



Community Resource Center



PANORAMA CITY DECEMBER 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 Boot Camp 10 — 11 a.m. Yoga 11:15 a.m. — 12:15 p.m. Pilates 12:30 — 1:30 p.m. Virtual Breakthrough Parenting 2 — 4 p.m. Eng. Zumba Steps 5 — 6 p.m.	2 Boot Camp 9 — 10 a.m. The World of Juicing and Salads 12 — 1 p.m. Spa. Healthy Cooking 1:15 — 3:15 p.m. Spa. Cyber Security 4 — 5 p.m. Eng./Spa. Kids Healthy Cooking 4 — 5 p.m. (Ages 5 — 14)	3 Boot Camp 10 — 11 a.m. Little One & Me 11:30 a.m. — 12:30 p.m. (Ages 0 — 5) Oral Health: What is Fluoride? Eng./Spa. 11:30 a.m. — 12:30 p.m. Dance Aerobics 1 — 2 p.m. Ask the Registered Dietician 2:30 — 3:30 p.m. Eng./Spa. Tai Chi 4 — 5 p.m. (Adults & Kids 7+) Family Yoga 5 — 6 p.m. (Adults & Kids 5+)	4 Boot Camp 9 — 10 a.m. Pilates 10:15 — 11:15 a.m. Stretching & Strengthening for Seniors 11:45 a.m. — 12:45 p.m. Low Impact Zumba 1:15 — 2:15 p.m. Virtual Breakthrough Parenting 2 — 4 p.m. Eng. Bullying Prevention 2:45 — 4:15 p.m. Spa.	5 CPR First Aid & AED (14+ w/Adult) 8 — 11 a.m. Eng. Please visit, Freecprla.com to register.	6 CENTER CLOSED
8 Virtual Boot Camp 9 — 10 a.m. Virtual Breakthrough Parenting 2 — 4 p.m. Eng. CENTER CLOSED	9 Boot Camp 9 — 10 a.m. The World of Juicing and Salads 12 — 1 p.m. Spa. Healthy Cooking 1:15 — 3:15 p.m. Spa. Kids Healthy Cooking 4 — 5 p.m. (Ages 5 — 14)	10 Boot Camp 10 — 11 a.m. Little One & Me 11:30 a.m. — 12:30 p.m. (Ages 0 — 5) Dance Aerobics 1 — 2 p.m. Ask the Registered Dietician 2:30 — 3:30 p.m. Eng./Spa. Tai Chi 4 — 5 p.m. (Adults & Kids 7+) Family Yoga 5 — 6 p.m. (Adults & Kids 5+)	11 Boot Camp 9 — 10 a.m. Health Screenings —EPDB 10 a.m. — 1 p.m. Pilates 10:15 — 11:15 a.m. Stretching & Strengthening for Seniors 11:45 a.m. — 12:45 p.m. Low Impact Zumba 1:15 — 2:15 p.m. Virtual Breakthrough Parenting 2 — 4 p.m. Eng. Understanding Learning Disabilities 2:45 — 4:15 p.m. Spa.	12 Diaper Distribution: Sizes 0-6 9 a.m. — 2 p.m. *While Supplies Last* Call ahead to confirm size availability. Support Group for Parents of Children with Special Needs 9:30 — 11:00 a.m. Spa.	13 CPR First Aid & AED (14+ w/Adult) 8 — 11 a.m. Spa. Please visit Freecprla.com to register. CENTER OPEN FROM 8:00 — 11:00 AM
15 Boot Camp 10 — 11 a.m. Yoga 11:15 a.m. — 12:15 p.m. Pilates 12:30 — 1:30 p.m. Virtual Breakthrough Parenting 2 — 4 p.m. Eng. Zumba Steps 5 — 6 p.m.	16 Boot Camp 9 — 10 a.m. The World of Juicing and Salads 12 — 1 p.m. Spa. Healthy Cooking 1:15 — 3:15 p.m. Spa. Kids Healthy Cooking 4 — 5 p.m. (Ages 5 — 14)	17 Boot Camp 10 — 11 a.m. Little One & Me 11:30 a.m. — 12:30 p.m. (Ages 0 — 5) Dance Aerobics 1 — 2 p.m. Ask the Registered Dietician 2:30 — 3:30 p.m. Eng./Spa. Tai Chi 4 — 5 p.m. (Adults & Kids 7+) Family Yoga 5 — 6 p.m. (Adults & Kids 5+)	18 Boot Camp 9 — 10 a.m. Pilates 10:15 — 11:15 a.m. Stretching & Strengthening for Seniors 11:45 a.m. — 12:45 p.m. Low Impact Zumba 1:15 — 2:15 p.m. Virtual Breakthrough Parenting 2 — 4 p.m. Eng. Understanding Behavioral Struggles in Children 2:45 — 4:15 p.m. Spa.	19 Virtual CPR First Aid & AED (14+ w/ Adult) 8 — 11 a.m. Spa. Please visit, Freecprla.com to register. Holiday Toy Giveaway 2 — 4 p.m. In-person pre-registration required, starting 12/1. Please call for more information.	20 CENTER CLOSED
22 Virtual Boot Camp 9 — 10 a.m. Virtual Breakthrough Parenting 2 — 4 p.m. Eng.	23 Virtual Boot Camp 9 — 10 a.m.	24 Virtual Boot Camp 9 — 10 a.m.	25	26	27
CENTER CLOSED					CENTER CLOSED
29 Virtual Boot Camp 9 — 10 a.m. Virtual Breakthrough Parenting 2 — 4 p.m. Eng.	30 Virtual Boot Camp 9 — 10 a.m.	31 Virtual Boot Camp 9 — 10 a.m.			
CENTER CLOSED			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!	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 supervision is provided while you attend a class. (Ages 4+). Must wear appropriate shoes for fitness classes.

BE ACTIVE,
HEALTHY & INFORMED



7868 Van Nuys Blvd.
Panorama City, CA. 91402



CENTER HOURS:

Monday & Wednesday: 10 a.m. - 6 p.m.
Tuesday & Thursday: 9 a.m. - 5 p.m.
Friday: 8 a.m. - 4 p.m.
Saturday: CLOSED



213.438.5497
CommunityResourceCenterLA.org



Community Resource Center



PANORAMA CITY DICIEMBRE 2025

LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO
Boot Camp 10 — 11 a.m. 1 Yoga 11:15 a.m. — 12:15 p.m. Pilates 12:30 — 1:30 p.m. Serie Cultivando Familias Virtual 2 — 4 p.m. Ing. Pasos de Zumba 5 — 6 p.m.	Boot Camp 9 — 10 a.m. 2 El Mundo de Jugos y Ensaladas 12 — 1 p.m. Esp. Cocinando Saludable 1:15 — 3:15 p.m. Esp. Seguridad Cibernética 4 — 5 p.m. Esp. Cocinando Saludable - Niños 4 — 5 p.m. (Edades 5 — 14)	Boot Camp 10 — 11 a.m. 3 Mi Pequeño y Yo 11:30 a.m. — 12:30 p.m. (Edades 0 — 5) Salud Oral- ¿Qué es el fluoruro? Esp./Ing. 11:30 a.m. — 12:30 p.m. Baile Aeróbico 1 — 2 p.m. Pregúntale a la Dietista Registrada 2:30 — 3:30 p.m. Esp./Ing. Tai Chi 4 — 5 p.m. (Adultos y Niños 7+) Yoga en Familia 5 — 6 p.m. (Adultos y Niños 5+)	Boot Camp 9 — 10 a.m. 4 Pilates 10:15 — 11:15 a.m. Estiramiento y Fortalecer para Gente Mayor 11:45 a.m. — 12:45 p.m. Zumba Bajo Impacto 1:15 — 2:15 p.m. Serie Cultivando Familias Virtual 2 — 4 p.m. Ing. Prevención del Acoso 2:45 — 4:15 p.m. Esp.	RCP Primeros Auxilios y AED (14+ con Adulto) 8 — 11 a.m. Ing. 5 Por favor visite el sito web freecprla.com para registrarse.	CENTRO CERRADO
Boot Camp Virtual 9 — 10 a.m. 8 Serie Cultivando Familias Virtual 2 — 4 p.m. Ing. CENTRO CERRADO	Boot Camp 9 — 10 a.m. 9 El Mundo de Jugos y Ensaladas 12 — 1 p.m. Esp. Cocinando Saludable 1:15 — 3:15 p.m. Esp. Cocinando Saludable - Niños 4 — 5 p.m. (Edades 5 — 14)	Boot Camp 10 — 11 a.m. 10 Mi Pequeño y Yo 11:30 a.m. — 12:30 p.m. (Edades 0 — 5) Baile Aeróbico 1 — 2 p.m. Pregúntale a la Dietista Registrada 2:30 — 3:30 p.m. Esp./Ing. Tai Chi 4 — 5 p.m. (Adultos y Niños 7+) Yoga en Familia 5 — 6 p.m. (Adultos y Niños 5+)	Boot Camp 9 — 10 a.m. 11 Exámenes de Salud—EPDB 10 a.m. — 1 p.m. Pilates 10:15 — 11:15 a.m. Estiramiento y Fortalecer para Gente Mayor 11:45 a.m. — 12:45 p.m. Zumba Bajo Impacto 1:15 — 2:15 p.m. Serie Cultivando Familias Virtual 2 — 4 p.m. Ing. Trastornos del Neuro-Desarrollo 2:45 — 4:15 p.m.	Distribución de Pañales: Tallas 0-6 9 a.m. — 2 p.m. 12 *Hasta agotar existencias* Llame para confirmar tallas disponible. Grupo de Apollo para Padres De Niños con Necesidades Especiales 9:30 — 11:00 a.m. Esp.	RCP Primeros Auxilios y AED (14+ con Adulto) 8 — 11 a.m. Esp. 13 Por favor visite el sito web freecprla.com para registrarse. CENTRO ABIERTO DE 8:00 — 11:00 AM
Boot Camp 10 — 11 a.m. 15 Yoga 11:15 a.m. — 12:15 p.m. Pilates 12:30 — 1:30 p.m. Serie Cultivando Familias Virtual 2 — 4 p.m. Ing. Pasos de Zumba 5 — 6 p.m.	Boot Camp 9 — 10 a.m. 16 El Mundo de Jugos y Ensaladas 12 — 1 p.m. Esp. Cocinando Saludable 1:15 — 3:15 p.m. Esp. Cocinando Saludable - Niños 4 — 5 p.m. (Edades 5 — 14)	Boot Camp 10 — 11 a.m. 17 Mi Pequeño y Yo 11:30 a.m. — 12:30 p.m. (Edades 0 — 5) Baile Aeróbico 1 — 2 p.m. Pregúntale a la Dietista Registrada 2:30 — 3:30 p.m. Esp./Ing. Tai Chi 4 — 5 p.m. (Adultos y Niños 7+) Yoga en Familia 5 — 6 p.m. (Adultos y Niños 5+)	Boot Camp 9 — 10 a.m. 18 Pilates 10:15 — 11:15 a.m. Estiramiento y Fortalecer para Gente Mayor 11:45 a.m. — 12:45 p.m. Zumba Bajo Impacto 1:15 — 2:15 p.m. Serie Cultivando Familias Virtual 2 — 4 p.m. Ing. Trastornos de la Conducta 2:45 — 4:15 p.m. Esp.	RCP Primeros Auxilios y AED (14+ con Adulto) Virtual 8 — 11 a.m. Esp. 19 Por favor visite el sito web freecprla.com para registrarse. Sorteo de Jugetes 2 — 4 p.m. Se requiere pre-inscripción en persona, empezando el 12/1. Llame para mas información.	CENTRO CERRADO
Boot Camp Virtual 9 — 10 a.m. 22 Serie Cultivando Familias Virtual 2 — 4 p.m. Ing.	Boot Camp Virtual 9 — 10 a.m. 23	Boot Camp Virtual 9 — 10 a.m. 24	25	26	27
CENTRO CERRADO					CENTRO CERRADO
Boot Camp Virtual 9 — 10 a.m. 29 Serie Cultivando Familias Virtual 2 — 4 p.m. Ing.	Boot Camp Virtual 9 — 10 a.m. 30	Boot Camp Virtual 9 — 10 a.m. 31	CENTRO CERRADO		
CENTRO CERRADO			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!	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. Supervisión de niños está disponible durante las clases. (Edades 4+). Debe usar zapatos apropiados para las clases de ejercicios.

SEA ACTIVO,
SALUDABLE E INFORMADO



7868 Van Nuys Blvd.
Panorama City, CA. 91402



HORARIO DEL CENTRO:

Lunes y Miércoles: 10 a.m. - 6 p.m.
Martes y Jueves: 9 a.m. - 5 p.m.
Viernes: 8 a.m. - 4 p.m.
Sábado: Cerrado



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