



Community Resource Center



METRO L.A.
SEPTEMBER 2025

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY	
1		2		3		4		5		6	
LABOR DAY CENTER CLOSED		Gentle Yoga (Beginner) 9:15 a.m. - 10:15 a.m. Active Yoga (Intermediate) 10:30 a.m. - 11:30 a.m. Bilingual - Healthy Living: Weight Management (18+) 10:45 a.m. - 11:45 a.m. Eng/Spa Spanish - Let's Talk About High Blood Pressure (1 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. Zumba (14+) (Intermediate) 1:45 p.m. - 2:45 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* (Beginner) 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+) (Intermediate) 12:30 p.m. - 1:30 p.m.		Korean - Developmental Screenings 9:30 a.m. - 4:00 p.m. Low Impact Zumba (14+) (Beginner) 9:00 a.m. - 10:00 a.m. Zumba Step (14+) (Intermediate) 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. Peak of Season: Nutrition & Cooking for Teens (11-17) (1 of 5) 3:15 p.m. - 4:30 p.m.		Meditation (18+) (Beginner) 9:00 a.m. - 10:00 a.m Restorative Yin Yoga (18+) (Beginner) 10:15 a.m. - 11:15 a.m.		CENTER CLOSED	
8		9		10		11		12		13	
Member Orientation *Receive a \$20 Grocery Store Gift Card per Year* Monday to Friday 9:00 a.m. - 4:30 p.m. Medi-Cal & Covered CA Enrollment Services Monday, Tuesday, Thursday, Friday 9:00 a.m. - 5:00 p.m. Member Services Monday to Friday 9:00 a.m. - 4:30 p.m. English - CPR, AED & First Aid (14+) 2:00 p.m. - 5:00 p.m.		Gentle Yoga (Beginner) 9:15 a.m. - 10:15 a.m. Active Yoga (Intermediate) 10:30 a.m. - 11:30 a.m. Bilingual - Healthy Living: Weight Management (18+) 10:45 a.m. - 11:45 a.m. Eng/Spa 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. Zumba (14+) (Intermediate) 1:45 p.m. - 2:45 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* (Beginner) 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+) (Intermediate) 12:30 p.m. - 1:30 p.m.		Korean - Developmental Screenings 9:30 a.m. - 4:00 p.m. Low Impact Zumba (14+) (Beginner) 9:00 a.m. - 10:00 a.m. Zumba Step (14+) (Intermediate) 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. Peak of Season: Nutrition & Cooking for Teens (11-17) (2 of 5) 3:15 p.m. - 4:30 p.m.		Meditation (18+) (Beginner) 9:00 a.m. - 10:00 a.m Restorative Yin Yoga (18+) (Beginner) 10:15 a.m. - 11:15 a.m.		CENTER CLOSED	
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22		23		24		25		26		27	
Member Orientation *Receive a \$20 Grocery Store Gift Card per Year* Monday to Friday 9:00 a.m. - 4:30 p.m. Medi-Cal & Covered CA Enrollment Services Monday, Tuesday, Thursday, Friday 9:00 a.m. - 5:00 p.m. Member Services Monday to Friday 9:00 a.m. - 4:30 p.m.		Gentle Yoga (Beginner) 9:15 a.m. - 10:15 a.m. Active Yoga (Intermediate) 10:30 a.m. - 11:30 a.m. Bilingual - Healthy Living: Weight Management (18+) 10:45 a.m. - 11:45 a.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. Zumba (14+) (Intermediate) 1:45 p.m. - 2:45 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* (Beginner) 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+) (Intermediate) 12:30 p.m. - 1:30 p.m. Member Orientation 20 Min. Sessions *Receive \$20 Grocery Store Gift Card 5:00 p.m. - 6:30 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+) (Beginner) 9:00 a.m. - 10:00 a.m. Zumba Step (14+) (Intermediate) 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. Peak of Season: Nutrition & Cooking for Teens (11-17) (4 of 5) 3:15 p.m. - 4:30 p.m.		Meditation (18+) (Beginner) 9:00 a.m. - 10:00 a.m Restorative Yin Yoga (18+) (Beginner) 10:15 a.m. - 11:15 a.m.		CENTER CLOSED	
29		30									
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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



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

LUNES		MARTES		MIÉRCOLES		JUEVES		VIERNES		SÁBADO	
1		2		3		4		5		6	
DÍA DEL TRABAJO  CENTRO CERRADO		Yoga Suave (Principantes) 9:15 a.m. - 10:15 a.m. Yoga Activo (Intermediante) 10:30 a.m. - 11:30 a.m. Bilingüe - Vida Sana: Control de Peso (18+)10:45 a.m.-11:45 a.m. Ing/Esp Español - Hay Que Hablar Sobre la Presión Alta (1 de 4) 11:45 a.m. - 12:45 p.m. Inglés - Vida Sana: En la Cocina (14+) 12:00 p.m. - 1:30 p.m. Español - Vivir Bien con Diabetes (4 de 4) 1:45 p.m. - 3:00 p.m. Zumba (14+) (Intermediante) 1:45 p.m. - 2:45 p.m.		Español - Vida Sana: Superación Personal 9:15 a.m. - 10:15 a.m. Yoga Prenatal y Postnatal (Principantes) *Recibe un paquete de pañales gratis despues de clase* 9:45 a.m. - 10:45 a.m. Español - Vida Sana: En la Cocina (14+) 10:45 a.m. - 12:15 p.m. Vida Sana: Ejercicio de Resistencia (14+) (Intermediante) 12:30 p.m. - 1:30 p.m.		Coreano - Exámenes de Desarrollo 9:30 a.m. - 4:00 p.m. Bajo Impacto Zumba (14+) (Principantes) 9:00 a.m. - 10:00 a.m. Zumba Step (14+) (Intermediante) 10:10 a.m. - 11:10 a.m. Baile Aerobico (Principantes) (14+) 11:25 a.m. - 12:15 p.m. Baile Aerobico (Intermediante) (14+) 12:25 p.m. - 1:20 p.m. Temporada Alta: Nutrición y Cocina Para Adolescentes (11-17) (1 de 5) 3:15 p.m. - 4:30 p.m.		Meditacion (18+) (Principantes) 9:00 a.m. - 10:00 a.m. Yin Yoga Restaurativo (18+) (Intermediante) 10:15 a.m. - 11:15 a.m.		 CENTRO CERRADO	
Orientación Para Miembros *Reciba una tarjeta de regalo de \$20 para comestibles por año* Lunes a Viernes 9:00 a.m. - 4:30 p.m. Servicios de Inscripción para Medi-Cal y Covered CA Lunes, Martes, Jueves, Viernes 9:00 a.m. - 5:00 p.m. Servicio para Miembros Lunes a Viernes 9:00 a.m. - 4:30 p.m. Inglés - RCP y Primeros Auxilios (14+) 2:00 p.m. - 5:00 p.m.		8 Yoga Suave (Principantes) 9:15 a.m. - 10:15 a.m. Yoga Activo (Intermediante) 10:30 a.m. - 11:30 a.m. Bilingüe - Vida Sana: Control de Peso (18+)10:45 a.m.-11:45 a.m. Ing/Esp Inglés - Vida Sana: En la Cocina (14+) 12:00 p.m. - 1:30 p.m. Español - Vivir Bien con Diabetes (1 de 4) 1:45 p.m. - 3:00 p.m. Zumba (14+) (Intermediante) 1:45 p.m. - 2:45 p.m.		10 Español - Vida Sana: Superación Personal 9:15 a.m. - 10:15 a.m. Yoga Prenatal y Postnatal (Principantes) *Recibe un paquete de pañales gratis despues de clase* 9:45 a.m. - 10:45 a.m. Español - Vida Sana: En la Cocina (14+) 10:45 a.m. - 12:15 p.m. Vida Sana: Ejercicio de Resistencia (14+) (Intermediante) 12:30 p.m. - 1:30 p.m.		11 Coreano - Exámenes de Desarrollo 9:30 a.m. - 4:00 p.m. Bajo Impacto Zumba (14+) (Principantes) 9:00 a.m. - 10:00 a.m. Zumba Step (14+) (Intermediante) 10:10 a.m. - 11:10 a.m. Baile Aerobico (Principantes) (14+) 11:25 a.m. - 12:15 p.m. Baile Aerobico (Intermediante) (14+) 12:25 p.m. - 1:20 p.m. Temporada Alta: Nutrición y Cocina Para Adolescentes (11-17) (2 de 5) 3:15 p.m. - 4:30 p.m.		12 Meditacion (18+) (Principantes) 9:00 a.m. - 10:00 a.m. Yin Yoga Restaurativo (18+) (Intermediante) 10:15 a.m. - 11:15 a.m.		 CENTRO CERRADO	
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Orientación Para Miembros *Reciba una tarjeta de regalo de \$20 para comestibles por año* Lunes a Viernes 9:00 a.m. - 4:30 p.m. Servicios de Inscripción para Medi-Cal y Covered CA Lunes, Martes, Jueves, Viernes 9:00 a.m. - 5:00 p.m. Servicio para Miembros Lunes a Viernes 9:00 a.m. - 4:30 p.m. Español - RCP y Primeros Auxilios (14+) 2:00 p.m. - 5:00 p.m.		22 Yoga Suave (Principantes) 9:15 a.m. - 10:15 a.m. Yoga Activo (Intermediante) 10:30 a.m. - 11:30 a.m. Bilingüe - Vida Sana: Control de Peso (18+)10:45 a.m. - 11:45 a.m. Ing/Esp Inglés - Vida Sana: En la Cocina (14+) 12:00 p.m. - 1:30 p.m. Español - Vivir Bien con Diabetes (3 de 4) 1:45 p.m. - 3:00 p.m. Zumba (14+) (Intermediante) 1:45 p.m. - 2:45 p.m.		24 Español - Vida Sana: Superación Personal 9:15 a.m. - 10:15 a.m. Yoga Prenatal y Postnatal (Principantes)*Recibe un paquete de pañales gratis despues de clase* 9:45 a.m. - 10:45 a.m. Español - Vida Sana: En la Cocina (14+) 10:45 a.m. - 12:15 p.m. Vida Sana: Ejercicio de Resistencia (14+) (Intermediante) 12:30 p.m. - 1:30 p.m. Orientación Para Miembros Sesiones de 20 minutos *Reciba una tarjeta de regalo de \$20 para comestibles* 5:00 p.m. - 6:30 p.m Bilingüe - Clinica Legal de Derechos del Inquilino 4:30 p.m. - 5:00 p.m. Registro 5:00 p.m. - 7:00 p.m. Clinica Ing/Esp		25 Coreano - Exámenes de Desarrollo 9:30 a.m. - 4:00 p.m. Bajo Impacto Zumba (14+) (Principantes) 9:00 a.m. - 10:00 a.m. Zumba Step (14+) (Intermediante) 10:10 a.m. - 11:10 a.m. Baile Aerobico (Principantes) (14+) 11:25 a.m. - 12:15 p.m. Baile Aerobico (Intermediante) (14+) 12:25 p.m. - 1:20 p.m. Temporada Alta: Nutrición y Cocina Para Adolescentes (11-17) (4 de 5) 3:15 p.m. - 4:30 p.m.		26 Meditacion (18+) (Principantes) 9:00 a.m. - 10:00 a.m. Yin Yoga Restaurativo (18+) (Intermediante) 10:15 a.m. - 11:15 a.m.		 CENTRO CERRADO	
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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



1233 S. Western Ave.
Los Angeles, CA 90006



HORARIO DEL CENTRO:
Monday - Friday: 9 a.m. - 5 p.m.
Saturday: CLOSED



213.428.1457
CommunityResourceCenterLA.org