



Community Resource Center



METRO L.A.
DECEMBER 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 Member Orientation *Receive a \$20 Grocery Store Gift Card per Year* Monday to Friday 9:00 a.m. - 4:30 p.m. Medi-Cal & Covered CA Enrollment Services Monday, Tuesday, Thursday, Friday 9:00 a.m. - 5:00 p.m. Member Services Monday to Friday 9:00 a.m. - 4:30 p.m. English - CPR, AED & First Aid (14+) 2:00 p.m. - 5:00 p.m.	2 Gentle Yoga (Beginner) 9:15 a.m. - 10:15 a.m. Active Yoga (Intermediate) 10:30 a.m. - 11:30 a.m. Bilingual - Healthy Living: Weight Management (18+) 10:45 a.m. - 11:45 a.m. Eng/Spa Spanish - Let's Talk About High Blood Pressure (4 of 4) 11:45 a.m. - 12:45 p.m. English - Healthy Living: Cooking Matters (14+) 12:00 p.m. - 1:30 p.m. Spanish - Live Healthy with Diabetes (3 of 4) 12:45 p.m. - 1:45 p.m. Zumba (14+) (Intermediate) 1:45 p.m. - 2:45 p.m.	3 Spanish - Healthy Living: Personal Development 9:15 a.m. - 10:15 a.m. Prenatal & Postnatal Yoga (Beginner) *Receive a free pack of diapers after class* 9:45 a.m. - 10:45 a.m. Spanish - Healthy Living: Cooking Matters (14+) 10:45 a.m. - 12:15 p.m. Healthy Living: Weight Training (14+) (Intermediate) 12:30 p.m. - 1:30 p.m.	4 CalFresh Application Assistance 9:00 a.m. - 5:00 p.m. Korean - Developmental Screenings 9:30 a.m. - 4:00 p.m. Low Impact Zumba (14+) (Beginner) 9:00 a.m. - 10:00 a.m. Zumba Step (14+) (Intermediate) 10:10 a.m. - 11:10 a.m. Dance Aerobics (Beginner) (14+) 11:25 a.m. - 12:15 p.m. Dance Aerobics (Intermediate) (14+) 12:25 p.m. - 1:20 p.m.	5 Meditation (18+) (Beginner) 9:00 a.m. - 10:00 a.m. Restorative Yin Yoga (18+) (Beginner) 10:15 a.m. - 11:15 a.m.	6 CENTER CLOSED
8 Member Orientation *Receive a \$20 Grocery Store Gift Card per Year* Monday to Friday 9:00 a.m. - 4:30 p.m. Medi-Cal & Covered CA Enrollment Services Monday, Tuesday, Thursday, Friday 9:00 a.m. - 5:00 p.m. Member Services Monday to Friday 9:00 a.m. - 4:30 p.m. Spanish - CPR, AED & First Aid (14+) 2:00 p.m. - 5:00 p.m.	9 Gentle Yoga (Beginner) 9:15 a.m. - 10:15 a.m. Active Yoga (Intermediate) 10:30 a.m. - 11:30 a.m. Bilingual - Healthy Living: Weight Management (18+) 10:45 a.m. - 11:45 a.m. Eng/Spa English - Healthy Living: Cooking Matters (14+) 12:00 p.m. - 1:30 p.m. Zumba (14+) (Intermediate) 1:45 p.m. - 2:45 p.m.	10 Spanish - Healthy Living: Personal Development 9:15 a.m. - 10:15 a.m. Prenatal & Postnatal Yoga (Beginner) *Receive a free pack of diapers after class* 9:45 a.m. - 10:45 a.m. Spanish - Healthy Living: Cooking Matters (14+) 10:45 a.m. - 12:15 p.m. Healthy Living: Weight Training (14+) (Intermediate) 12:30 p.m. - 1:30 p.m.	11 CalFresh Application Assistance 9:00 a.m. - 5:00 p.m. Korean - Developmental Screenings 9:30 a.m. - 4:00 p.m. Low Impact Zumba (14+) (Beginner) 9:00 a.m. - 10:00 a.m. Zumba Step (14+) (Intermediate) 10:10 a.m. - 11:10 a.m. Dance Aerobics (Beginner) (14+) 11:25 a.m. - 12:15 p.m. Dance Aerobics (Intermediate) (14+) 12:25 p.m. - 1:20 p.m.	12 Meditation (18+) (Beginner) 9:00 a.m. - 10:00 a.m. Restorative Yin Yoga (18+) (Beginner) 10:15 a.m. - 11:15 a.m. Medi-Cal Updates: What You Need to Know for 2026 (14+) 11:45 a.m. - 12:45 p.m. Eng/Spa	13 CENTER CLOSED
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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.		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+). Must wear appropriate shoes for fitness classes.

BE ACTIVE,
HEALTHY & INFORMED



1233 S. Western Ave.
Los Angeles, CA 90006



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



213.428.1457
CommunityResourceCenterLA.org



Community Resource Center



METRO L.A.
DICIEMBRE 2025

LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO
Orientación Para Miembros *Reciba una tarjeta de regalo de \$20 para comestibles por año* Lunes a Viernes 9:00 a.m. - 4:30 p.m. Servicios de Inscripción para Medi-Cal y Covered CA Lunes, Martes, Jueves, Viernes 9:00 a.m. - 5:00 p.m. Servicio para Miembros Lunes a Viernes 9:00 a.m. - 4:30 p.m. Inglés - RCP y Primeros Auxilios (14+) 2:00 p.m. - 5:00 p.m. 1	Yoga Suave (Principiante) 9:15 a.m. - 10:15 a.m. Yoga Activo (Intermediante) 10:30 a.m. - 11:30 a.m. Bilingüe - Vida Sana: Control de Peso(18+) 10:45 a.m.- 11:45 p.m. Ing/Esp Español - Hay Que Hablar Sobre la Presión Alta (4 de 4) 11:45 a.m. - 12:45 p.m. Inglés - Vida Sana: En la Cocina (14+) 12:00 p.m. - 1:30 p.m. Español - Vivir Bien con Diabetes (3 de 4) 12:45 p.m. - 1:45 p.m. Zumba (Principiante) 1:45 p.m. - 2:45 p.m. 2	Español - Vida Sana: Superación Personal 9:15 a.m. - 10:15 a.m. Yoga Prenatal y Postnatal (Principiante) *Recibe un Paquete de Pañales Gratis Despues de Clase* 9:45 a.m. - 10:45 a.m. Español - Vida Sana: En la Cocina (14+) 10:45 a.m. - 12:15 p.m. Vida Sana: Ejercicio de Resistencia (14+) (Intermediante) 12:30 p.m. - 1:30 p.m. 3	Asistencia para Aplicaciones de CalFresh 9:30 a.m. - 4:30 p.m. Coreano - Exámenes de Desarrollo 9:30 a.m. - 4:00 p.m. Bajo Impacto Zumba (14+) (Principiante) 9:00 a.m. - 10:00 a.m. Zumba Step (14+) (Intermediante) 10:10 a.m. - 11:10 a.m. Baile Aerobico (Principiante) (14+) 11:25 a.m. - 12:15 p.m. Baile Aerobico (Intermediante) (14+) 12:25 p.m. - 1:20 p.m. 4	Meditacion (18+) (Principiante) 9:00 a.m. - 10:00 a.m. Yin Yoga Restaurativo (18+) (Intermediante) 10:15 a.m. - 11:15 a.m. 5	CENTRO CERRADO 6
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CENTRO CERRADO					CENTRO CERRADO
29	30	31	AZUL Califican para el programa mis recompensas para una vida sana. VERDE 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 *Comuniquese con el Centro para disponibilidad de Servicios TODOS LOS SERVICIOS Y LAS CLASES SON GRATIS ¡PARA TODOS!	CENTRO CERRADO

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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Los Angeles, CA 90006



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Saturday: CLOSED



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