



Community Resource Center



NORWALK AUGUST 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Join us for National Wellness Month! Get creative on Fridays & Choose Wellness!	Bring A NEW Friend to any Nutrition Class; Receive A Special Gift!	Classes in BLUE & ORANGE qualify for My Rewards! Classes are listed in GREEN require Pre-Registration **Chase Financial Literacy Participants are Eligible for One Gift Card Per Month		Exercise for All 9 a.m. - 10 a.m. Cooking Matters 10:15 a.m. - 11:45 a.m. Family Bingo 10:15 a.m. - 11:00 a.m. Choose Wellness & Create Affirmation Cards! 2:45 p.m. - 3:30 p.m. Yoga 3:45 p.m. - 4:45 p.m.	
Enrollment Services 9 a.m. - 4 p.m. Yoga 9 a.m. - 10 a.m. Pilates 12 p.m. - 1 p.m. Kids' Fitness Games! 3:45 p.m. - 4:45 p.m. Bingo 3:45 p.m. - 4:30 p.m.	CPR/First Aid - SP Register at freecprla.com 10 a.m. - 1 p.m. Artful Wellness 10:00 a.m. - 10:45 a.m. Resource Connection: Chase Financial Literacy-EN 1:15 p.m. - 2:15 p.m. **Call to Register! Yoga 2:30 p.m. - 3:30 p.m. Zumba 3:45 p.m. - 4:45 p.m.	Enrollment Services 9 a.m. - 4 p.m. CalFresh Assistance 9 a.m. - 4 p.m. Salsa Dance Aerobics 9 a.m. - 10 a.m. Stretch & Tone 10 a.m. - 11 a.m. Mindful Creations 2:30 p.m. - 3:15 p.m. Fruits & Vegetables Class 2:30 p.m. - 3:30 p.m. Kids' Cooking Class 3:45 p.m. - 4:45 p.m.	Enrollment Services 9 a.m. - 4 p.m. Juicing & Salads Class 9 a.m. - 10 a.m. Healthy Cooking 10:00 a.m. - 11:30 a.m. Mindful Creations 10:00 a.m. - 10:45 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.	Exercise for All 9 a.m. - 10 a.m. Cooking Matters 10:15 a.m. - 11:45 a.m. Family Bingo 10:15 a.m. - 11:00 a.m. Choose Wellness & Create Affirmation Cards! 2:45 p.m. - 3:30 p.m. Yoga 3:45 p.m. - 4:45 p.m.	
Enrollment Services 9 a.m. - 4 p.m. Yoga 9 a.m. - 10 a.m. Pilates 12 p.m. - 1 p.m. High Blood Pressure Prevention & Management 1 p.m. - 2 p.m. Kids' Fitness Games! 3:45 p.m. - 4:45 p.m. Resource Connection: Chase Financial Literacy -SP 3:45 p.m. - 4:45 p.m. **Call to Register!	Diaper Drive (First 50 Participants) Diabetes Wellness 9 a.m. - 10 a.m. Nutrition & You 10 a.m. - 11 a.m. Artful Wellness 10:00 a.m. - 10:45 a.m. Yoga 2:30 p.m. - 3:30 p.m. Zumba 3:45 p.m. - 4:45 p.m.	Enrollment Services 9 a.m. - 4 p.m. CalFresh Assistance 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.	Enrollment Services 9 a.m. - 4 p.m. Juicing & Salads Class 9 a.m. - 10 a.m. Healthy Cooking 10:00 a.m. - 11:30 a.m. Mindful Creations 10:00 a.m. - 10:45 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.	Exercise for All 9 a.m. - 10 a.m. Cooking Matters 10:15 a.m. - 11:45 a.m. Family Bingo 10:15 a.m. - 11:00 a.m. Choose Wellness & Create Affirmation Cards! 2:45 p.m. - 3:30 p.m. Yoga 3:45 p.m. - 4:45 p.m.	
Enrollment Services 9 a.m. - 4 p.m. Yoga 9 a.m. - 10 a.m. Pilates 12 p.m. - 1 p.m. Center Closed 2:30 p.m. - 3:30 p.m. Kids' Fitness Games! 3:45 p.m. - 4:45 p.m. Bingo 3:45 p.m. - 4:30 p.m.	Resource Connection Fair Learn about YOUR Community! 9:30 a.m. - 12:30 p.m. Artful Wellness 1:30 p.m. - 2:15 p.m. Yoga 2:30 p.m. - 3:30 p.m. Zumba 3:45 p.m. - 4:45 p.m.	Enrollment Services 9 a.m. - 4 p.m. CalFresh Assistance 9 a.m. - 4 p.m. Salsa Dance Aerobics 9 a.m. - 10 a.m. Stretch & Tone 10 a.m. - 11 a.m. Mindful Creations 2:30 p.m. - 3:15 p.m. Fruits & Vegetables Class 2:30 p.m. - 3:30 p.m. Kids' Cooking Class 3:45 p.m. - 4:45 p.m.	Enrollment Services 9 a.m. - 4 p.m. Juicing & Salads Class 9 a.m. - 10 a.m. Healthy Cooking 10:00 a.m. - 11:30 a.m. Mindful Creations 10:00 a.m. - 10:45 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.	Exercise for All 9 a.m. - 10 a.m. Cooking Matters 10:15 a.m. - 11:45 a.m. Family Bingo 10:15 a.m. - 11:00 a.m. CPR/First Aid - EN Register - freecprla.com 12:30 p.m. - 3:30 p.m. Choose Wellness & Create Affirmation Cards! 2:45 p.m. - 3:30 p.m. Yoga 3:45 p.m. - 4:45 p.m.	
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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

LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO
¡Venga para el Mes Nacional del Bienestar! ¡Séa Creativo los Viernes y Elije Tu Bienestar!	Trae a un Amigo NUEVO a cualquier clase de nutrición y recibe un regalo especial!	Las clases en AZUL y NARANJA califican para Mis Recompensas. Las clases que están en Verde requieren preinscripción! **Los participantes de Educación Financiera de Chase pueden recibir una tarjeta de regalo al mes.	 CRC Sitio de Web	Ejercicios para Todos 19 a.m. - 10 a.m. Cocina para Adultos 10:15 a.m. - 11:45 a.m. Bingo Familiar 10:15 a.m. - 11:00 a.m. ¡Elije el Bienestar y Crea Tarjetas de Afirmación! 2:45 p.m. - 3:30 p.m. Yoga 3:45 p.m. - 4:45 p.m.	 CENTRO CERRADO
Servicios de Inscripción 49 a.m. - 4 p.m. Yoga 9 a.m. - 10 a.m. Pilates 12 p.m. - 1 p.m. Juegos de Ejercicios para Ninos! 3:45 p.m. - 4:45 p.m. Bingo 3:45 p.m. - 4:30 p.m.	RCP/Primeros Auxilios ESP 5Regístrase - freecprla.com 10 a.m. - 1 p.m. Artes y Bienestar 10 a.m. - 10:45 a.m. Conexión de Recursos: Educación Financiera de Chase ING 1:15 p.m. - 2:15 p.m. **Hable para Registrarse** Yoga 2:30 p.m. - 3:30 p.m. Zumba 3:45 p.m. - 4:45 p.m.	Servicios de Inscripción 69 a.m. - 4 p.m. Asistencia de 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. Artes Intencionales 2:30 p.m. - 3:15 p.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.	Servicios de Inscripción 79 a.m. - 4 p.m. Clase de Jugos y Ensaladas 9 a.m. - 10 a.m. Cocina Saludable 10:00 a.m. - 11:30 a.m. Artes Intencionales 10 a.m. - 10:45 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.	Ejercicios para Todos 89 a.m. - 10 a.m. Cocina para Adultos 10:15 a.m. - 11:45 a.m. Bingo Familiar 10:15 a.m. - 11:00 a.m. ¡Elije el Bienestar y Crea Tarjetas de Afirmación! 2:45 p.m. - 3:30 p.m. Yoga 3:45 p.m. - 4:45 p.m.	 CENTRO CERRADO
Servicios de Inscripción 119 a.m. - 4 p.m. Yoga 9 a.m. - 10 a.m. Pilates 12 p.m. - 1 p.m. Prevención y Control de la Presión Alta 1 p.m. - 2 p.m. Juegos de Ejercicios para Ninos! 3:45 p.m. - 4:45 p.m. Conexión de Recursos: Educación Financiera de Chase ESP 3:45 p.m. - 4:45 p.m. **Hable para Registrarse**	Distribucion de Pañales 12(Primeros 50 participantes) Educación Sobre Diabetes 9 a.m. - 10 a.m. La Nutrición y Usted 10 a.m. - 11 a.m. Artes y Bienestar 10 a.m. - 10:45 a.m. Yoga 2:30 p.m. - 3:30 p.m. Zumba 3:45 p.m. - 4:45 p.m.	Servicios de Inscripción 139 a.m. - 4 p.m. Asistencia de 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.	Servicios de Inscripción 149 a.m. - 4 p.m. Clase de Jugos y Ensaladas 9 a.m. - 10 a.m. Cocina Saludable 10:00 a.m. - 11:30 a.m. Artes Intencionales 10 a.m. - 10:45 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.	Ejercicios para Todos 159 a.m. - 10 a.m. Cocina para Adultos 10:15 a.m. - 11:45 a.m. Bingo Familiar 10:15 a.m. - 11:00 a.m. ¡Elije el Bienestar y Crea Tarjetas de Afirmación! 2:45 p.m. - 3:30 p.m. Yoga 3:45 p.m. - 4:45 p.m.	 CENTRO CERRADO
Servicios de Inscripción 189 a.m. - 4 p.m. Yoga 9 a.m. - 10 a.m. Pilates 12 p.m. - 1 p.m. Centro Cerrado 2:30 p.m. - 3:30 p.m. Juegos de Ejercicios para Ninos! 3:45 p.m. - 4:45 p.m. Bingo 3:45 p.m. - 4:30 p.m.	Feria de Conexión de Recursos 19¡Aprenda de Recursos en Su Comunidad! 9:30 a.m. - 12:30 p.m. Artes y Bienestar 1:30 p.m. - 2:15 p.m. Yoga 2:30 p.m. - 3:30 p.m. Zumba 3:45 p.m. - 4:45 p.m.	Servicios de Inscripción 209 a.m. - 4 p.m. Asistencia de 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. Artes Intencionales 2:30 p.m. - 3:15 p.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.	Servicios de Inscripción 219 a.m. - 4 p.m. Clase de Jugos y Ensaladas 9 a.m. - 10 a.m. Cocina Saludable 10:00 a.m. - 11:30 a.m. Artes Intencionales 10 a.m. - 10:45 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.	Ejercicios para Todos 229 a.m. - 10 a.m. Cocina para Adultos 10:15 a.m. - 11:45 a.m. Bingo Familiar 10:15 a.m. - 11:00 a.m. RCP/Primeros Auxilios - ING 12:30 p.m. - 3:30 p.m. Regístrase - freecprla.com ¡Elije el Bienestar y Crea Tarjetas de Afirmación! 2:45 p.m. - 3:30 p.m. Yoga para Todos 3:45 p.m. - 4:45 p.m.	 CENTRO CERRADO
Servicios de Inscripción 259 a.m. - 4 p.m. Yoga 9 a.m. - 10 a.m. Pilates 12 p.m. - 1 p.m. Prevención y Control de la Presión Alta 1 p.m. - 2 p.m. Juegos de Ejercicios para Ninos! 3:45 p.m. - 4:45 p.m. Bingo 3:45 p.m. - 4:30 p.m.	Educación Sobre Diabetes 269 a.m. - 10 a.m. La Nutrición y Usted 10 a.m. - 11 a.m. Orientación para Nuevos Miembros - ING 11:15 a.m. - 12:00 p.m. Orientación para Nuevos Miembros - ESP 12:00 p.m. - 12:45 p.m. Yoga 2:30 p.m. - 3:30 p.m. Zumba 3:45 p.m. - 4:45 p.m.	 CENTRO CERRADO	Servicios de Inscripción 289 a.m. - 4 p.m. Clase de Jugos y Ensaladas 9 a.m. - 10 a.m. Cocina Saludable 10:00 a.m. - 11:30 a.m. Artes Intencionales 10 a.m. - 10:45 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.	Ejercicios para Todos 299 a.m. - 10 a.m. Cocina para Adultos 10:15 a.m. - 11:45 a.m. Bingo Familiar 10:15 a.m. - 11:00 a.m. ¡Elije el Bienestar y Crea Tarjetas de Afirmación! 2:45 p.m. - 3:30 p.m. Yoga 3:45 p.m. - 4:45 p.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. 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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