



POMONA
AUGUST
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		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!	Boot Camp 9-10am Zumba 10:15-11:15am Kids Cooking 2:15-3:45pm Kids Folklorico 4-5pm	
Zumba 9:30-10:30am Stretch & Mobility 3-4pm Boot Camp 4-5pm	Circuit Training 9:15-10:15am Healthy Cooking 10:30am-12pm Healthy Juicing 12-1:30pm Zumba 3-4pm HIIT 4-5pm	Zumba 9:30-10:30am Strong 10:45-11:45am Yoga 12-1pm Kids Fitness 3-4pm Depression & Anxiety 3-4:30pm SPA Boot Camp 4-5pm Kids Health Education 4-5pm	Circuit Training 9:15-10:15am Healthy Cooking 10:30am-12pm CPR/First Aid 12-3pm ENG Community Connection 4-5pm Kids Fitness 4-5pm	Boot Camp 9-10am Zumba 10:15-11:15am Kids Dance 4-5pm	
Zumba 9:30-10:30am Vinyasa Yoga 10:45-11:45am Meditation 12-1pm Stretch & Mobility 3-4pm Boot Camp 4-5pm	Circuit Training 9:15-10:15am Healthy Cooking 10:30am-12pm Zumba 3-4pm HIIT 4-5pm	Zumba 9:30-10:30am Strong 10:45-11:45am Yoga 12-1pm Kids Fitness 3-4pm Preserving Your Memory 3-4:30pm SPA Boot Camp 4-5pm Kids Health Education 4-5pm	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 Community Connection 4-5pm Kids Fitness 4-5pm	Boot Camp 9-10am Zumba 10:15-11:15am Kids Dance 4-5pm	
Zumba 9:30-10:30am Vinyasa Yoga 10:45-11:45am Meditation 12-1pm Stretch & Mobility 3-4pm Boot Camp 4-5pm	Circuit Training 9:15-10:15am Healthy Cooking 10:30am-12pm Healthy Juicing 12-1:30pm Zumba 3-4pm HIIT 4-5pm	Zumba 9:30-10:30am Strong 10:45-11:45am Yoga 12-1pm Kids Fitness 3-4pm Hoarding 3-4:30pm SPA Boot Camp 4-5pm Kids Health Education 4-5pm	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 Asthma Awareness 4-5pm ENG Kids Fitness 4-5pm	Boot Camp 9-10am Zumba 10:15-11:15am Kids Dance 4-5pm	
Zumba 9:30-10:30am Vinyasa Yoga 10:45-11:45am Meditation 12-1pm Stretch & Mobility 3-4pm Boot Camp 4-5pm	Circuit Training 9:15-10:15am Healthy Cooking 10:30am-12pm Zumba 3-4pm HIIT 4-5pm		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 Community Connection 4-5pm Kids Fitness 4-5pm	Boot Camp 9-10am Zumba 10:15-11:15am Asthma Management 11am-12:30pm Food Pantry 2-4pm	

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
Inscripcion Medi-Cal Lunes a Viernes 9am-4pm Inscripcion Cal Fresh Lunes a Viernes 9am-4pm RCP/Primeros Auxilios Registrese en freecprla.com		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 Incripción* • Medi-cal, MediCare, Covered California, y Calfresh Orientación para nuevos miembros *Comuniquese con el Centro para disponibilidad de Servicios TODOS LOS SERVICIOS Y LAS CLASES SON GRATIS ¡PARA TODOS!	1 Boot Camp 9-10am Zumba 10:15-11:15am Cocina para Niños 2:15-3:45pm Clase de Folklorico para Niños 4-5pm	2 
4 Zumba 9:30-10:30am Estiramiento y Movilidad 3-4pm Boot Camp 4-5pm	5 Entrenamiento Circuito 9:15-10:15am Cocina Saludable 10:30am-12pm Jugos Saludables 12-1:30pm Zumba 3-4pm HIIT 4-5pm	6 Zumba 9:30-10:30am Strong 10:45-11:45am Yoga 12-1pm Cardio Para Niños 3-4pm Depresion Y Ansiedad 3-4:30pm ESP Boot Camp 4-5pm Educacion de Salud para Niños 4-5pm	7 Entrenamiento Circuito 9:15-10:15am Cocina Saludable 10:30am-12pm RCP/Primeros Auxilios 12-3pm ING Conexion Comunitaria 4-5pm Cardio Para Niños 4-5pm	8 Boot Camp 9-10am Zumba 10:15-11:15am Clase de Baile para Niños 4-5pm	9 
11 Zumba 9:30-10:30am Vinyasa Yoga 10:45-11:45am Meditacion 12-1pm Estiramiento y Movilidad 3-4pm Boot Camp 4-5pm	12 Entrenamiento Circuito 9:15-10:15am Cocina Saludable 10:30am-12pm Zumba 3-4pm HIIT 4-5pm	13 Zumba 9:30-10:30am Strong 10:45-11:45am Yoga 12-1pm Cardio Para Niños 3-4pm Preservando tu Memoria 3-4:30pm ESP Boot Camp 4-5pm Educacion de Salud para Niños 4-5pm	14 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 Conexion Comunitaria 4-5pm Cardio Para Niños 4-5pm	15 Boot Camp 9-10am Zumba 10:15-11:15am Clase de Baile para Niños 4-5pm	16 
18 Zumba 9:30-10:30am Vinyasa Yoga 10:45-11:45am Meditacion 12-1pm Estiramiento y Movilidad 3-4pm Boot Camp 4-5pm	19 Entrenamiento Circuito 9:15-10:15am Cocina Saludable 10:30am-12pm Jugos Saludables 12-1:30pm Zumba 3-4pm HIIT 4-5pm	20 Zumba 9:30-10:30am Strong 10:45-11:45am Yoga 12-1pm Cardio Para Niños 3-4pm Acaparamiento 3-4:30pm ESP Boot Camp 4-5pm Educacion de Salud para Niños 4-5pm	21 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 Conocimiento del Asma 4-5pm ING Cardio Para Niños 4-5pm	22 Boot Camp 9-10am Zumba 10:15-11:15am Clase de Baile para Niños 4-5pm	23 
25 Zumba 9:30-10:30am Vinyasa Yoga 10:45-11:45am Meditacion 12-1pm Estiramiento y Movilidad 3-4pm Boot Camp 4-5pm	26 Entrenamiento Circuito 9:15-10:15am Cocina Saludable 10:30am-12pm Zumba 3-4pm HIIT 4-5pm	27 	28 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 Conexion Comunitaria 4-5pm Cardio Para Niños 4-5pm	29 Boot Camp 9-10am Zumba 10:15-11:15am Manejo Del Asma 11am-12:30pm Despensa de Alimentos 2-4pm	30 

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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