



L.A. Care

Community Resource Center



PROMISE

METRO L.A.
OCTOBER 2025

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY	
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!		Spanish - Healthy Living: Personal Development 9:15 a.m. - 10:15 a.m. 1 Prenatal & Postnatal Yoga (Beginner) *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+) (Intermediate) 12:30 p.m. - 1:30 p.m.	CalFresh Application Assistance 9:00 a.m. - 5:00 p.m. 2 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) (5 of 5) 3:15 p.m. - 4:30 p.m.	Meditation (18+) (Beginner) 9:00 a.m. - 10:00 a.m. 3 Restorative Yin Yoga (18+) (Beginner) 10:15 a.m. - 11:15 a.m.	CENTER CLOSED				
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. Medicare 101: Medicare Overview (18+) 10:30 a.m. - 11:30 a.m. English - CPR, AED & First Aid (14+) 2:00 p.m. - 5:00 p.m. 6		Gentle Yoga (Beginner) 9:15 a.m. - 10:15 a.m. 7 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 (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. Zumba (14+) (Intermediate) 1:45 p.m. - 2:45 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. 8 Prenatal & Postnatal Yoga (Beginner) *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+) (Intermediate) 12:30 p.m. - 1:30 p.m.	CalFresh Application Assistance 9:00 a.m. - 5:00 p.m. 9 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.	Meditation (18+) (Beginner) 9:00 a.m. - 10:00 a.m. 10 Restorative Yin Yoga (18+) (Beginner) 10:15 a.m. - 11:15 a.m.	CENTER CLOSED					
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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



Community Resource Center



METRO L.A.
OCTUBRE 2025

LUNES		MARTES		MIÉRCOLES		JUEVES		VIERNES		SÁBADO	
AZUL Califican para el programa mis recompensas para una vida sana. VERDE Por cita y registro solamaneté.		SERVICIOS DEL CENTRO - Servicios a los miembros - Servicios de Inscripción* • Medi-cal, MediCare, Covered California, y Calfresh Orientación para nuevos miembros *Comuníquese con el Centro para disponibilidad de Servicios TODOS LOS SERVICIOS Y LAS CLASES SON GRATIS ¡PARA TODOS!		Español - Vida Sana: Superación Personal 9:15 a.m. - 10:15 a.m. Yoga Prenatal y Postnatal (Principiante) *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.		Asistencia para Aplicaciones de CalFresh 9:30 a.m. - 4:30 p.m Coreano - Exámenes de Desarrollo 9:30 a.m. - 4:00 p.m. Bajo Impacto Zumba (14+) (Principiante) 9:00 a.m. - 10:00 a.m. Zumba Step (14+) (Intermediante) 10:10 a.m. - 11:10 a.m. Baile Aerobico (Principiante) (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) (5 de 5) 3:15 p.m. - 4:30 p.m.		Meditacion (18+) (Principiante) 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. Medicare 101: Introduccún a Medicare (18+) 10:30 a.m. - 11:30 a.m. Inglés - RCP y Primeros Auxilios (14+) 2:00 p.m. - 5:00 p.m.		Yoga Suave (Principiante) 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 p.m. Ing/Esp Español - Hay Que Hablar Sobre la Presión Alta (4 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. Zumba (Principiante) 1:45 p.m. - 2:45 p.m. Español - Vivir Bien con Diabetes (1 de 4) 1:45 p.m. - 3:00 p.m.		Español - Vida Sana: Superación Personal 9:15 a.m. - 10:15 a.m. Yoga Prenatal y Postnatal (Principiante) *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.		Asistencia para Aplicaciones de CalFresh 9:30 a.m. - 4:30 p.m Coreano - Exámenes de Desarrollo 9:30 a.m. - 4:00 p.m. Bajo Impacto Zumba (14+) (Principiante) 9:00 a.m. - 10:00 a.m. Zumba Step (14+) (Intermediante) 10:10 a.m. - 11:10 a.m. Baile Aerobico (Principiante) (14+) 11:25 a.m. - 12:15 p.m. Baile Aerobico (Intermediante) (14+) 12:25 p.m. - 1:20 p.m.		Meditacion (18+) (Principiante) 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**



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CommunityResourceCenterLA.org