



INGLEWOOD

SEPTEMBER

2025

Community Resource Center

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY	
1		2		3		4		5		6	
		Boot Camp 9 - 10 a.m. Family Sing (Ages 0 - 5) 9:15 - 10 a.m. Kick Boxing 10 - 11 a.m. FEAST Orientation 10:30 a.m. - 12:30 p.m. SPAN. Balance & Stability 11:10 a.m. - 12:10 p.m. *CENTER CLOSED* 2:45 - 3:45 p.m. Pilates 4 - 5 p.m.		Yoga Therapy 9 - 10 a.m. FEAST Orientation 10:30 a.m. - 12:30 p.m. ENG Covered California Assistance 10:30 a.m. - 3 p.m. Line Dancing 1 - 2:30 p.m. Zumba 4 - 5 p.m.		Blood Pressure Series *Graduation* • 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. Weight Management Program for Adults • 10 - 11:30 a.m. ENG. • 12 - 1:30 p.m. SPAN. Tai Chi 10:30 - 11:30 a.m. Beginners Line Dancing 12 - 1:30 p.m. Pilates 2 - 3 p.m.		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.			
8		9		10		11		12		13	
Tai Chi 10:30 - 11:30 a.m. Healthcare Navigation: Everyday Health Aging Tips 11 a.m. - 12 p.m. CPR & First Aid 12:30 p.m. - 3:30 p.m. SPAN. Hip-Hop Step Class 4 - 5 p.m. Healthy Cooking for Kids (Ages 6 - 12) 4 - 5 p.m.		Boot Camp 9 - 10 a.m. Family Sing (Ages 0 - 5) 9:15 - 10 a.m. Kick Boxing 10 - 11 a.m. FEAST Introduction to the Food System 10:30 a.m. - 12:30 p.m. SPAN. Balance & Stability 11:10 a.m. - 12:10 p.m. Pilates 4 - 5 p.m.		Yoga Therapy 9 - 10 a.m. FEAST Introduction to the Food System 10:30 a.m. - 12:30 p.m. ENG Covered California Assistance 10:30 a.m. - 3 p.m. Line Dancing 1 - 2:30 p.m. Zumba 4 - 5 p.m.		Yoga Therapy Virtual 9 - 10 a.m. CalFresh Assistance 9:30 a.m. - 4 p.m. Weight Management Program for Adults • 10 - 11:30 a.m. ENG. • 12 - 1:30 p.m. SPAN. Tai Chi 10:30 - 11:30 a.m. Beginners Line Dancing 12 - 1:30 p.m. Pilates 2 - 3 p.m.		Yoga Therapy 9 - 10 a.m. Mommy & Me (Ages 0 - 5) 10 - 11 a.m. Community Café: Meet Local Resources 10 a.m. - 12 p.m. Healthy Cooking 10:30 a.m. - 12 p.m. Line Dancing 1 - 2:30 p.m. Zumba 4 - 5 p.m.			
15		16		17		18		19		20	
Health Advocates Disability Assistance 10 a.m. - 12 p.m. Tai Chi 10:30 - 11:30 a.m. Hip-Hop Step Class 4 - 5 p.m. Healthy Cooking for Kids (Ages 6 - 12) 4 - 5 p.m.		Boot Camp 9 - 10 a.m. Family Sing (Ages 0 - 5) 9:15 - 10 a.m. Kick Boxing 10 - 11 a.m. FEAST Introduction to Processed vs. Whole Foods 10:30 a.m. - 12:30 p.m. SPAN. Balance & Stability 11:10 a.m. - 12:10 p.m. *CENTER CLOSED* 1 - 3:30 p.m. Pilates 4 - 5 p.m.		Yoga Therapy 9 - 10 a.m. FEAST Introduction to Processed vs. Whole Foods 10:30 a.m. - 12:30 p.m. ENG Covered California Assistance 10:30 a.m. - 3 p.m. Line Dancing 1 - 2:30 p.m. Zumba 4 - 5 p.m.		Yoga Therapy Virtual 9 - 10 a.m. CalFresh Assistance 9:30 a.m. - 4 p.m. Weight Management Program for Adults • 10 - 11:30 a.m. ENG. • 12 - 1:30 p.m. SPAN. Tai Chi 10:30 - 11:30 a.m. Beginners Line Dancing 12 - 1:30 p.m. Pilates 2 - 3 p.m.		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.		Family Fitness Virtual 9 - 10 a.m. CPR & First Aid 9:30 a.m. - 12:30 p.m. ENGL.	
22		23		24		25		26		27	
Tai Chi 10:30 - 11:30 a.m. Healthcare Navigation Soulful Nutrition: Eating Well as We Age Without Giving up Culture 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.		Boot Camp 9 - 10 a.m. Family Sing (Ages 0 - 5) 9:15 - 10 a.m. Kick Boxing 10 - 11 a.m. FEAST Social Connections 10:30 a.m. - 12:30 p.m. SPAN. Balance & Stability 11:10 a.m. - 12:10 p.m. Pilates 4 - 5 p.m.		Yoga Therapy 9 - 10 a.m. FEAST Social Connections 10:30 a.m. - 12:30 p.m. ENG Covered California Assistance 10:30 a.m. - 3 p.m. Line Dancing 1 - 2:30 p.m. Zumba 4 - 5 p.m.		Yoga Therapy Virtual 9 - 10 a.m. CalFresh Assistance 9:30 a.m. - 4 p.m. Weight Management Program for Adults • 10 - 11:30 a.m. ENG. • 12 - 1:30 p.m. SPAN. Tai Chi 10:30 - 11:30 a.m. Beginners Line Dancing 12 - 1:30 p.m. Pilates 2 - 3 p.m.		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.			
29		30									
Tai Chi 10:30 - 11:30 a.m. Healthcare Navigation Advocate & Age Well: Getting the Care You Deserve 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.		Boot Camp 9 - 10 a.m. Family Sing (Ages 0 - 5) 9:15 - 10 a.m. Kick Boxing 10 - 11 a.m. FEAST *CLOSED* 10:30 a.m. - 12:30 p.m. SPAN. Balance & Stability 11:10 a.m. - 12:10 p.m. Pilates 4 - 5 p.m.						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			

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.
3rd Saturday Open 9 a.m. - 12:30 p.m.
All other Saturdays: Closed



310.330.3130
CommunityResourceCenterLA.org



INGLEWOOD
SEPTIEMBRE
2025

Community Resource Center

LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO
1  DÍA DEL TRABAJO CENTRO CERRADO	2 Entrenamiento Intenso 9 - 10 a.m. Cantar en Familia (0 - 5 años) 9:15 - 10 a.m. Kick Boxing 10 - 11 a.m. FEAST Orientación 10:30 a.m. - 12:30 p.m. ESPÑ. Equilibrio y Estabilidad 11:10 a.m. - 12:10 p.m. *CENTRO CERRADO* 2:45 - 3:45 p.m. Pilates 4 - 5 p.m.	3 Terapia de Yoga 9 - 10 a.m. FEAST Orientación 10:30 a.m. - 12:30 p.m. INGL. Asistencia de Covered California 10:30 a.m. - 3 p.m. Baile en Línea 1 - 2:30 p.m. Zumba 4 - 5 p.m.	4 Serie de Presión Arterial *Graduación* • 9 - 11 a.m. ESPÑ. • 11:30 a.m. - 1:30 p.m. INGL. Terapia de Yoga Virtual 9 - 10 a.m. Asistencia de CalFresh 9:30 a.m. - 4 p.m. Programa de Control del Peso para Adultos • 10 - 11:30 a.m. INGL. • 12 - 1:30 p.m. ESPÑ. Tai Chi 10:30 - 11:30 a.m. Baile en Línea para Principiantes 12 - 1:30 p.m. Pilates 2 - 3 p.m.	5 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.	6  CENTRO CERRADO
8 Tai Chi 10:30 - 11:30 a.m. Navegación de Salud Médica: Consejos Diarios para un Envejecimiento Saludable 11 a.m. - 12 p.m. RCP y Primeros Auxilios 12:30 p.m. - 3:30 p.m. ESPÑ. Clase de Paso de Hip-Hop 4 - 5 p.m. Cocina Saludable para Niños (6 - 12 años) 4 - 5 p.m.	9 Entrenamiento Intenso 9 - 10 a.m. Cantar en Familia (0 - 5 años) 9:15 - 10 a.m. Kick Boxing 10 - 11 a.m. FEAST Introducción al Sistema Alimentario 10:30 a.m. - 12:30 p.m. ESPÑ. Equilibrio y Estabilidad 11:10 a.m. - 12:10 p.m. Pilates 4 - 5 p.m.	10 Terapia de Yoga 9 - 10 a.m. FEAST Introducción al Sistema Alimentario 10:30 a.m. - 12:30 p.m. INGL. Asistencia de Covered California 10:30 a.m. - 3 p.m. Baile en Línea 1 - 2:30 p.m. Zumba 4 - 5 p.m.	11 Terapia de Yoga Virtual 9 - 10 a.m. Asistencia de CalFresh 9:30 a.m. - 4 p.m. Programa de Control del Peso para Adultos • 10 - 11:30 a.m. INGL. • 12 - 1:30 p.m. ESPÑ. Tai Chi 10:30 - 11:30 a.m. Baile en Línea para Principiantes 12 - 1:30 p.m. Pilates 2 - 3 p.m.	12 Terapia de Yoga 9 - 10 a.m. Mami y Yo (0 - 5 años) 10 - 11 a.m. Café Comunitario: Conoce los Recursos Locales 10 a.m. - 12 p.m. Cocina Saludable 10:30 a.m. - 12 p.m. Baile en Línea 1 - 2:30 p.m. Zumba 4 - 5 p.m.	13  CENTRO CERRADO
15 Asistencia de SSI/SSDI Defensores de Salud 10 a.m. - 12 p.m. Tai Chi 10:30 - 11:30 a.m. Clase de Paso de Hip-Hop 4 - 5 p.m. Cocina Saludable para Niños (6 - 12 años) 4 - 5 p.m.	16 Entrenamiento Intenso 9 - 10 a.m. Cantar en Familia (0 - 5 años) 9:15 - 10 a.m. Kick Boxing 10 - 11 a.m. FEAST Introducción a la Comida Procesada vs. Comida Integral 10:30 a.m. - 12:30 p.m. ESPÑ. Equilibrio y Estabilidad 11:10 a.m. - 12:10 p.m. *CENTRO CERRADO* 1 - 3:30 p.m. Pilates 4 - 5 p.m.	17 Terapia de Yoga 9 - 10 a.m. FEAST Introducción a la Comida Procesada vs. Comida Integral 10:30 a.m. - 12:30 p.m. INGL. Asistencia de Covered California 10:30 a.m. - 3 p.m. Baile en Línea 1 - 2:30 p.m. Zumba 4 - 5 p.m.	18 Terapia de Yoga Virtual 9 - 10 a.m. Asistencia de CalFresh 9:30 a.m. - 4 p.m. Programa de Control del Peso para Adultos • 10 - 11:30 a.m. INGL. • 12 - 1:30 p.m. ESPÑ. Tai Chi 10:30 - 11:30 a.m. Baile en Línea para Principiantes 12 - 1:30 p.m. Pilates 2 - 3 p.m.	19 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.	20 Ejercicio Familiar Virtual 9 - 10 a.m. RCP y Primeros Auxilios 9:30 a.m. - 12:30 p.m. INGL.
22 Tai Chi 10:30 - 11:30 a.m. Navegación de Salud Médica Nutrición con Alma: Comer Bien al Envejecer sin Renunciar a la Cultura 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.	23 Entrenamiento Intenso 9 - 10 a.m. Cantar en Familia (0 - 5 años) 9:15 - 10 a.m. Kick Boxing 10 - 11 a.m. FEAST Conexiones Sociales 10:30 a.m. - 12:30 p.m. ESPÑ. Equilibrio y Estabilidad 11:10 a.m. - 12:10 p.m. Pilates 4 - 5 p.m.	24 Terapia de Yoga 9 - 10 a.m. FEAST Conexiones Sociales 10:30 a.m. - 12:30 p.m. INGL. Asistencia de Covered California 10:30 a.m. - 3 p.m. Baile en Línea 1 - 2:30 p.m. Zumba 4 - 5 p.m.	25 Terapia de Yoga Virtual 9 - 10 a.m. Asistencia de CalFresh 9:30 a.m. - 4 p.m. Programa de Control del Peso para Adultos • 10 - 11:30 a.m. INGL. • 12 - 1:30 p.m. ESPÑ. Tai Chi 10:30 - 11:30 a.m. Baile en Línea para Principiantes 12 - 1:30 p.m. Pilates 2 - 3 p.m.	26 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.	27  CENTRO CERRADO
29 Tai Chi 10:30 - 11:30 a.m. Navegación de Salud Médica Defiéndete y Envejece Bien: Recibe la Atención que Mereces 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.	30 EEntrenamiento Intenso 9 - 10 a.m. Cantar en Familia (0 - 5 años) 9:15 - 10 a.m. Kick Boxing 10 - 11 a.m. FEAST *CERRADO* 10:30 a.m. - 12:30 p.m. ESPÑ. Equilibrio y Estabilidad 11:10 a.m. - 12:10 p.m. Pilates 4 - 5 p.m.			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.	 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



2864 W. Imperial Hwy.
Inglewood, CA 90303



HORARIO DEL CENTRO:

Lunes a Viernes: 9 a.m. - 5 p.m.
3º sábado del mes abierto 9 a.m. - 12:30 p.m.
Todos los demás sábados: Cerrado



310.330.3130
activehealthyinformed.org