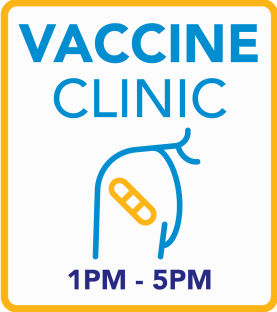




Community Resource Center



NORWALK SEPTEMBER 2025

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY	
1 		2 CPR/First Aid - SP Register at freecprla.com 10 a.m. - 1 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.		3 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. Chase Financial Literacy-EN 11:15 a.m. - 12:15 p.m. **Call to Register!** Fruits & Vegetables Class 2:30 p.m. - 3:30 p.m. Homework Help (Ages 4-12) 2:45 p.m. - 3:45 p.m. Kids' Cooking Class 3:45 p.m. - 4:45 p.m.		4 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. 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.		5 Exercise for All 9 a.m. - 10 a.m. Cooking Matters 10:15 a.m. - 11:45 a.m. Loteria 10:15 a.m. - 11:00 a.m. Pecked Paper Activity! 3:45 p.m. - 4:45 p.m. Yoga 3:45 p.m. - 4:45 p.m.		6 	
8 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. Chase Financial Literacy -SP 3 p.m. - 4 p.m. **Call to Register!** Kids' Fitness Games! 3:45 p.m. - 4:45 p.m.		9 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.		10 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. Homework Help (Ages 4-12) 2:45 p.m. - 3:45 p.m. Kids' Cooking Class 3:45 p.m. - 4:45 p.m.		11 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.		12 Exercise for All 9 a.m. - 10 a.m. Cooking Matters 10:15 a.m. - 11:45 a.m. Loteria 10:15 a.m. - 11:00 a.m. Pecked Paper Activity! 3:45 p.m. - 4:45 p.m. Yoga 3:45 p.m. - 4:45 p.m.		13 	
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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



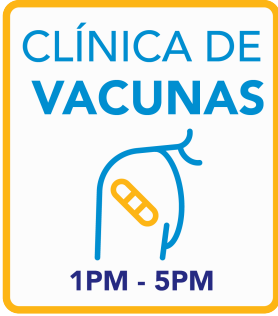
11721 Rosecrans Ave
Norwalk, CA 90650



CENTER HOURS:
Monday - Friday: 9 a.m. - 5 p.m.
Saturday: CLOSED



562.651.6060
CommunityResourceCenterLA.org

LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO
1  RCP/Primeros Auxilios ESP Registrarse - freecprla.com 10 a.m. - 1 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.	2 Servicios de Inscripción 9 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. Educación Financiera de Chase-ING 11:15 a.m. - 12:15 p.m. **Hable para Registrarse** Clase de Frutas y Verduras 2:30 p.m. - 3:30 p.m. Ayuda de Tarea (Edades 4-12) 2:45 p.m. - 3:45 p.m. Cocina Saludable para Niños 3:45 p.m. - 4:45 p.m.	3 Servicios de Inscripción 9 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. 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.	4 Ejercicios para Todos 9 a.m. - 10 a.m. Cocina para Adultos 10:15 a.m. - 11:45 a.m. Lotería 10:15 a.m. - 11:00 a.m. Actividad de Papel Picado 3:45 p.m. - 4:45 p.m. Yoga 3:45 p.m. - 4:45 p.m.	5 	6
8 Servicios de Inscripción 9 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. Educación Financiera de Chase ESP 3 p.m. - 4 p.m. **Hable para Registrarse** Juegos de Ejercicios para Niños! 3:45 p.m. - 4:45 p.m.	9 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.	10 Servicios de Inscripción 9 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. Ayuda de Tarea (Edades 4-12) 2:45 p.m. - 3:45 p.m. Cocina Saludable para Niños 3:45 p.m. - 4:45 p.m.	11 Servicios de Inscripción 9 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.	12 Ejercicios para Todos 9 a.m. - 10 a.m. Cocina para Adultos 10:15 a.m. - 11:45 a.m. Lotería 10:15 a.m. - 11:00 a.m. Actividad de Papel Picado 3:45 p.m. - 4:45 p.m. Yoga 3:45 p.m. - 4:45 p.m.	13 
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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



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Norwalk, CA 90650



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