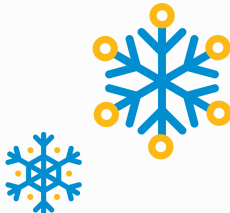
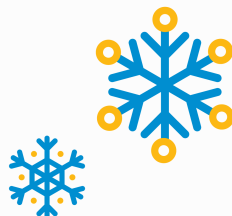




Community Resource Center



NORWALK DECEMBER 2025

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY	
Enrollment Services 9 a.m. - 4 p.m. Yoga 9 a.m. - 10 a.m. Adult Weight Management 10:00 a.m. - 11:30 a.m. ENG. Pilates 12 p.m. - 1 p.m. Adult Weight Management 12:00 p.m. - 1:30 p.m. SPA. High Blood Pressure Prevention & Management 1 p.m. - 2 p.m. Diabetes Self Management 2:00 p.m. - 3:30 p.m. Kids' Fitness Games! 3:45 p.m. - 4:45 p.m.		1 CPR/First Aid Register at freecprla.com 10 a.m. - 1 p.m. SPA. Diabetes Wellness 9 a.m. - 10 a.m. Nutrition & You 10 a.m. - 11 a.m. Yoga 2:30 p.m. - 3:30 p.m. Zumba 3:45 p.m. - 4:45 p.m.		2 Enrollment Services 9 a.m. - 4 p.m. CalFresh Assistance 9 a.m. - 4 p.m. Salsa Dance Aerobics 9 a.m. - 10 a.m. Stretch & Tone 10 a.m. - 11 a.m. Fruits & Vegetables Class 2:30 p.m. - 3:30 p.m. Homework Help (Ages 4-12) 2:45 p.m. - 3:45 p.m. Kids' Cooking Class 3:45 p.m. - 4:45 p.m.		3 Enrollment Services 9 a.m. - 4 p.m. Juicing & Salads Class 9 a.m. - 10 a.m. Healthy Cooking 10:00 a.m. - 11:30 a.m. Sculpt Fitness; Exercise! 12 p.m. - 1 p.m. Salsa Dance Aerobics 3 p.m. - 4 p.m. Fitness & Body Toning 4 p.m. - 5 p.m.		4 Exercise for All 9 a.m. - 10 a.m. Cooking Matters 10:15 a.m. - 11:45 a.m. Winter Arts and Crafts 2:45 p.m. - 3:30 p.m. Yoga 3:45 p.m. - 4:45 p.m.		6 CENTER CLOSED	
Enrollment Services 9 a.m. - 4 p.m. Yoga 9 a.m. - 10 a.m. Adult Weight Management 10:00 a.m. - 11:30 a.m. ENG. Pilates 12 p.m. - 1 p.m. Adult Weight Management 12:00 p.m. - 1:30 p.m. SPA. Diabetes Self Management 2:00 p.m. - 3:30 p.m. Kids' Fitness Games! 3:45 p.m. - 4:45 p.m.		8 Chase Financial Literacy 11:15 a.m. - 12:15 p.m. ENG. Chase Financial Literacy 12:45 p.m. - 1:45 p.m. SPA. Yoga 2:30 p.m. - 3:30 p.m. Zumba 3:45 p.m. - 4:45 p.m.		9 Enrollment Services 9 a.m. - 4 p.m. CalFresh Assistance 9 a.m. - 4 p.m. Food Pantry (Limited to First 200 People) Salsa Dance Aerobics 9 a.m. - 10 a.m. Stretch & Tone 10 a.m. - 11 a.m. Fruits & Vegetables Class 2:30 p.m. - 3:30 p.m. Homework Help (Ages 4-12) 2:45 p.m. - 3:45 p.m. Kids' Cooking Class 3:45 p.m. - 4:45 p.m.		10 Enrollment Services 9 a.m. - 4 p.m. Juicing & Salads Class 9 a.m. - 10 a.m. Healthy Cooking 10:00 a.m. - 11:30 a.m. Sculpt Fitness; Exercise! 12 p.m. - 1 p.m. Salsa Dance Aerobics 3 p.m. - 4 p.m. Fitness & Body Toning 4 p.m. - 5 p.m.		11 Exercise for All 9 a.m. - 10 a.m. Cooking Matters 10:15 a.m. - 11:45 a.m. Center Closed 1 p.m. - 5 p.m.		13 CENTER CLOSED	
Enrollment Services 9 a.m. - 4 p.m. Yoga 9 a.m. - 10 a.m. Adult Weight Management 10:00 a.m. - 11:30 a.m. ENG. Pilates 12 p.m. - 1 p.m. Adult Weight Management 12:00 p.m. - 1:30 p.m. SPA. Diabetes Self Management 2:00 p.m. - 3:30 p.m. Kids' Fitness Games! 3:45 p.m. - 4:45 p.m.		15 Diabetes Wellness 9 a.m. - 10 a.m. Nutrition & You 10 a.m. - 11 a.m. Yoga 2:30 p.m. - 3:30 p.m. Zumba 3:45 p.m. - 4:45 p.m.		16 Enrollment Services 9 a.m. - 4 p.m. CalFresh Assistance 9 a.m. - 4 p.m. Salsa Dance Aerobics 9 a.m. - 10 a.m. Stretch & Tone 10 a.m. - 11 a.m. Fruits & Vegetables Class 2:30 p.m. - 3:30 p.m. Kids' Cooking Class 3:45 p.m. - 4:45 p.m.		17 Enrollment Services 9 a.m. - 4 p.m. Juicing & Salads Class 9 a.m. - 10 a.m. Healthy Cooking 10:00 a.m. - 11:30 a.m. Sculpt Fitness; Exercise! 12 p.m. - 1 p.m. Salsa Dance Aerobics 3 p.m. - 4 p.m. Fitness & Body Toning 4 p.m. - 5 p.m.		18 Exercise for All 9 a.m. - 10 a.m. Cooking Matters 10:15 a.m. - 11:45 a.m. CPR/First Aid Register at freecprla.com 12:30 p.m. - 3:30 p.m. ENG. Yoga 3:45 p.m. - 4:45 p.m.		20 CENTER CLOSED	
Enrollment Services 9 a.m. - 4 p.m. Yoga 9 a.m. - 10 a.m. Adult Weight Management 10:00 a.m. - 11:30 a.m. ENG. Pilates 12 p.m. - 1 p.m. Adult Weight Management 12:00 p.m. - 1:30 p.m. SPA. Diabetes Self Management 2:00 p.m. - 3:30 p.m. Winter Fest: Crafts, Games and Fun for Everyone! 2:30 p.m. - 3:30 p.m. Kids' Fitness Games! 3:45 p.m. - 4:45 p.m.		22		23		24		25		26	
CENTER CLOSED											
29		30		31				Attention:			
CENTER CLOSED						Classes in BLUE qualify for My Rewards!		L.A. Care Medi-Cal Members		Join the Fun! Come to Our Kids' Fitness Games , Get a Toy!	
						Classes listed in GREEN require Pre-Registration		Get a \$20 Gift card when you come to a New Member Orientation			
								Monday - Friday 9 a.m. - 5 p.m.			

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



11721 Rosecrans Ave
Norwalk, CA 90650



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



562.651.6060
CommunityResourceCenterLA.org



Community Resource Center



NORWALK DICIEMBRE 2025

LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO
Servicios de Inscripción 9 a.m. - 4 p.m. Yoga 9 a.m. - 10 a.m. Control de Peso de Adultos 10:00 a.m. - 11:30 a.m. ING. Pilates 12 p.m. - 1 p.m. Control de Peso de Adultos 12:00 p.m. - 1:30 p.m. ESP. Prevención y Control de la Presión Alta 1 p.m. - 2 p.m. Programa de Manejo Personal de la Diabetes 2:00 p.m. - 3:30 p.m. Juegos de Ejercicios para Niños! 3:45 p.m. - 4:45 p.m.	1 RCP/Primeros Auxilios Regístrate en freecprla.com 10 a.m. - 1 p.m. ESP. Educación Sobre Diabetes 9 a.m. - 10 a.m. La Nutrición y Usted 10 a.m. - 11 a.m. Yoga 2:30 p.m. - 3:30 p.m. Zumba 3:45 p.m. - 4:45 p.m.	2 Servicios de Inscripción 9 a.m. - 4 p.m. Asistencia de CalFresh 9 a.m. - 4 p.m. Baile de Salsa Aeróbicos 9 a.m. - 10 a.m. Estirar y Tonificar 10 a.m. - 11 a.m. Clase de Frutas y Verduras 2:30 p.m. - 3:30 p.m. Ayuda de Tarea (Edades 4-12) 2:45 p.m. - 3:45 p.m. Cocina Saludable para Niños 3:45 p.m. - 4:45 p.m.	3 Servicios de Inscripción 9 a.m. - 4 p.m. Clase de Jugos y Ensaladas 9 a.m. - 10 a.m. Cocina Saludable 10:00 a.m. - 11:30 a.m. Sculpt Fitness; Ejercicio! 12 p.m. - 1 p.m. Baile de Salsa Aeróbicos 3 p.m. - 4 p.m. Ejercicio y Tonificar 4 p.m. - 5 p.m.	4 Ejercicios para Todos 9 a.m. - 10 a.m. Cocina para Adultos 10:15 a.m. - 11:45 a.m. Artes y Manualidades de Invierno 2:45 p.m. - 3:30 p.m. Yoga 3:45 p.m. - 4:45 p.m.	6  CENTRO CERRADO
8 Servicios de Inscripción 9 a.m. - 4 p.m. Yoga 9 a.m. - 10 a.m. Control de Peso de Adultos 10:00 a.m. - 11:30 a.m. ING. Pilates 12 p.m. - 1 p.m. Control de Peso de Adultos 12:00 p.m. - 1:30 p.m. ESP. Programa de Manejo Personal de la Diabetes 2:00 p.m. - 3:30 p.m. Juegos de Ejercicios para Niños! 3:45 p.m. - 4:45 p.m.	9 Clase de Salud Financiera 11:15 a.m. - 12:15 p.m. ING. Clase de Salud Financiera 12:45 p.m. - 1:45 p.m. ESP. Yoga 2:30 p.m. - 3:30 p.m. Zumba 3:45 p.m. - 4:45 p.m.	10 Servicios de Inscripción 9 a.m. - 4 p.m. Asistencia de CalFresh 9 a.m. - 4 p.m. Despensa de Alimentos (Limitado a las primeras 200 personas) Baile de Salsa Aeróbicos 9 a.m. - 10 a.m. Estirar y Tonificar 10 a.m. - 11 a.m. Clase de Frutas y Verduras 2:30 p.m. - 3:30 p.m. Ayuda de Tarea (Edades 4-12) 2:45 p.m. - 3:45 p.m. Cocina Saludable para Niños 3:45 p.m. - 4:45 p.m.	11 Servicios de Inscripción 9 a.m. - 4 p.m. Clase de Jugos y Ensaladas 9 a.m. - 10 a.m. Cocina Saludable 10:00 a.m. - 11:30 a.m. Sculpt Fitness; Ejercicio! 12 p.m. - 1 p.m. Baile de Salsa Aeróbicos 3 p.m. - 4 p.m. Ejercicio y Tonificar 4 p.m. - 5 p.m.	12 Ejercicios para Todos 9 a.m. - 10 a.m. Cocina para Adultos 10:15 a.m. - 11:45 a.m. Centro Cerrado 1 p.m. - 5 p.m.	13  CENTRO CERRADO
15 Servicios de Inscripción 9 a.m. - 4 p.m. Yoga 9 a.m. - 10 a.m. Control de Peso de Adultos 10:00 a.m. - 11:30 a.m. ING. Pilates 12 p.m. - 1 p.m. Control de Pesode Adultos 12:00 p.m. - 1:30 p.m. ESP. Prevención y Control de la Presión Alta 1 p.m. - 2 p.m. Programa de Manejo Personal de la Diabetes 2:00 p.m. - 3:30 p.m. Juegos de Ejercicios para Niños! 3:45 p.m. - 4:45 p.m.	16 Educación Sobre Diabetes 9 a.m. - 10 a.m. La Nutrición y Usted 10 a.m. - 11 a.m. Yoga 2:30 p.m. - 3:30 p.m. Zumba 3:45 p.m. - 4:45 p.m.	17 Servicios de Inscripción 9 a.m. - 4 p.m. Asistencia de CalFresh 9 a.m. - 4 p.m. Baile de Salsa Aeróbicos 9 a.m. - 10 a.m. Estirar y Tonificar 10 a.m. - 11 a.m. Clase de Frutas y Verduras 2:30 p.m. - 3:30 p.m. Cocina Saludable para Niños 3:45 p.m. - 4:45 p.m.	18 Servicios de Inscripción 9 a.m. - 4 p.m. Clase de Jugos y Ensaladas 9 a.m. - 10 a.m. Cocina Saludable 10:00 a.m. - 11:30 a.m. Sculpt Fitness; Ejercicio! 12 p.m. - 1 p.m. Baile de Salsa Aeróbicos 3 p.m. - 4 p.m. Ejercicio y Tonificar 4 p.m. - 5 p.m.	19 Ejercicios para Todos 9 a.m. - 10 a.m. Cocina para Adultos 10:15 a.m. - 11:45 a.m. RCP/Primeros Auxilios Regístrate en freecprla.com 12:30 p.m. - 3:30 p.m. ING. Yoga 3:45 p.m. - 4:45 p.m.	20  CENTRO CERRADO
22 Servicios de Inscripción 9 a.m. - 4 p.m. Yoga 9 a.m. - 10 a.m. Control de Peso de Adultos 10:00 a.m. - 11:30 a.m. ING. Pilates 12 p.m. - 1 p.m. Control de Peso de Adultos 12:00 p.m. - 1:30 p.m. ESP. Programa de Manejo Personal de la Diabetes 2:00 p.m. - 3:30 p.m. Festival de Invierno: ¡Manualidades, juegos y diversión para todos! 2:30 p.m. - 3:30 p.m. Juegos de Ejercicios para Niños! 3:45 p.m. - 4:45 p.m.	23	24	25	26	27
29	30	31	Las clases en AZUL califican para Mis Recompensas. Las clases que están en Verde requieren preinscripción!	Atención: Miembros de L.A. Care Medi-Cal Obtenga una tarjeta de regalo de \$20 al asistir a una Orientación para Nuevos Miembros Lunes a Viernes 9 a.m. - 5 p.m.	¡Únete a la Diversión! ¡Asiste a las Clases de Ejercicios para Niños y recibe un juguete!

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



11721 Rosecrans Ave
Norwalk, CA 90650



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Saturday: CLOSED



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