



POMONA

NOVEMBER

2025

Community Resource Center

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Zumba 9:30-10:30am Vinyasa Yoga 10:45-11:45am Meditation 12-1pm Stretch & Mobility 3-4pm Boot Camp 4-5pm 3	Circuit Training 9:15-10:15am Healthy Cooking 10:30am-12pm Healthy Juicing 12-1:30pm Zumba 3-4pm HIIT 4-5pm Kids Health Education 4-5pm (ages 6-12) 4	Zumba 9:30-10:30am Strong 10:45-11:45am Yoga 12-1pm Kids Fitness 3-4pm (ages 6-12) Know the Scams, Don't be a Victim 3-4:30pm SPA Boot Camp 4-5pm Kids Health Education 4-5pm (ages 6-12) 5	Circuit Training 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 Stress Management 4-5pm ENG Community Connection 4-5pm Kids Fitness 4-5pm (ages 6-12) 6	Boot Camp 9-10am Zumba 10:15-11:15am Kids Dance 4-5pm (all ages) 7	CENTER CLOSED 8
Zumba 9:30-10:30am Vinyasa Yoga 10:45-11:45am Meditation 12-1pm Adult Weight Management 2:00-3:30pm ENG Stretch & Mobility 3-4pm Kids Health Education 4-5pm (ages 6-12) Boot Camp 4-5pm 10	VETERAN'S DAY CENTER CLOSED 11	Zumba 9:30-10:30am Strong 10:45-11:45am Yoga 12-1pm Kids Fitness 3-4pm (ages 6-12) Emotional Intelligence 3-4:30pm SPA Boot Camp 4-5pm Kids Health Education 4-5pm (ages 6-12) 12	Circuit Training 9:15-10:15am Healthy Cooking 10:30am-12pm Mommy Yoga 1-2pm Vinyasa Yoga 2:15-3:15pm New Member Orientation 3-4pm SPA Community Connection 4-5pm Kids Fitness 4-5pm (ages 6-12) 13	Boot Camp 9-10am Zumba 10:15-11:15am Mat Pilates 11:30am-12:30pm Car Seat Workshop 1-2:30pm Strong 3-4pm Kids Dance 4-5pm (all ages) 14	CENTER CLOSED 15
Zumba 9:30-10:30am Vinyasa Yoga 10:45-11:45am Meditation 12-1pm Adult Weight Management 2:00-3:30pm ENG Stretch & Mobility 3-4pm Boot Camp 4-5pm 17	Circuit Training 9:15-10:15am Healthy Cooking 10:30am-12pm Healthy Juicing 12-1:30pm Zumba 3-4pm HIIT 4-5pm Kids Health Education 4-5pm (ages 6-12) 18	Zumba 9:30-10:30am Strong 10:45-11:45am Yoga 12-1pm Kids Fitness 3-4pm (ages 6-12) How Much is too much 3-4:30pm SPA Boot Camp 4-5pm Kids Health Education 4-5pm (ages 6-12) 19	Circuit Training 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 New Member Orientation 3-4pm ENG Community Connection 4-5pm ENG Kids Fitness 4-5pm (ages 6-12) 20	CENTER CLOSED 21	CENTER CLOSED 22
Zumba 9:30-10:30am Vinyasa Yoga 10:45-11:45am Meditation 12-1pm Stretch & Mobility 3-4pm Kids Health Education 4-5pm (ages 6-12) Boot Camp 4-5pm 24	Circuit Training 9:15-10:15am Healthy Cooking 10:30am-12pm Fall Food Pantry 2-4pm 25	Zumba 9:30-10:30am Strong 10:45-11:45am Yoga 12-1pm Kids Fitness 3-4pm (ages 6-12) Resiliency 3-4:30pm SPA Boot Camp 4-5pm Kids Health Education 4-5pm (ages 6-12) 26	CENTER CLOSED 27 28		29
		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.	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!	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+)

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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NOVIEMBRE

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LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO
3 Zumba 9:30-10:30am Vinyasa Yoga 10:45-11:45am Meditacion 12-1pm Estiramiento y Movilidad 3-4pm Boot Camp 4-5pm	4 Entrenamiento Circuito 9:15-10:15am Cocina Saludable 10:30am-12pm Jugos Saludables 12-1:30pm Zumba 3-4pm HIIT 4-5pm Educacion de Salud para Niños 4-5pm (Edades 6-12)	5 Zumba 9:30-10:30am Strong 10:45-11:45am Yoga 12-1pm Cardio Para Niños 3-4pm (Edades 6-12) Conozca las Estafas, No sea una Victima 3-4:30pm ESP Boot Camp 4-5pm Educacion de Salud para Niños 4-5pm (Edades 6-12)	6 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 Menejo del Estrés 4-5pm ING Conexion Comunitaria 4-5pm Cardio Para Niños 4-5pm (Edades 6-12)	7 Boot Camp 9-10am Zumba 10:15-11:15am Clase de Baile para Niños 4-5pm (Todas Edades)	8
10 Zumba 9:30-10:30am Vinyasa Yoga 10:45-11:45am Meditacion 1 2-1pm Manejo del peso en adultos 2:00-3:30pm ING Estiramiento y Movilidad 3-4pm Educacion de Salud para Niños 4-5pm (Edades 6-12) Boot Camp 4-5pm	11	12 Zumba 9:30-10:30am Strong 10:45-11:45am Yoga 12-1pm Cardio Para Niños 3-4pm (Edades 6-12) Inteligencia Emocional 3-4:30pm ESP Boot Camp 4-5pm Educacion de Salud para Niños 4-5pm (Edades 6-12)	13 Entrenamiento Circuito 9:15-10:15am Cocina Saludable 10:30am-12pm 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 (Edades 6-12)	14 Boot Camp 9-10am Zumba 10:15-11:15am Pilates 11:30am-12:30pm Taller de asientos de coche para bebe 1-2:30pm Strong 3-4pm Clase de Baile para Niños 4-5pm (Todas Edades)	15
17 Zumba 9:30-10:30am Vinyasa Yoga 10:45-11:45am Meditacion 12-1pm Manejo del peso en adultos 2:00-3:30pm ING Estiramiento y Movilidad 3-4pm Boot Camp 4-5pm	18 Entrenamiento Circuito 9:15-10:15am Cocina Saludable 10:30am-12pm Jugos Saludables 12-1:30pm Zumba 3-4pm HIIT 4-5pm Educacion de Salud para Niños 4-5pm (Edades 6-12)	19 Zumba 9:30-10:30am Strong 10:45-11:45am Yoga 12-1pm Cardio Para Niños 3-4pm (Edades 6-12) Cuanto es Demasiado 3-4:30pm ESP Boot Camp 4-5pm Educacion de Salud para Niños 4-5pm (Edades 6-12)	20 Entrenamiento Circuito 9:15-10:15am Cocina Saludable 10:30am-12pm RCP/Primeros Auxilios 12-3pm ESP Yoga Para Mama 1-2pm Vinyasa Yoga 2:15-3:15pm Orientacion para nuevos miembros 3-4pm ING Conexion Comunitaria 4-5pm ING Cardio Para Niños 4-5pm (Edades 6-12)	21	22
24 Zumba 9:30-10:30am Vinyasa Yoga 10:45-11:45am Meditacion 12-1pm Estiramiento y Movilidad 3-4pm Educacion de Salud para Niños 4-5pm (Edades 6-12) Boot Camp 4-5pm	25 Entrenamiento Circuito 9:15-10:15am Cocina Saludable 10:30am-12pm Despensa de Alimentos 2-4pm	26 Zumba 9:30-10:30am Strong 10:45-11:45am Yoga 12-1pm Cardio Para Niños 3-4pm (Edades 6-12) Resiliencia 3-4:30pm ESP Boot Camp 4-5pm Educacion de Salud para Niños 4-5pm (Edades 6-12)	27	28	29
		Inscripcion Medi-Cal Lunes a Viernes 9am-4pm Inscripcion Cal Fresh Lunes a Viernes 9am-4pm RCP/Primeros Auxilios Registrese en freecprla.com	 Califican para el programa mis recompensas para una vida sana. Por cita y registro solamanete.	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!	 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. Supervision 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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