretch & Mobility 3-4pm Boot Camp 4-5pm	15 Circuit Training 9:15-10:15am Healthy Cooking 10:30am-12pm Healthy Juicing 12-1:30pm Zumba 3-4pm HIIT 4-5pm	16 Zumba 9:30-10:30am Strong 10:45-11:45am Yoga 12-1pm Kids Fitness 3-4pm Social Isolation 3-4:30pm SPA Boot Camp 4-5pm Kids Health Education 4-5pm	17 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	18 Boot Camp 9-10am Zumba 10:15-11:15am Kids Cooking 2:15-3:45pm Kids Folklorico 4-5pm	19 CENTER CLOSED
21 Zumba 9:30-10:30am Vinyasa Yoga 10:45-11:45am Meditation 12-1pm Stretch & Mobility 3-4pm Boot Camp 4-5pm	22 Circuit Training 9:15-10:15am Healthy Cooking 10:30am-12pm Understanding Home, Auto, & Life Insurance 12-1:30pm Zumba 3-4pm HIIT 4-5pm	23 Zumba 9:30-10:30am Strong 10:45-11:45am Yoga 12-1pm Kids Fitness 3-4pm Emotional Intelligence 3-4:30pm SPA Boot Camp 4-5pm Kids Health Education 4-5pm	24 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	25 Boot Camp 9-10am Zumba 10:15-11:15am Food Pantry 2-4pm	26 CENTER CLOSED
28 Zumba 9:30-10:30am Vinyasa Yoga 10:45-11:45am Meditation 12-1pm Stretch & Mobility 3-4pm Boot Camp 4-5pm	29 Circuit Training 9:15-10:15am Healthy Cooking 10:30am-12pm Zumba 3-4pm HIIT 4-5pm	30 Zumba 9:30-10:30am Strong 10:45-11:45am Yoga 12-1pm Kids Fitness 3-4pm Stress Management 3-4:30pm SPA Boot Camp 4-5pm Kids Health Education 4-5pm	31 Circuit Training 9:15-10:15am Healthy Cooking 10:30am-12pm Mommy Yoga 1-2pm Vinyasa Yoga 2:15-3:15pm New Member Orientation 3-4pm ENG Social Hour 4-5pm Kids Fitness 4-5pm	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!	QR CODE 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



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LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO
Inscripcion Medi-Cal Lunes a Viernes 9am-4pm Inscripcion Cal Fresh Lunes a Viernes 9am-4pm RCP/Primeros Auxilios Registrese en freecprla.com	1 Entrenamiento Circuito 9:15-10:15am Cocina Saludable 10:30am-12pm Jugos Saludables 12-1:30pm Zumba 3-4pm HIIT 4-5pm	2 Zumba 9:30-10:30am Strong 10:45-11:45am Yoga 12-1pm Cardio Para Niños 3-4pm Dormir bien para el bienestar emocional de los adultos mayores 3-4:30pm ESP Boot Camp 4-5pm Educacion de Salud para Niños 4-5pm	3 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 Hora Social 4-5pm Cardio Para Niños 4-5pm	4 DÍA DE INDEPENDENCIA CENTRO CERRADO	5 CENTRO CERRADO
7 Zumba 9:30-10:30am Vinyasa Yoga 10:45-11:45am Meditacion 12-1pm Estiramiento y Movilidad 3-4pm Boot Camp 4-5pm	8 Entrenamiento Circuito 9:15-10:15am Cocina Saludable 10:30am-12pm Summer Movie Day 12:30-2:30pm Zumba 3-4pm HIIT 4-5pm	9 Zumba 9:30-10:30am Strong 10:45-11:45am Yoga 12-1pm Cardio Para Niños 3-4pm Como administrar su medicacion 3-4:30pm ESP Boot Camp 4-5pm Educacion de Salud para Niños 4-5pm	10 Entrenamiento Circuito 9:15-10:15am Cocina Saludable 10:30am-12pm 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	11 Boot Camp 9-10am Zumba 10:15-11:15am Clase de Baile para Niños 4-5pm	12 EVENTO DE REGRESO A LA ESCUELA 9AM - 1PM
14 Zumba 9:30-10:30am Vinyasa Yoga 10:45-11:45am Meditacion 12-1pm Estiramiento y Movilidad 3-4pm Boot Camp 4-5pm	15 Entrenamiento Circuito 9:15-10:15am Cocina Saludable 10:30am-12pm Jugos Saludables 12-1:30pm Zumba 3-4pm HIIT 4-5pm	16 Zumba 9:30-10:30am Strong 10:45-11:45am Yoga 12-1pm Cardio Para Niños 3-4pm Aislamiento Social 3-4:30pm ESP Boot Camp 4-5pm Educacion de Salud para Niños 4-5pm	17 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	18 Boot Camp 9-10am Zumba 10:15-11:15am Cocina para Niños 2:15-3:45pm Clase de Folklorico para Niños 4-5pm	19 CENTRO CERRADO
21 Zumba 9:30-10:30am Vinyasa Yoga 10:45-11:45am Meditacion 12-1pm Estiramiento y Movilidad 3-4pm Boot Camp 4-5pm	22 Entrenamiento Circuito 9:15-10:15am Cocina Saludable 10:30am-12pm Entendiendo los seguros de hogar,automovil y vida 12-1:30pm Zumba 3-4pm HIIT 4-5pm	23 Zumba 9:30-10:30am Strong 10:45-11:45am Yoga 12-1pm Cardio Para Niños 3-4pm Inteligencia emocional 3-4:30pm ESP Boot Camp 4-5pm Educacion de Salud para Niños 4-5pm	24 Entrenamiento Circuito 9:15-10:15am Cocina Saludable 10:30am-12pm Yoga Para Mama 1-2pm Vinyasa Yoga 2:15-3:15pm Hora Social 4-5pm Cardio Para Niños 4-5pm	25 Boot Camp 9-10am Zumba 10:15-11:15am Despensa de Alimentos 2-4pm	26 CENTRO CERRADO
28 Zumba 9:30-10:30am Vinyasa Yoga 10:45-11:45am Meditacion 12-1pm Estiramiento y Movilidad 3-4pm Boot Camp 4-5pm	29 Entrenamiento Circuito 9:15-10:15am Cocina Saludable 10:30am-12pm Zumba 3-4pm HIIT 4-5pm	30 Zumba 9:30-10:30am Strong 10:45-11:45am Yoga 12-1pm Cardio Para Niños 3-4pm Manejo del estres 3-4:30pm ESP Boot Camp 4-5pm Educacion de Salud para Niños 4-5pm	31 Entrenamiento Circuito 9:15-10:15am Cocina Saludable 10:30am-12pm Yoga Para Mamas 1-2pm Vinyasa Yoga 2:15-3:15pm Orientacion para nuevos miembros 3-4pm ING Hora Social 4-5pm Cardio Para Niños 4-5pm	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!	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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