



INGLEWOOD
DECEMBER
2025

Community Resource Center

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Health Advocates Disability Assistance 10 a.m. - 12 p.m. Tai Chi 10:30 - 11:30 a.m. Finding the Right Care for You 11 a.m. - 12 p.m. Balance & Stability 1 - 2 p.m. Boot Camp 2 - 3 p.m. CPR & First Aid 12:30 p.m. - 3:30 p.m. SPAN. Hip-Hop Step Class 4 - 5 p.m. Healthy Cooking for Kids (Ages 6 - 12) 4 - 5 p.m. 1	Medi-Cal Enrollments 9 a.m. - 4:30 p.m. Boot Camp 9:15 - 10 a.m. Family Sing (Ages 0 - 5) 9:15 - 10 a.m. Kick Boxing 10 - 11 a.m. Balance & Stability 11:10 a.m. - 12:10 p.m. Brain Health & Brain Frog 1 - 2 p.m. Cultural Values & Sexuality 1:30 p.m. - 3 p.m. Pilates 4 - 5 p.m. 2	Yoga Therapy 9 - 10 a.m. Healthy Cooking 10:30 a.m. - 12 p.m. Maternal Health Workshop: Navigating Hospital Births 10:30 - 11:45 a.m. Line Dancing 1 - 2:30 p.m. Zumba 4 - 5 p.m. 3	Blood Pressure Series *CLOSED* 9 - 11 a.m. SPAN. 11:30 a.m. - 1:30 p.m. ENG. Yoga Therapy Virtual 9 - 10 a.m. CalFresh Assistance 9 a.m. - 5 p.m. Tai Chi 10:30 - 11:30 a.m. Beginners Line Dancing 12 - 1:30 p.m. Pilates 2 - 3 p.m. 4	Yoga Therapy 9 - 10 a.m. Little One & Me (Ages 0 - 5) 10 - 11 a.m. The Arts of Fruit and Vegetables 10:30 a.m. - 12 p.m. Line Dancing 1 - 2:30 p.m. Zumba 4 - 5 p.m. 5	Family Fitness Virtual 9 - 10 a.m. CENTER CLOSED 6
Line Dancing 9 a.m. - 10:30 a.m. Tai Chi 10:30 - 11:30 a.m. Speaking Up for Your Health 11 a.m. - 12 p.m. Balance & Stability 1 - 2 p.m. Kickboxing 2 - 3 p.m. Hip-Hop Step Class 4 - 5 p.m. Healthy Cooking for Kids (Ages 6 - 12) 4 - 5 p.m. 8	Medi-Cal Enrollments 9 a.m. - 4:30 p.m. Boot Camp 9:15 - 10 a.m. Family Sing (Ages 0 - 5) 9:15 - 10 a.m. Kick Boxing 10 - 11 a.m. Balance & Stability 11:10 a.m. - 12:10 p.m. Family Communication About Sexual Health 1:30 p.m. - 3 p.m. Pilates 4 - 5 p.m. 9	Yoga Therapy 9 - 10 a.m. Family Sing (Ages 0 - 5) 9:15 - 10 a.m. The Arts of Fruit and Vegetables 10:30 a.m. - 12 p.m. Line Dancing 1 - 2:30 p.m. Hip-Hop Step Class 3 - 4 p.m. Zumba 4 - 5 p.m. 10	Blood Pressure Series *CLOSED* 9 - 11 a.m. SPAN. 11:30 a.m. - 1:30 p.m. ENG. Yoga Therapy Virtual 9 - 10 a.m. CalFresh Assistance 9 a.m. - 5 p.m. Tai Chi 10:30 - 11:30 a.m. Beginners Line Dancing 12 - 1:30 p.m. Pilates 2 - 3 p.m. 11	Yoga Therapy 9 - 10 a.m. Little One & Me (Ages 0 - 5) 10 - 11 a.m. Metro L.I.F.E. Information & Enrollment 10 a.m. - 12 p.m. Healthy Cooking 10:30 a.m. - 12 p.m. Line Dancing 1 - 2:30 p.m. Zumba 4 - 5 p.m. 12	Family Fitness Virtual 9 - 10 a.m. CPR & First Aid 9:30 a.m. - 12:30 p.m. ENG. 13
Yoga Therapy Virtual 9 - 10 a.m. Line Dancing 9 a.m. - 10:30 a.m. Health Advocates Disability Assistance 10 a.m. - 12 p.m. Tai Chi 10:30 - 11:30 a.m. Understanding Your Health Records & Resources 11 a.m. - 12 p.m. Balance & Stability 1 - 2 p.m. Boot Camp 2 - 3 p.m. Hip-Hop Step Class 4 - 5 p.m. Healthy Cooking for Kids (Ages 6 - 12) 4 - 5 p.m. 15	Yoga Therapy Virtual 9 - 10 a.m. Boot Camp 9:15 - 10 a.m. Family Sing (Ages 0 - 5) 9:15 - 10 a.m. Kick Boxing 10 - 11 a.m. Balance & Stability 11:10 a.m. - 12:10 p.m. Diverse Families: LGBTQ Family Acceptance 1:30 p.m. - 3 p.m. Pilates 4 - 5 p.m. 16	Yoga Therapy 9 - 10 a.m. Family Sing (Ages 0 - 5) 9:15 - 10 a.m. Line Dancing 1 - 2:30 p.m. Hip-Hop Step Class 3 - 4 p.m. Zumba 4 - 5 p.m. 17	Blood Pressure Series *CLOSED* 9 - 11 a.m. SPAN. 11:30 a.m. - 1:30 p.m. ENG. Yoga Therapy Virtual 9 - 10 a.m. CalFresh Assistance 9 a.m. - 5 p.m. Tai Chi 10:30 - 11:30 a.m. Beginners Line Dancing 12 - 1:30 p.m. Pilates 2 - 3 p.m. *CENTER CLOSED* 3:15 - 5 p.m. 18	Yoga Therapy 9 - 10 a.m. Little One & Me (Ages 0 - 5) 10 - 11 a.m. Community Café: Meet Local Resources 10 a.m. - 12 p.m. The Arts of Fruit and Vegetables 10:30 a.m. - 12 p.m. Line Dancing 1 - 2:30 p.m. Zumba 4 - 5 p.m. 19	Family Fitness Virtual 9 - 10 a.m. CENTER CLOSED 20
22	23	24	25	26	27
CENTER CLOSED					CENTER CLOSED
29	30	31			
CENTER CLOSED					BLUE Qualify for the My Rewards for a Healthy Life Program. GREEN Appointment & Registration required.  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



2864 W. Imperial Hwy.
Inglewood, CA 90303



CENTER HOURS:
Monday - Friday: 9 a.m. - 5 p.m.
2nd Saturday Open 9 a.m. - 12:30 p.m.
All other Saturdays: Closed

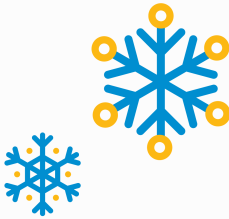
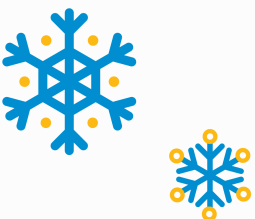
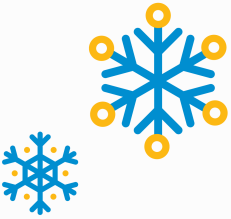
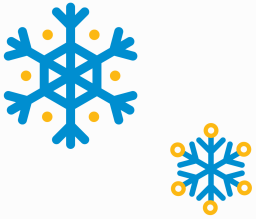


310.330.3130
CommunityResourceCenterLA.org



INGLEWOOD
DICIEMBRE
2025

Community Resource Center

LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO
Asistencia de SSI/SSDI 10 a.m. - 12 p.m. Tai Chi 10:30 - 11:30 a.m. Encontrar la Atención Médica Adecuada 11 a.m. - 12 p.m. RCP y Primeros Auxilios 12:30 p.m. - 3:30 p.m. ESP. Equilibrio y Estabilidad 1-2 p.m. Entrenamiento Intenso 2-3 p.m. Clase de Paso Hip-Hop 4-5 p.m. Cocina Saludable para Niños (6 - 12 años) 4-5 p.m. 1	Inscripciones de Medi-Cal 9 a.m. - 4:30 p.m. Entrenamiento Intenso 9:15 - 10 a.m. Cantar en Familia (0 - 5 años) 9:15 - 10 a.m. Kick Boxing 10 - 11 a.m. Equilibrio y Estabilidad 11:10 a.m. - 12:10 p.m. Salud Cerebral y Niebla Mental 1 - 2 p.m. Valores Culturales y Sexualidad 1:30 p.m. - 3 p.m. Pilates 4-5 p.m. 2	Terapia de Yoga 9 - 10 a.m. Cocina Saludable 10:30 a.m. - 12 p.m. Taller de Salud Materna: Cómo Afrontar los Partos Hospitalarios 10:30 - 11:45 a.m. Baile en Línea 1 - 2:30 p.m. Zumba 4-5 p.m. 3	Serie de Presión Arterial *CERRADO* 9 - 11 a.m. ESP. 11:30 a.m. - 1:30 p.m. ING. Terapia de Yoga Virtual 9 - 10 a.m. Asistencia de CalFresh 9 a.m. - 5 p.m. Tai Chi 10:30 - 11:30 a.m. Baile en Línea para Principiantes 12 - 1:30 p.m. Pilates 2 - 3 p.m. 4	Terapia de Yoga 9 - 10 a.m. Mi Pequeño y Yo (0 - 5 años) 10 - 11 a.m. El Arte de las Frutas y Vegetales 10:30 a.m. - 12 p.m. Baile en Línea 1 - 2:30 p.m. Zumba 4-5 p.m. 5	Ejercicio Familiar Virtual 9 - 10 a.m.  6
Baile en Línea 9 - 10:30 a.m. Tai Chi 10:30 - 11:30 a.m. Defiende su Salud 11 a.m. - 12 p.m. Equilibrio y Estabilidad 1-2 p.m. Kick Boxing 2-3 p.m. Clase de Paso de Hip-Hop 4-5 p.m. Cocina Saludable para Niños (6 - 12 años) 4-5 p.m. 8	Inscripciones de Medi-Cal 9 a.m. - 4:30 p.m. Entrenamiento Intenso 9:15 - 10 a.m. Cantar en Familia (0 - 5 años) 9:15 - 10 a.m. Kick Boxing 10 - 11 a.m. Equilibrio y Estabilidad 11:10 a.m. - 12:10 p.m. Comunicación Familiar Sobre Salud Sexual 1:30 p.m. - 3 p.m. Pilates 4-5 p.m. 9	Terapia de Yoga 9 - 10 a.m. Cantar en Familia (0 - 5 años) 9:15 - 10 a.m. El Arte de las Frutas y Vegetales 10:30 a.m. - 12 p.m. Baile en Línea 1 - 2:30 p.m. Clase de Paso de Hip-Hop 3-4 p.m. Zumba 4-5 p.m. 10	Serie de Presión Arterial *CERRADO* 9 - 11 a.m. ESP. 11:30 a.m. - 1:30 p.m. ING. Terapia de Yoga Virtual 9 - 10 a.m. Asistencia de CalFresh 9 a.m. - 5 p.m. Tai Chi 10:30 - 11:30 a.m. Baile en Línea para Principiantes 12 - 1:30 p.m. Pilates 2 - 3 p.m. 11	Terapia de Yoga 9 - 10 a.m. Mi Pequeño y Yo (0 - 5 años) 10 - 11 a.m. Metro L.I.F.E. Información e Inscripción 10 a.m. - 12 p.m. Cocina Saludable 10:30 a.m. - 12 p.m. Baile en Línea 1 - 2:30 p.m. Zumba 4-5 p.m. 12	Ejercicio Familiar Virtual 9 - 10 a.m. RCP y Primeros Auxilios 9:30 a.m. - 12:30 p.m. ING. 13
Terapia de Yoga Virtual 9 - 10 a.m. Baile en Línea 9 - 10:30 a.m. Asistencia de SSI/SSDI 10 a.m. - 12 p.m. Tai Chi 10:30 - 11:30 a.m. Comprende sus Registros de Salud 11 a.m. - 12 p.m. Equilibrio y Estabilidad 1-2 p.m. Entrenamiento Intenso 2-3 p.m. Clase de Paso Hip-Hop 4-5 p.m. Cocina Saludable para Niños (6 - 12 años) 4-5 p.m. 15	Terapia de Yoga Virtual 9 - 10 a.m. Entrenamiento Intenso 9:15 - 10 a.m. Cantar en Familia (0 - 5 años) 9:15 - 10 a.m. Kick Boxing 10 - 11 a.m. Equilibrio y Estabilidad 11:10 a.m. - 12:10 p.m. Familias Diversas: Aceptación Familiar LGBTQ 1:30 - 3 p.m. Pilates 4-5 p.m. 16	Terapia de Yoga 9 - 10 a.m. Cantar en Familia (0 - 5 años) 9:15 - 10 a.m. Baile en Línea 1 - 2:30 p.m. Clase de Paso de Hip-Hop 3-4 p.m. Zumba 4-5 p.m. 17	Serie de Presión Arterial *CERRADO* 9 - 11 a.m. ESP. 11:30 a.m. - 1:30 p.m. ING. Terapia de Yoga Virtual 9 - 10 a.m. Asistencia de CalFresh 9 a.m. - 5 p.m. Tai Chi 10:30 - 11:30 a.m. Baile en Línea para Principiantes 12 - 1:30 p.m. Pilates 2 - 3 p.m. *CENTRO CERRADO* 3:15 - 5 p.m. 18	Terapia de Yoga 9 - 10 a.m. Mi Pequeño y Yo (0 - 5 años) 10 - 11 a.m. Café Comunitario: Conozca sus Recursos Locales 10 a.m. - 12 p.m. El Arte de las Frutas y Vegetales 10:30 a.m. - 12 p.m. Baile en Línea 1 - 2:30 p.m. Zumba 4-5 p.m. 19	Ejercicio Familiar Virtual 9 - 10 a.m.  20
22	23	24	25	26	27
 CENTRO CERRADO 					
29	30	31			
 CENTRO CERRADO 				AZUL Califican para el programa mis recompensas para una vida sana. VERDE Por cita y registro solamanete.	 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



2864 W. Imperial Hwy.
Inglewood, CA 90303



HORARIO DEL CENTRO:
Lunes a Viernes: 9 a.m. - 5 p.m.
2º sábado del mes abierto 9 a.m. - 12:30 p.m.
Todos los demás sábados: Cerrado



310.330.3130
activehealthyinformed.org