



Community Resource Center



METRO L.A.
AUGUST 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1	2
CRC Website	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!	BLUE Qualify for the My Rewards for a Healthy Life Program. GREEN Appointment & Registration required.		Meditation (18+) 9:00 a.m. - 10:00 a.m. Restorative Yin Yoga (18+) 10:15 a.m. - 11:15 a.m.	CENTER CLOSED
4	5	6	7	8	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. English - CPR, AED & First Aid (14+) 2:00 p.m. - 5:00 p.m.	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.	Spanish - Healthy Living: Personal Development 9:15 a.m. - 10:15 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.	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.		CENTER CLOSED
11	12	13	14	15	16
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. Spanish - CPR, AED & First Aid (14+) 2:00 p.m. - 5:00 p.m.	Gentle Yoga 9:15 a.m. - 10:15 a.m. Active Yoga 10:30 a.m. - 11:30 a.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.	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.	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.	Meditation (18+) 9:00 a.m. - 10:00 a.m. Restorative Yin Yoga (18+) 10:15 a.m. - 11:15 a.m.	CENTER CLOSED
18	19	20	21	22	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.	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 (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 (2 of 4) 1:45 p.m. - 3:00 p.m.	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	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.	Meditation (18+) 9:00 a.m. - 10:00 a.m. Restorative Yin Yoga (18+) 10:15 a.m. - 11:15 a.m.	CENTER CLOSED
25	26	27	28	29	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.	Gentle Yoga 9:15 a.m. - 10:15 a.m. Active Yoga 10:30 a.m. - 11:30 a.m. Adult Craft - Art & Connection 11:45 a.m. - 1:15 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.	CENTER CLOSED	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.	Meditation (18+) 9:00 a.m. - 10:00 a.m. Restorative Yin Yoga (18+) 10:15 a.m. - 11:15 a.m.	CENTER CLOSED

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



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

