



EAST L.A.

NOVEMBER

2025

Community Resource Center

| MONDAY                                                                                                                                                                                                                                                                                                                                                                                                         |  | TUESDAY                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |  | WEDNESDAY                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |  | THURSDAY                                                                                                                                                                                                                                                                                                                                                                                                                               |  | FRIDAY                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |  | SATURDAY                                                                                                                  |  |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--|---------------------------------------------------------------------------------------------------------------------------|--|
| <div>CENTER SERVICES</div> <div><div>- Member Services</div><div>- Enrollment Services*</div><div><div>• Medi-cal, MediCare, Covered California, &amp; CalFresh</div></div><div>- New Member Orientation</div></div> <div>*Contact Center for Availability of Services</div> <div>ALL SERVICES AND CLASSES ARE FREE FOR EVERYONE!</div>                                                                        |  | <div>BLUE</div> <div>Qualify for the My Rewards for a Healthy Life Program.</div> <div>GREEN</div> <div>Appointment &amp; Registration required.</div>                                                                                                                                                                                                                                                                                                                                                                                                                                        |  | <div></div> <div>CRC East L.A. Instagram</div>                                                                                                                                                                                                                                                                                                                                                  |  |                                                                                                                                                                                                                                                                                                                                                                                                                                        |  |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |  | <div></div> <div>CENTER CLOSED</div>   |  |
| <div>Cooking Matters</div> <div>9 - 10:30 a.m. Spa.</div> <div>Life Skills</div> <div>10:45 - 11:45 a.m. Spa.</div> <div>Circuit Training for Adults</div> <div>12 - 1 p.m.</div> <div>Zumba</div> <div>1:15 - 2:15 p.m.</div> <div>Tai Chi</div> <div>2:30 - 3:30 p.m.</div> <div>Sunset Yoga</div> <div>4 - 5 p.m.</div> <div>Kid's Art Club: Autumn Painting Part 1 (Ages 5-12)</div> <div>4 - 5 p.m.</div> |  | <div>Cal-Fresh Application Assistance</div> <div>9 a.m. - 5 p.m.</div> <div>Little One &amp; Me</div> <div>9:30 - 10:30 a.m. Eng.</div> <div>Stress and Emotional Well-Being</div> <div>10 - 11 a.m. Spa.</div> <div>Obesity Education</div> <div>11:30 a.m. - 1 p.m. Spa.</div> <div>Dance Aerobics (Intermediate)</div> <div>11 a.m. - 12 p.m.</div> <div>Dance Aerobics (Beginner)</div> <div>12:15 - 1:15 p.m.</div> <div>Lotería - Cards &amp; Community</div> <div>1:30 - 3:30 p.m. Spa.</div> <div>Zumba Cardio Fusion</div> <div>4 - 5 p.m.</div>                                     |  | <div>The World of Juicing and Salads</div> <div>9 - 10 a.m. Spa.</div> <div>Breakthrough Parenting Virtual</div> <div>10 a.m. - 12 p.m. Spa.</div> <div>Healthy Cooking [4 of 12]</div> <div>10:15 a.m. - 12:15 p.m. Spa.</div> <div>Zumba</div> <div>12:30 - 1:30 p.m.</div> <div>Pilates</div> <div>1:45 - 2:45 p.m.</div> <div>Family STEAM Class: STEAM Expo</div> <div>3 - 5 p.m.</div> <div>Breakthrough Parenting Virtual</div> <div>4 - 6 p.m. Eng.</div>                |  | <div>CPR &amp; First Aid (English)</div> <div>10 a.m. - 1 p.m.</div> <div>Understanding High Blood Pressure</div> <div>3 - 4 p.m. Spa.</div> <div>Kids Fitness Adventure</div> <div>3 - 4 p.m.</div> <div>Boot Camp for Adults</div> <div>4 - 5 p.m.</div>                                                                                                                                                                             |  | <div>Boot Camp for Adults</div> <div>8 - 9 a.m.</div> <div>Sunrise Yoga</div> <div>9 - 10 a.m.</div> <div>Anger Management Virtual</div> <div>9:30 - 11 a.m. Eng.</div> <div>Story Time for Tots (Ages 0-5)</div> <div>10:30 - 11:30 a.m. Spa.</div> <div>Diabetes Education</div> <div>11 a.m. - 12 p.m. Spa.</div> <div>Nutrition and You</div> <div>12 - 1 p.m. Spa.</div> <div>Zumba Step</div> <div>12 - 1 p.m.</div> <div>Zumba Gold</div> <div>1:15 - 2:15 p.m.</div>                                                                      |  | <div></div> <div>CENTER CLOSED</div> |  |
| <div></div> <div>CENTER CLOSED</div>                                                                                                                                                                                                                                                                                        |  | <div>VETERAN'S DAY</div> <div></div> <div>CENTER CLOSED</div>                                                                                                                                                                                                                                                                                                                                                                                                                                              |  | <div>The World of Juicing and Salads</div> <div>9 - 10 a.m. Spa.</div> <div>Breakthrough Parenting Virtual</div> <div>10 a.m. - 12 p.m. Spa.</div> <div>Healthy Cooking [5 of 12]</div> <div>10:15 a.m. - 12:15 p.m. Spa.</div> <div>Zumba</div> <div>12:30 - 1:30 p.m.</div> <div>Pilates</div> <div>1:45 - 2:45 p.m.</div> <div>ESL: Intro to Alphabets &amp; Consonant</div> <div>3 - 5 p.m.</div> <div>Breakthrough Parenting Virtual</div> <div>4 - 6 p.m. Eng.</div>       |  | <div>Community Baby Shower</div> <div>10 a.m. - 12 p.m.</div> <div>*Registration opens October 30*</div> <div>Understanding High Blood Pressure</div> <div>3 - 4 p.m. Spa.</div> <div>Kids Fitness Adventure</div> <div>3 - 4 p.m.</div> <div>Boot Camp for Adults</div> <div>4 - 5 p.m.</div>                                                                                                                                         |  | <div>Boot Camp for Adults</div> <div>8 - 9 a.m.</div> <div>Sunrise Yoga</div> <div>9 - 10 a.m.</div> <div>Anger Management Virtual</div> <div>9:30 - 11 a.m. Eng.</div> <div>Story Time for Tots (Ages 0-5)</div> <div>10:30 - 11:30 a.m. Spa.</div> <div>Diabetes Education</div> <div>11 a.m. - 12 p.m. Spa.</div> <div>Nutrition and You</div> <div>12 - 1 p.m. Spa.</div> <div>Zumba Step</div> <div>12 - 1 p.m.</div> <div>Zumba Gold</div> <div>1:15 - 2:15 p.m.</div>                                                                      |  | <div></div> <div>CENTER CLOSED</div> |  |
| <div>Cooking Matters</div> <div>9 - 10:30 a.m. Spa.</div> <div>Life Skills</div> <div>10:45 - 11:45 a.m. Spa.</div> <div>Circuit Training for Adults</div> <div>12 - 1 p.m.</div> <div>Zumba</div> <div>1:15 - 2:15 p.m.</div> <div>Tai Chi</div> <div>2:30 - 3:30 p.m.</div> <div>Sunset Yoga</div> <div>4 - 5 p.m.</div> <div>Kid's Art Club: Autumn Painting Part 2 (Ages 5-12)</div> <div>4 - 5 p.m.</div> |  | <div>Cal-Fresh Application Assistance</div> <div>9 a.m. - 5 p.m.</div> <div>Little One &amp; Me</div> <div>9:30 - 10:30 a.m. Eng.</div> <div>Mental Health and Stigma</div> <div>10 - 11 a.m. Spa.</div> <div>Diabetes Basics</div> <div>11:30 a.m. - 1 p.m. Spa.</div> <div>Dance Aerobics (Intermediate)</div> <div>11 a.m. - 12 p.m.</div> <div>Dance Aerobics (Beginner)</div> <div>12:15 - 1:15 p.m.</div> <div>Lotería - Cards &amp; Community</div> <div>1:30 - 3:30 p.m. Spa.</div> <div>Zumba Cardio Fusion</div> <div>4 - 5 p.m.</div>                                              |  | <div>The World of Juicing and Salads</div> <div>9 - 10 a.m. Spa.</div> <div>Breakthrough Parenting Virtual</div> <div>10 a.m. - 12 p.m. Spa.</div> <div>Healthy Cooking [6 of 12]</div> <div>10:15 a.m. - 12:15 p.m. Spa.</div> <div>Zumba</div> <div>12:30 - 1:30 p.m.</div> <div>Pilates</div> <div>1:45 - 2:45 p.m.</div> <div>ESL: Intro to Phonics, Endings &amp; Digraphs</div> <div>3 - 5 p.m.</div> <div>Breakthrough Parenting Virtual</div> <div>4 - 6 p.m. Eng.</div> |  | <div>CPR &amp; First Aid (Spanish)</div> <div>10 a.m. - 1 p.m.</div> <div>Food Pantry</div> <div>(limited to first 100 people)</div> <div>10 - 11 a.m.</div> <div>Vape, Tobacco &amp; Marijuana Awareness</div> <div>11 a.m - 12 p.m. Spa.</div> <div>Understanding High Blood Pressure</div> <div>3 - 4 p.m. Spa.</div> <div>Kids Fitness Adventure</div> <div>3 - 4 p.m.</div> <div>Boot Camp for Adults</div> <div>4 - 5 p.m.</div> |  | <div>Boot Camp for Adults</div> <div>8 - 9 a.m.</div> <div>Sunrise Yoga</div> <div>9 - 10 a.m.</div> <div>Anger Management Virtual</div> <div>9:30 - 11 a.m. Eng.</div> <div>In the Know, with my Gnomies</div> <div>9:30 - 10:30 a.m.</div> <div>Story Time for Tots (Ages 0-5)</div> <div>10:30 - 11:30 a.m. Spa.</div> <div>Diabetes Education</div> <div>11 a.m. - 12 p.m. Spa.</div> <div>Nutrition and You</div> <div>12 - 1 p.m. Spa.</div> <div>Zumba Step</div> <div>12 - 1 p.m.</div> <div>Zumba Gold</div> <div>1:15 - 2:15 p.m.</div> |  | <div></div> <div>CENTER CLOSED</div> |  |
| <div>Cooking Matters</div> <div>9 - 10:30 a.m. Spa.</div> <div>Life Skills</div> <div>10:45 - 11:45 a.m. Spa.</div> <div>Circuit Training for Adults</div> <div>12 - 1 p.m.</div> <div>Zumba</div> <div>1:15 - 2:15 p.m.</div> <div>Tai Chi</div> <div>2:30 - 3:30 p.m.</div> <div>Sunset Yoga</div> <div>4 - 5 p.m.</div>                                                                                     |  | <div>Cal-Fresh Application Assistance</div> <div>9 a.m. - 5 p.m.</div> <div>Little One &amp; Me</div> <div>9:30 - 10:30 a.m. Eng.</div> <div>Symptoms &amp; Treatments of Depression Throughout the Lifespan</div> <div>10 - 11 a.m. Spa</div> <div>Liver Health 101</div> <div>11:30 a.m. - 1 p.m. Spa.</div> <div>Dance Aerobics (Intermediate)</div> <div>11 a.m. - 12 p.m.</div> <div>Dance Aerobics (Beginner)</div> <div>12:15 - 1:15 p.m.</div> <div>Oral Health: Healthy Teeth - Prenatal Care</div> <div>1:30 - 2:30 p.m.</div> <div>Zumba Cardio Fusion</div> <div>4 - 5 p.m.</div> |  | <div>The World of Juicing and Salads</div> <div>9 - 10 a.m. Spa.</div> <div>Breakthrough Parenting Virtual</div> <div>10 a.m. - 12 p.m. Spa.</div> <div>Healthy Cooking [7 of 12]</div> <div>10:15 a.m. - 12:15 p.m. Spa.</div> <div>Zumba</div> <div>12:30 - 1:30 p.m.</div> <div>Pilates</div> <div>1:45 - 2:45 p.m.</div> <div>ESL: Vowels - Shorts, Long and Diphthongs</div> <div>3 - 5 p.m.</div> <div>Breakthrough Parenting Virtual</div> <div>4 - 6 p.m. Eng.</div>     |  | <div></div> <div>CENTER CLOSED</div> <div></div>                                                                                                                                                                                                             |  |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |  |                                                                                                                           |  |

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+)

BE ACTIVE,  
HEALTHY & INFORMED



4801 Whittier Blvd

Los Angeles, CA 90022



CENTER HOURS:

Monday - Thursday: 9 a.m. - 5 p.m.

Friday: 8 a.m. - 4 p.m.

Saturday: CLOSED



213.438.5570

CommunityResourceCenterLA.org



EAST L.A.

NOVIEMBRE

2025

Community Resource Center

| LUNES                                                                                                                                                                                                                                                                                                                                                                                                                        | MARTES                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 | MIÉRCOLES                                                                                                                                                                                                                                                                                                                                                                                                                  | JUEVES                                                                                                                                                                                                                                                                                                                                                                                                            | VIERNES                                                                                                                                                                                                                                                                                                                                                                                                                                                       | SÁBADO                                |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------|
| <div>SERVICIOS DEL CENTRO<ul style="list-style-type: none"><li>- Servicios a los miembros</li><li>- Servicios de Inscripción*<ul style="list-style-type: none"><li>• Medi-cal, MediCare, Covered California, y CalFresh</li></ul></li></ul>Orientación para nuevos miembros</div> <div>*Comuníquese con el Centro para disponibilidad de Servicios</div> <div>TODOS LOS SERVICIOS Y LAS CLASES SON GRATIS ¡PARA TODOS!</div> | <div>AZUL</div> <div>Califican para el programa mis recompensas para una vida sana.</div> <div>VERDE</div> <div>Por cita y registro solamanete.</div>                                                                                                                                                                                                                                                                                                                                  | <div></div> <div>CRC East L.A. Instagram</div>                                                                                                                                                                                                                                                                                                                                                                             |                                                                                                                                                                                                                                                                                                                                                                                                                   |                                                                                                                                                                                                                                                                                                                                                                                                                                                               | <div></div> <div>CENTRO CERRADO</div> |
| <div>Cocinado Saludable 9 - 10:30 a.m. Esp. 3</div> <div>Habilidades Para la Vida: 10:45 - 11:45 a.m. Esp.</div> <div>Circuito de Entrenamiento Para Adultos 12 - 1 p.m..</div> <div>Zumba 1:15 - 2:15 p.m.</div> <div>Tai Chi 2:30 - 3:30 p.m.</div> <div>Sunset Yoga 4 - 5 p.m.</div> <div>Club de Arte Para Niños: Pintura de Otoño Parte 1 (Edades 5-12) 4 - 5 p.m</div>                                                 | <div>Aplicaciones de Cal-Fresh 9 a.m. - 5 p.m. 4</div> <div>Mi Pequeño y Yo 9:30 - 10:30 a.m. Ing.</div> <div>Estrés y Bienestar Emocional 10 - 11 a.m. Esp.</div> <div>Educación Sobre la Obesidad 11:30 a.m. - 1 p.m. Esp.</div> <div>Baile Aeróbico (Intermedio) 11 a.m. - 12 p.m.</div> <div>Baile Aeróbico (Principiante) 12:15 - 1:15 p.m.</div> <div>Lotería - Cartas y Comunidad 1:30 - 3:30 p.m. Esp.</div> <div>Zumba Cardio Fusion 4 - 5 p.m.</div>                         | <div>El Mundo de Jugos y Ensaladas 9 - 10 a.m. Esp. 5</div> <div>Cultivando Familias Virtual 10 a.m. - 12 p.m. Esp.</div> <div>Cocinando Saludable [4 de 12] 10:15 a.m. - 12:15 p.m. Esp.</div> <div>Zumba 12:30 - 1:30 p.m.</div> <div>Pilates 1:45 - 2:45 p.m.</div> <div>Clase de STEAM Familiar: STEAM Expo 3 - 5 p.m.</div> <div>Cultivando Familias Virtual 4 - 6 p.m. Ing.</div>                                    | <div>RCP y Primeros Auxilios (Inglés) 10 a.m. - 1 p.m. 6</div> <div>Entendiendo la Presión Arterial Alta 3 - 4 p.m. Esp.</div> <div>Adventura de Fitness Para Niños 3 - 4 p.m.</div> <div>Boot Camp Para Adultos 4 - 5 p.m.</div>                                                                                                                                                                                 | <div>Boot Camp Para Adultos 8 - 9 a.m. 7</div> <div>Sunrise Yoga 9 - 10 a.m.</div> <div>Clase de Manejo de la Ira Virtual 9:30 - 11 a.m. Ing.</div> <div>Cuentos Para Niños (Edades 0-5) 10:30 - 11:30 a.m. Esp.</div> <div>Educación Sobre la Diabetes 11 a.m. - 12 p.m. Esp.</div> <div>Nutrición y Tú 12 - 1 p.m. Esp.</div> <div>Zumba Step 12 - 1 p.m.</div> <div>Zumba Gold 1:15 - 2:15 p.m.</div>                                                      | <div></div> <div>CENTRO CERRADO</div> |
| <div></div> <div>CENTRO CERRADO</div>                                                                                                                                                                                                                                                                                                                                                                                        | <div>DÍA DE LOS VETERANOS</div> <div></div> <div>CENTRO CERRADO</div>                                                                                                                                                                                                                                                                                                                                                                                                                  | <div>El Mundo de Jugos y Ensaladas 9 - 10 a.m. Esp. 12</div> <div>Cultivando Familias Virtual 10 a.m. - 12 p.m. Esp.</div> <div>Cocinando Saludable [5 de 12] 10:15 a.m. - 12:15 p.m. Esp.</div> <div>Zumba 12:30 - 1:30 p.m.</div> <div>Pilates 1:45 - 2:45 p.m.</div> <div>Clase de Inglés: Introducción al Alfabeto y las Consonantes 3 - 5 p.m.</div> <div>Cultivando Familias Virtual 4 - 6 p.m. Ing.</div>           | <div>Baby Shower Comunitario 10 a.m. - 12 p.m. 13</div> <div>*Inscripción se abre el 30 de octubre*</div> <div>Entendiendo la Presión Arterial Alta 3 - 4 p.m. Esp.</div> <div>Adventura de Fitness Para Niños 3 - 4 p.m.</div> <div>Boot Camp Para Adultos 4 - 5 p.m.</div>                                                                                                                                      | <div>Boot Camp Para Adultos 8 - 9 a.m. 14</div> <div>Sunrise Yoga 9 - 10 a.m.</div> <div>Clase de Manejo de la Ira Virtual 9:30 - 11 a.m. Ing.</div> <div>Cuentos Para Niños (Edades 0-5) 10:30 - 11:30 a.m. Esp.</div> <div>Educación Sobre la Diabetes 11 a.m. - 12 p.m. Esp.</div> <div>Nutrición y Tú 12 - 1 p.m. Esp.</div> <div>Zumba Step 12 - 1 p.m.</div> <div>Zumba Gold 1:15 - 2:15 p.m.</div>                                                     | <div></div> <div>CENTRO CERRADO</div> |
| <div>Cocinado Saludable 9 - 10:30 a.m. Esp. 17</div> <div>Habilidades Para la Vida: 10:45 - 11:45 a.m. Esp.</div> <div>Circuito de Entrenamiento Para Adultos 12 - 1 p.m.</div> <div>Zumba 1:15 - 2:15 p.m.</div> <div>Tai Chi 2:30 - 3:30 p.m.</div> <div>Sunset Yoga 4 - 5 p.m.</div> <div>Club de Arte Para Niños: Pintura de Otoño Parte 2 (Edades 5-12) 4 - 5 p.m</div>                                                 | <div>Aplicaciones de Cal-Fresh 9 a.m. - 5 p.m. 18</div> <div>Mi Pequeño y Yo 9:30 - 10:30 a.m. Ing.</div> <div>Salud Mental e Estigma 10 - 11 a.m. Esp.</div> <div>Lo Básico Sobre la Diabetes 11:30 a.m. - 1 p.m. Esp.</div> <div>Baile Aeróbico (Intermedio) 11 a.m. - 12 p.m.</div> <div>Baile Aeróbico (Principiante) 12:15 - 1:15 p.m.</div> <div>Lotería - Cartas y Comunidad 1:30 - 3:30 p.m. Esp.</div> <div>Zumba Cardio Fusion 4 - 5 p.m.</div>                              | <div>El Mundo de Jugos y Ensaladas 9 - 10 a.m. Esp. 19</div> <div>Cultivando Familias Virtual 10 a.m. - 12 p.m. Esp.</div> <div>Cocinando Saludable [6 de 12] 10:15 a.m. - 12:15 p.m. Esp.</div> <div>Zumba 12:30 - 1:30 p.m.</div> <div>Pilates 1:45 - 2:45 p.m.</div> <div>Clase de Inglés: Introducción a la Fonética, Terminaciones y Dígrafos 3 - 5 p.m.</div> <div>Cultivando Familias Virtual 4 - 6 p.m. Ing.</div> | <div>Despensa de Alimentos (limitado a las primeras 100 personas) 10 - 11 a.m. 20</div> <div>RCP y Primeros Auxilios (Español) 10 a.m. - 1 p.m.</div> <div>Concienciación Sobre el Vapeo, el Tabaco y la Marihuana 11 a.m - 12 p.m. Esp.</div> <div>Entendiendo la Presión Arterial Alta 3 - 4 p.m. Esp.</div> <div>Adventura de Fitness Para Niños 3 - 4 p.m.</div> <div>Boot Camp Para Adultos 4 - 5 p.m.</div> | <div>Boot Camp Para Adultos 8 - 9 a.m. 21</div> <div>Sunrise Yoga 9 - 10 a.m.</div> <div>Clase de Manejo de la Ira Virtual 9:30 - 11 a.m. Ing.</div> <div>Gnomos Bien Informados 9:30 - 10:30 a.m.</div> <div>Cuentos Para Niños (Edades 0-5) 10:30 - 11:30 a.m. Esp.</div> <div>Educación Sobre la Diabetes 11 a.m. - 12 p.m. Esp.</div> <div>Nutrición y Tú 12 - 1 p.m. Esp.</div> <div>Zumba Step 12 - 1 p.m.</div> <div>Zumba Gold 1:15 - 2:15 p.m.</div> | <div></div> <div>CENTRO CERRADO</div> |
| <div>Cocinado Saludable 9 - 10:30 a.m. Esp. 24</div> <div>Habilidades Para la Vida: 10:45 - 11:45 a.m. Esp.</div> <div>Circuito de Entrenamiento Para Adultos 12 - 1 p.m.</div> <div>Zumba 1:15 - 2:15 p.m.</div> <div>Tai Chi 2:30 - 3:30 p.m.</div> <div>Sunset Yoga 4 - 5 p.m.</div>                                                                                                                                      | <div>Aplicaciones de Cal-Fresh 9 a.m. - 5 p.m. 25</div> <div>Mi Pequeño y Yo 9:30 - 10:30 a.m. Ing.</div> <div>Síntomas y Tratamientos de la Depresión Sobre el Curso de la Vida 10 - 11 a.m. Esp.</div> <div>Salud del Hígado 11:30 a.m. - 1 p.m. Esp.</div> <div>Baile Aeróbico (Intermedio) 11 a.m. - 12 p.m.</div> <div>Baile Aeróbico (Principiante) 12:15 - 1:15 p.m.</div> <div>Salud Bucal y Cuidado Prenatal 1:30 - 2:30 p.m.</div> <div>Zumba Cardio Fusion 4 - 5 p.m.</div> | <div>El Mundo de Jugos y Ensaladas 9 - 10 a.m. Esp. 26</div> <div>Cultivando Familias Virtual 10 a.m. - 12 p.m. Esp.</div> <div>Cocinando Saludable [7 de 12] 10:15 a.m. - 12:15 p.m. Esp.</div> <div>Zumba 12:30 - 1:30 p.m.</div> <div>Pilates 1:45 - 2:45 p.m.</div> <div>Clase de Inglés: Vocales - Cortas, Largas y Diptongos 3 - 5 p.m.</div> <div>Cultivando Familias Virtual 4 - 6 p.m. Ing.</div>                 | <div></div> <div>CENTRO CERRADO</div>                                                                                                                                                                                                                                                                                                                                                                             |                                                                                                                                                                                                                                                                                                                                                                                                                                                               | <div></div> <div>CENTRO CERRADO</div> |

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+)

SEA ACTIVO,  
SALUDABLE E INFORMADO



4801 Whittier Blvd

Los Angeles, CA 90022



HORARIO DEL CENTRO:

Lunes a Jueves: 9 a.m. - 5 p.m.

Viernes: 8 a.m. - 4 p.m.

Sábado: Cerrado



213.438.5570

CommunityResourceCenterLA.org