



POMONA
OCTOBER
2025

Community Resource Center

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Medi-Cal Enrollment Monday-Friday 9am-4pm CalFresh Enrollment Monday-Friday 9am-4pm CPR/First Aid Register at freecprla.com	BLUE Qualify for the My Rewards for a Healthy Life Program. GREEN Appointment & Registration required.	Zumba 9:30-10:30am 1 Strong 10:45-11:45am Yoga 12-1pm Kids Fitness 3-4pm (ages 6-12) Health Wellness and Wholeness 3-4:30pm SPA. Boot Camp 4-5pm Kids Health Education 4-5pm (ages 6-12)	Circuit Training 2 9:15-10:15am Healthy Cooking 10:30am-12pm CPR/First Aid 12-3pm ENG. Mommy Yoga 1-2pm Vinyasa Yoga 2:15-3:15pm Community Connection 4-5pm Kids Fitness 4-5pm (ages 6-12)	Boot Camp 3 9-10am Zumba 10:15-11:15am Mat Pilates 11:30am-12:30pm Kids Dance 4-5pm (all ages)	CENTER CLOSED
Zumba 6 9:30-10:30am Vinyasa Yoga 10:45-11:45am Meditation 12-1pm Stretch & Mobility 3-4pm Boot Camp 4-5pm	Circuit Training 7 9:15-10:15am Healthy Cooking 10:30am-12pm Healthy Juicing 12-1:30pm Zumba 3-4pm HIIT 4-5pm	Zumba 8 9:30-10:30am Strong 10:45-11:45am Yoga 12-1pm Kids Fitness 3-4pm (ages 6-12) Good Sleep for Emotional Wellbeing 3-4:30pm SPA. Boot Camp 4-5pm Kids Health Education 4-5pm (ages 6-12)	Circuit Training 9 9:15-10:15am Healthy Cooking 10:30am-12pm Mommy Yoga 1-2pm Vinyasa Yoga 2:15-3:15pm Community Connection 4-5pm Mental Health, Stigma & Resilience 4-5pm ENG. Kids Fitness 4-5pm (ages 6-12)	Boot Camp 10 9-10am Zumba 10:15-11:15am Car Seat Workshop 1:00-2:30pm Kids Dance 4-5pm (all ages)	CENTER CLOSED
Zumba 13 9:30-10:30am Vinyasa Yoga 10:45-11:45am Meditation 12-1pm Stretch & Mobility 3-4pm Boot Camp 4-5pm	Circuit Training 14 9:15-10:15am Healthy Cooking 10:30am-12pm Zumba 3-4pm HIIT 4-5pm	Zumba 15 9:30-10:30am Strong 10:45-11:45am Yoga 12-1pm Kids Fitness 3-4pm (ages 6-12) Manage your Medication 3-4:30pm SPA. Boot Camp 4-5pm Kids Health Education 4-5pm (ages 6-12)	Circuit Training 16 9:15-10:15am Healthy Cooking 10:30am-12pm CPR/First Aid 12-3pm SPA. Mommy Yoga 1-2pm Vinyasa Yoga 2:15-3:15pm Member Orientation 3-4pm SPA. Community Connection 4-5pm Kids Fitness 4-5pm (ages 6-12)	Boot Camp 17 9-10am Zumba 10:15-11:15am Mat Pilates 3-4pm Kids Dance 4-5pm (all ages)	CENTER CLOSED
Zumba 20 9:30-10:30am Vinyasa Yoga 10:45-11:45am Meditation 12-1pm Stretch & Mobility 3-4pm Boot Camp 4-5pm	Circuit Training 21 9:15-10:15am Healthy Cooking 10:30am-12pm Healthy Juicing 12-1:30pm Zumba 3-4pm HIIT 4-5pm	Zumba 22 9:30-10:30am Strong 10:45-11:45am Yoga 12-1pm Kids Fitness 3-4pm (ages 6-12) Late-Life Transitions 3-4:30pm SPA. Boot Camp 4-5pm Kids Health Education 4-5pm (ages 6-12)	Circuit Training 23 9:15-10:15am Healthy Cooking 10:30am-12pm Mommy Yoga 1-2pm Vinyasa Yoga 2:15-3:15pm Community Connection 4-5pm Kids Fitness 4-5pm (ages 6-12)	Boot Camp 24 9-10am Zumba 10:15-11:15am Kids Dance 4-5pm (all ages)	CENTER CLOSED
Zumba 27 9:30-10:30am Vinyasa Yoga 10:45-11:45am Meditation 12-1pm Stretch & Mobility 3-4pm Boot Camp 4-5pm	Circuit Training 28 9:15-10:15am Healthy Cooking 10:30am-12pm Zumba 3-4pm HIIT 4-5pm	Zumba 29 9:30-10:30am Strong 10:45-11:45am Yoga 12-1pm Kids Fitness 3-4pm (ages 6-12) Discover Your Passion 3-4:30pm SPA. Boot Camp 4-5pm Kids Health Education 4-5pm (ages 6-12)	Circuit Training 30 9:15-10:15am Healthy Cooking 10:30am-12pm Mommy Yoga 1-2pm Vinyasa Yoga 2:15-3:15pm Member Orientation 3-4pm ENG. Vaccine Hesitancy 4-5pm SPA. Kids Fitness 4-5pm (ages 6-12)	Boot Camp 31 9-10am Zumba 10:15-11:15am Mat Pilates 11:30am-12:30pm Community Resource Fair & Food Pantry 2-4pm	CRC Website

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



696 W. Holt Ave.
Pomona, CA 91768



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



909.620.1661
CommunityResourceCenterLA.org



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LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO
Inscripcion Medi-Cal Lunes a Viernes 9am-4pm Inscripcion Cal Fresh Lunes a Viernes 9am-4pm RCP/Primeros Auxilios Registrese en freecprla.com	AZUL Califican para el programa mis recompensas para una vida sana. VERDE Por cita y registro solamanete.	Zumba 9:30-10:30am Strong 10:45-11:45am Yoga 12-1pm Cardio Para Niños 3-4pm (6-12 años) Salud, Bienestar y Plenitud 3-4:30pm ESP. Boot Camp 4-5pm Educacion de Salud para Niños 4-5pm (6-12 años)	Entrenamiento Circuito 9:15-10:15am Cocina Saludable 10:30am-12pm RCP/Primeros Auxilios 12-3pm ING. Yoga Para Mamas 1-2pm Vinyasa Yoga 2:15-3:15pm Conexion Comunitaria 4-5pm Cardio Para Niños 4-5pm (6-12 años)	Boot Camp 9-10am Zumba 10:15-11:15am Pilates 11:30am-12:30pm Clase de Baile para Niños 4-5pm (todas edades)	CENTRO CERRADO
Zumba 9:30-10:30am Vinyasa Yoga 10:45-11:45am Meditacion 12-1pm Estiramiento y Movilidad 3-4pm Boot Camp 4-5pm	Entrenamiento Circuito 9:15-10:15am Cocina Saludable 10:30am-12pm Jugos Saludables 12-1:30pm Zumba 3-4pm HIIT 4-5pm	Zumba 9:30-10:30am Strong 10:45-11:45am Yoga 12-1pm Cardio Para Niños 3-4pm (6-12 años) Dormir bien para el bienestar emocional 3-4:30pm ESP. Boot Camp 4-5pm Educacion de Salud para Niños 4-5pm (6-12 años)	Entrenamiento Circuito 9:15-10:15am Cocina Saludable 10:30am-12pm Yoga Para Mamas 1-2pm Vinyasa Yoga 2:15-3:15pm Conexion Comunitaria 4-5pm Salud Mental y Estigma 4-5pm ING. Cardio Para Niños 4-5pm (6-12 años)	Boot Camp 9-10am Zumba 10:15-11:15am Taller de asientos de coche 1:00-2:30pm Clase de Baile para Niños 4-5pm (todas edades)	CENTRO CERRADO
Zumba 9:30-10:30am Vinyasa Yoga 10:45-11:45am Meditacion 12-1pm Estiramiento y Movilidad 3-4pm Boot Camp 4-5pm	Entrenamiento Circuito 9:15-10:15am Cocina Saludable 10:30am-12pm Zumba 3-4pm HIIT 4-5pm	Zumba 9:30-10:30am Strong 10:45-11:45am Yoga 12-1pm Cardio Para Niños 10:30am-12pm (6-12 años) Como administrar su medicacion 3-4:30pm ESP. Boot Camp 4-5pm Educacion de Salud para Niños 4-5pm (6-12 años)	Entrenamiento Circuito 9:15-10:15am Cocina Saludable 10:30am-12pm RCP/Primeros Auxilios 12-3pm ESP. Yoga Para Mamas 1-2pm Vinyasa Yoga 2:15-3:15pm Orientacion para nuevos miembros 3-4pm ESP. Conexion Comunitaria 4-5pm Cardio Para Niños 4-5pm (6-12 años)	Boot Camp 9-10am Zumba 10:15-11:15am Pilates 3-4pm Clase de Baile para Niños 4-5pm (todas edades)	CENTRO CERRADO
Zumba 9:30-10:30am Vinyasa Yoga 10:45-11:45am Meditacion 12-1pm Estiramiento y Movilidad 3-4pm Boot Camp 4-5pm	Entrenamiento Circuito 9:15-10:15am Cocina Saludable 10:30am-12pm Jugos Saludables 12-1:30pm Zumba 3-4pm HIIT 4-5pm	Zumba 9:30-10:30am Strong 10:45-11:45am Yoga 12-1pm Cardio Para Niños 3-4pm (6-12 años) Transiciones en la vejez 3-4:30pm ESP. Boot Camp 4-5pm Educacion de Salud para Niños 4-5pm (6-12 años)	Entrenamiento Circuito 9:15-10:15am Cocina Saludable 10:30am-12pm Yoga Para Mama 1-2pm Vinyasa Yoga 2:15-3:15pm Conexion Comunitaria 4-5pm Cardio Para Niños 4-5pm (6-12 años)	Boot Camp 9-10am Zumba 10:15-11:15am Clase de Baile para Niños 4-5pm (todas edades)	CENTRO CERRADO
Zumba 9:30-10:30am Vinyasa Yoga 10:45-11:45am Meditacion 12-1pm Estiramiento y Movilidad 3-4pm Boot Camp 4-5pm	Entrenamiento Circuito 9:15-10:15am Cocina Saludable 10:30am-12pm Zumba 3-4pm HIIT 4-5pm	Zumba 9:30-10:30am Strong 10:45-11:45am Yoga 12-1pm Cardio Para Niños 3-4pm (6-12 años) Descubre tu Passion 3-4:30pm ESP. Boot Camp 4-5pm Educacion de Salud para Niños 4-5pm (6-12 años)	Entrenamiento Circuito 9:15-10:15am Cocina Saludable 10:30am-12pm Yoga Para Mama 1-2pm Vinyasa Yoga 2:15-3:15pm Orientacion para nuevos miembros 3-4pm ING. Resistencia a las Vacunas 4-5pm ESP Cardio Para Niños 4-5pm (6-12 años)	Boot Camp 9-10am Zumba 10:15-11:15am Pilates 11:30am-12:30pm Feria de Recursos y Despensa de Alimentos 2-4pm	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



696 W. Holt Ave.
Pomona, CA 91768



HORARIO DEL CENTRO:
Lunes a Viernes: 9 a.m. - 5 p.m.
Sábado: CERRADO



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