



Community Resource Center



NORWALK OCTOBER 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Classes in BLUE qualify for My Rewards! Classes listed in GREEN require Pre-Registration	Celebrate Breast Cancer Awareness Month With Us!	1 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. 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.	2 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. Arts & Crafts-Color for a Cause 11:00 a.m. - 11:45 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.	3 Exercise for All 9 a.m. - 10 a.m. Cooking Matters 10:15 a.m. - 11:45 a.m. Arts & Crafts-Pink Ribbon Collage 1:00 p.m. - 1:45 p.m. Yoga 3:45 p.m. - 4:45 p.m.	4 CENTER CLOSED
6 Enrollment Services 9 a.m. - 4 p.m. Yoga 9 a.m. - 10 a.m. Pilates 12 p.m. - 1 p.m. Adult Weight Management ENG. 2:00 p.m. - 3:30 p.m. Adult Weight Management SPA. 3:30 p.m. - 5:00 p.m. Kids' Fitness Games! 3:45 p.m. - 4:45 p.m. Wear Pink	7 CPR/First Aid Register at freecprla.com SPA. 10 a.m. - 1 p.m. Chase Financial Literacy ENG. 10:30 a.m. - 11:30 a.m. Chase Financial Literacy SPA. 11:45 a.m. - 12:45 p.m. Arts & Crafts-Motivational Bracelets 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. Ribbon Day	8 Enrollment Services 9 a.m. - 4 p.m. CalFresh Assistance 9 a.m. - 4 p.m. Food Pantry (Limited to First 200 People) 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. Wellness Walk; Walk with a Friend	9 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. Hats off to Fighters; Wear a Hat	10 Baby Diaper Distribution (First 50 Participants; Sizes May Vary) Exercise for All 9 a.m. - 10 a.m. Cooking Matters 10:15 a.m. - 11:45 a.m. Yoga 3:45 p.m. - 4:45 p.m. Wear White to Honor Lost Loved Ones	11 CENTER CLOSED
13 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. Adult Weight Management ENG. 2:00 p.m. - 3:30 p.m. Adult Weight Management SPA. 3:30 p.m. - 5:00 p.m. Kids' Fitness Games! 3:45 p.m. - 4:45 p.m.	14 Diabetes Wellness 9 a.m. - 10 a.m. Nutrition & You 10 a.m. - 11 a.m. Arts & Crafts-Pink Ribbon Collage 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.	15 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. 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.	16 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. Arts & Crafts-Motivational Bracelets 11:00 a.m. - 11:45 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.	17 Exercise for All 9 a.m. - 10 a.m. Cooking Matters 10:15 a.m. - 11:45 a.m. Resource Connection Fair Learn about YOUR Community! 1:00 p.m. - 3:30 p.m. Yoga 3:45 p.m. - 4:45 p.m.	18 CENTER CLOSED
20 Enrollment Services 9 a.m. - 4 p.m. Yoga 9 a.m. - 10 a.m. Pilates 12 p.m. - 1 p.m. Kids' Fitness Games! 3:45 p.m. - 4:45 p.m.	21 New Member Orientation ENG. 11:15 a.m. - 12:00 p.m. New Member Orientation SPA. 12:00 a.m. - 12:45 p.m. Arts & Crafts-Color for a Cause 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.	22 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. 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.	23 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. Arts & Crafts-Create Cards for Patients 11:00 a.m. - 11:45 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.	24 Exercise for All 9 a.m. - 10 a.m. Cooking Matters 10:15 a.m. - 11:45 a.m. Arts & Crafts-Paper Flower Bouquets 11:00 a.m. - 11:45 a.m. CPR/First Aid Register at freecprla.com ENG. 12:30 p.m. - 3:30 p.m. Yoga 3:45 p.m. - 4:45 p.m.	25 CENTER CLOSED
27 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. Kids' Fitness Games! 3:45 p.m. - 4:45 p.m. Twin Day!	28 Diabetes Wellness 9 a.m. - 10 a.m. Nutrition & You 10 a.m. - 11 a.m. Yoga 2:30 p.m. - 3:30 p.m. Zumba 3:45 p.m. - 4:45 p.m. Wear Purple and Orange!	29 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. 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. Mix and Match Sock Day!	30 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. Disney Day!	31 Exercise for All 9 a.m. - 10 a.m. Cooking Matters 10:15 a.m. - 11:45 a.m. Yoga 3:45 p.m. - 4:45 p.m. Costume Day!	CRC Website

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
Las clases en AZUL califican para Mis Recompensas. Las clases que están en Verde requieren preinscripción!	¡Celebre el Mes de Concientización sobre el Cáncer de Mama con Nosotros!	Servicios de Inscripción 9 a.m. - 4 p.m. 1 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. 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.	Servicios de Inscripción 9 a.m. - 4 p.m. 2 Clase de Jugos y Ensaladas 9 a.m. - 10 a.m. Cocina Saludable 10:00 a.m. - 11:30 a.m. Colorea para una Causa 11:00 a.m. - 11:45 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.	Ejercicios para Todos 9 a.m. - 10 a.m. 3 Cocina para Adultos 10:15 a.m. - 11:45 a.m. Artes y Manualidades- Collage de Liston Rosa 1:00 p.m. - 1:45 p.m. Yoga 3:45 p.m. - 4:45 p.m.	4 
Servicios de Inscripción 9 a.m. - 4 p.m. 6 Yoga 9 a.m. - 10 a.m. Pilates 12 p.m. - 1 p.m. Control de Peso de Adultos ING 2:00 p.m. - 3:30 p.m. Control de Peso de Adultos ESP 3:30p.m. - 5:00 p.m. Juegos de Ejercicios para Ninos! 3:45 p.m. - 4:45 p.m. Vestir de Rosa	RCP/Primeros Auxilios 7 Regístrate en freecprla.com ESP 10 a.m. - 1 p.m. Clase de Salud Financiera ING 10:30 a.m. - 11:30 a.m. Clase de Salud Financiera ESP 11:45 a.m. - 12:45 p.m. Artes y Manualidades- Pulseras Motivacionales 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. Día de Liston Rosa	Servicios de Inscripción 9 a.m. - 4 p.m. 8 Asistencia de CalFresh 9 a.m. - 4 p.m. Despensa de Alimentos (Limitado a las primeras 200 personas) 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. Paseo de Bienestar; Camina con un Amigo	Servicios de Inscripción 9 a.m. - 4 p.m. 9 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. ¡Nos Quitamos el Sombrero ante Los Luchadores! ¡Usa un Sombrero!	Distribución de Pañales para Bebé 10 (Primeros 50 participantes; Las Tallas Pueden Variar) Ejercicios para Todos 9 a.m. - 10 a.m. Cocina para Adultos 10:15 a.m. - 11:45 a.m. Yoga 3:45 p.m. - 4:45 p.m. Vístete de Blanco para Honrar a Tus Seres Queridos Fallecidos	11 
Servicios de Inscripción 9 a.m. - 4 p.m. 13 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. Control de Peso de Adultos ING 2:00 p.m. - 3:30 p.m. Control de Peso de Adultos ESP 3:30p.m. - 5:00 p.m. Juegos de Ejercicios para Ninos! 3:45 p.m. - 4:45 p.m.	Educación Sobre Diabetes 14 9 a.m. - 10 a.m. La Nutrición y Usted 10 a.m. - 11 a.m. Artes y Manualidades- Collage de Liston Rosa 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.	Servicios de Inscripción 9 a.m. - 4 p.m. 15 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. 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.	Servicios de Inscripción 9 a.m. - 4 p.m. 16 Clase de Jugos y Ensaladas 9 a.m. - 10 a.m. Cocina Saludable 10:00 a.m. - 11:30 a.m. Artes y Manualidades- Pulseras Motivacionales 11:00 a.m. - 11:45 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.	Ejercicios para Todos 9 a.m. - 10 a.m. 17 Cocina para Adultos 10:15 a.m. - 11:45 a.m. Feria de Conexión de Recursos;¡Aprenda de Recursos en Su Comunidad! 1:00 p.m. - 3:30 p.m. Yoga 3:45 p.m. - 4:45 p.m.	18 
Servicios de Inscripción 9 a.m. - 4 p.m. 20 Yoga 9 a.m. - 10 a.m. Pilates 12 p.m. - 1 p.m. Juegos de Ejercicios para Ninos! 3:45 p.m. - 4:45 p.m.	Orientación para Nuevos Miembros 21 ING 11:15 a.m. - 12:00 p.m. Orientación para Nuevos Miembros ESP 12:00 a.m. - 12:45 p.m. Artes y Manualidades- Colorea para una Causa 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.	Servicios de Inscripción 9 a.m. - 4 p.m. 22 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. 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.	Servicios de Inscripción 9 a.m. - 4 p.m. 23 Clase de Jugos y Ensaladas 9 a.m. - 10 a.m. Cocina Saludable 10:00 a.m. - 11:30 a.m. Artes y Manualidades- Crear Tarjetas para Pacientes 11:00 a.m. - 11:45 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.	Ejercicios para Todos 9 a.m. - 10 a.m. 24 Cocina para Adultos 10:15 a.m. - 11:45 a.m. Artes y Manualidades- Ramo de Flores de Papel 11:00 a.m. - 11:45 a.m. RCP/Primeros Auxilios Regístrate en freecprla.com ING 12:30 p.m. - 3:30 p.m. Yoga para Todos 3:45 p.m. - 4:45 p.m.	25 
Servicios de Inscripción 9 a.m. - 4 p.m. 27 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. Juegos de Ejercicios para Ninos! 3:45 p.m. - 4:45 p.m. Día de los Gemelos!	Educación Sobre Diabetes 28 9 a.m. - 10 a.m. La Nutrición y Usted 10 a.m. - 11 a.m. Yoga 2:30 p.m. - 3:30 p.m. Zumba 3:45 p.m. - 4:45 p.m. Vistir de Morado y Naranja!	Servicios de Inscripción 9 a.m. - 4 p.m. 29 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. 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. Día de Mezclar y Combinar Calcetines!	Servicios de Inscripción 9 a.m. - 4 p.m. 30 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. Día de Vistir como Disney!	Ejercicios para Todos 9 a.m. - 10 a.m. 31 Cocina para Adultos 10:15 a.m. - 11:45 a.m. Yoga 3:45 p.m. - 4:45 p.m. ¡Día del Disfraz!	 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. 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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