



INGLEWOOD
AUGUST
2025

Community Resource Center

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 CRC Website	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	Participate in any children activities between August 11-15 and receive a FREE backpack with supplies! 	Learn to cook healthy meals in our next 16-week FEAST program. Call us to be added to the waitlist for the next session! Spanish Session Tuesdays 10:30 a.m. - 12:30 p.m. English Session Wednesdays 10:30 a.m. -12:30 p.m.	1 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.	2  CENTER CLOSED
4 Health Advocates Disability Assistance 10 a.m. - 12 p.m. Tai Chi 10:30 - 11:30 a.m. Healthcare Navigation: Getting to the Root - Fibroids, Endometriosis, & Chronic Pain for Women 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.	5 Boot Camp 9 - 10 a.m. Family Sing (Ages 0 - 5) 9:15 - 10 a.m. Kick Boxing 10 - 11 a.m. Balance & Stability 11:10 a.m. - 12:10 p.m. Menopause Unveiled: Understanding the Journey 11:30 a.m. - 12:30 p.m. Diabetes Management 12 - 1:30 p.m. *CENTER CLOSED* 2:45 - 3:45 p.m. Pilates 4 - 5 p.m.	6 Yoga Therapy 9 - 10 a.m. Covered California Enrollments 10 a.m. - 3 p.m. Line Dancing 1 - 2:30 p.m. Zumba 4 - 5 p.m.	7 CPR & First Aid 9 a.m. - 12 p.m. SPAN. 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.	8 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.	9  CENTER CLOSED
11 Tai Chi 10:30 - 11:30 a.m. Healthcare Navigation: Understanding Your Medical Records 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.	12 Boot Camp 9 - 10 a.m. Family Sing (Ages 0 - 5) 9:15 - 10 a.m. Kick Boxing 10 - 11 a.m. Balance & Stability 11:10 a.m. - 12:10 p.m. Self-Care Redefined: Thriving Through Menopause 11:30 a.m. - 12:30 p.m. Diabetes Management 12 - 1:30 p.m. Sports Day 2:30 - 3:15 p.m. Pilates 4 - 5 p.m.	13 Yoga Therapy 9 - 10 a.m. Covered California Enrollments 10 a.m. - 3 p.m. Line Dancing 1 - 2:30 p.m. Zumba 4 - 5 p.m. Arts & Crafts 4 - 5 p.m.	14 Blood Pressure Series *Registration CLOSED* • 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. Pajama Movie Night 3:30 - 5 p.m.	15 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. Crazy Hair Contest 3 - 3:45 p.m. Zumba 4 - 5 p.m.	16  CENTER CLOSED
18 Health Advocates Disability Assistance 10 a.m. - 12 p.m. Tai Chi 10:30 - 11:30 a.m. Healthcare Navigation: Self-Care and Healthcare 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.	19 Boot Camp 9 - 10 a.m. Family Sing (Ages 0 - 5) 9:15 - 10 a.m. Kick Boxing 10 - 11 a.m. Balance & Stability 11:10 a.m. - 12:10 p.m. Menopause & Relationships: Navigating New Dynamics 11:30 a.m. - 12:30 p.m. Diabetes Management 12 - 1:30 p.m. Pilates 4 - 5 p.m.	20 Yoga Therapy 9 - 10 a.m. Covered California Enrollments 10 a.m. - 3 p.m. Line Dancing 1 - 2:30 p.m. Zumba 4 - 5 p.m.	21 Blood Pressure Series *Registration CLOSED* • 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.	22 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.	23 Family Fitness Virtual 9 - 10 a.m. CPR & First Aid 9:30 a.m. - 12:30 p.m.
25 Tai Chi 10:30 - 11:30 a.m. Healthcare Navigation: Impact of Lupus, Arthritis, and Thyroid Disease 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.	26 Yoga Therapy Virtual 9 - 10 a.m. Boot Camp 9 - 10 a.m. Family Sing (Ages 0 - 5) 9:15 - 10 a.m. Kick Boxing 10 - 11 a.m. Balance & Stability 11:10 a.m. - 12:10 p.m. Redefining Productivity: Living Fully After Menopause 11:30 a.m. - 12:30 p.m. Diabetes Management 12 - 1:30 p.m. Pilates 4 - 5 p.m.	27  CENTER CLOSED	28 Blood Pressure Series *Registration CLOSED* • 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. Coffee, Wealth, and Connect: A Perfect Blend 10 a.m. - 12 p.m. Tai Chi 10:30 - 11:30 a.m. Beginners Line Dancing 12 - 1:30 p.m. Pilates 2 - 3 p.m.	29 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.	30  CENTER CLOSED

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.
4th Saturday Open 9 a.m. - 12:30 p.m.
All other Saturdays: Closed



310.330.3130
CommunityResourceCenterLA.org



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AGOSTO
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LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO
 CRC Sitio de Web	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.	¡Participa en cualquiera de las actividades para niños del 11 al 15 de agosto y recibe una mochila con útiles escolares GRATIS! 	Aprenda a cocinar comidas saludables en nuestro próximo programa de FEAST . Llámenos para agregarte a la lista de espera para la próxima sesión de 16 semanas! Sesión en Español Los Martes 10:30 a.m. - 12:30 p.m. Sesión de Inglés Los Miercoles 10:30 a.m. -12:30 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.  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: Fibromas, Endometriosis y Dolor Crónico en Mujeres 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) 4 - 5 p.m.	Entrenamiento Intenso 9 - 10 a.m. Cantar en Familia (0 - 5 años) 9:15 - 10 a.m. Kick Boxing 10 - 11 a.m. Equilibrio y Estabilidad 11:10 a.m. - 12:10 p.m. Menopausia Revelada: Entendiendo el Camino 11:30 a.m. - 12:30 p.m. Control de la Diabetes 12 - 1:30 p.m. *CENTRO CERRADO* 2:45 - 3:45 p.m. Pilates 4 - 5 p.m.	Terapia de Yoga 9 - 10 a.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.	RCP y Primeros Auxilios 9 a.m. - 12 p.m. ESP. 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.	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
Tai Chi 10:30 - 11:30 a.m. Navegación de Salud Médica: Entendiendo tus Registros Médicos 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. Cantar en Familia (0 - 5 años) 9:15 - 10 a.m. Kick Boxing 10 - 11 a.m. Equilibrio y Estabilidad 11:10 a.m. - 12:10 p.m. Autocuidado Redefinido: Prosperando Durante la Menopausia 11:30 a.m. - 12:30 p.m. Control de la Diabetes 12 - 1:30 p.m. Día Deportivo 2:30 - 3:15 p.m. Pilates 4 - 5 p.m.	Terapia de Yoga 9 - 10 a.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. Arte y Manualidades 4 - 5 p.m.	Serie de Presión Arterial *CERRADO* • 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. Noche de Película en Pijama 3:30 - 5 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. Concurso de Peinados Locos 3 - 3:45 p.m. Zumba 4 - 5 p.m.	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: Autocuidado y Atención Médica 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.	Entrenamiento Intenso 9 - 10 a.m. Cantar en Familia (0 - 5 años) 9:15 - 10 a.m. Kick Boxing 10 - 11 a.m. Equilibrio y Estabilidad 11:10 a.m. - 12:10 p.m. Menopausia y Relaciones: Navegando Nuevas Dinámicas 11:30 a.m. - 12:30 p.m. Control de la Diabetes 12 - 1:30 p.m. Pilates 4 - 5 p.m.	Terapia de Yoga 9 - 10 a.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 *CERRADO* • 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.	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. RCP y Primeros Auxilios 9:30 a.m. - 12:30 p.m.
Tai Chi 10:30 - 11:30 a.m. Navegación de Salud Médica: Impacto del Lupus, Artritis y Enfermedades de la Tiroides 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.	Terapia de Yoga Virtual 9 - 10 a.m. Entrenamiento Intenso 9 - 10 a.m. Cantar en Familia (0 - 5 años) 9:15 - 10 a.m. Kick Boxing 10 - 11 a.m. Equilibrio y Estabilidad 11:10 a.m. - 12:10 p.m. Viviendo Plenamente Después de la Menopausia 11:30 a.m. - 12:30 p.m. Control de la Diabetes 12 - 1:30 p.m. Pilates 4 - 5 p.m.	 CENTRO CERRADO	Serie de Presión Arterial *CERRADO* • 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. Café, riqueza y conexión: una mezcla perfecta 10 a.m. - 12 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.  CENTRO CERRADO

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.
4º sábado del mes abierto 9 a.m. - 12:30 p.m.
Todos los demás sábados: Cerrado



310.330.3130
activehealthyinformed.org