

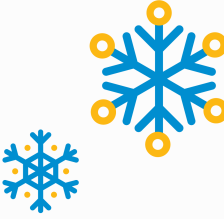
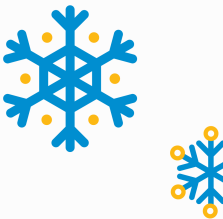


POMONA

DECEMBER

2025

Community Resource Center

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 Zumba 9:30-10:30am Vinyasa Yoga 10:45-11:45am Meditation 12-1pm Stretch & Mobility 3-4pm Boot Camp 4-5pm	2 Circuit Training 9:15-10:15am Healthy Cooking 10:30am-12pm Healthy Juicing 12-1:30pm Diabetes Self-Management 2-3:30pm ENG/SPA Zumba 3-4pm HIIT 4-5pm	3 Zumba 9:30-10:30am Strong 10:45-11:45am Yoga 12-1pm Kids Fitness 3-4pm (ages 6-12) Social Isolation 3-4:30pm SPA Boot Camp 4-5pm Kids Health Education 4-5pm (ages 6-12)	4 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 Community Connection 4-5pm Kids Fitness 4-5pm (ages 6-12)	5 Boot Camp 9-10am Zumba 10:15-11:15am Kids Dance 4-5pm (all ages)	6  CENTER CLOSED
8 Zumba 9:30-10:30am Vinyasa Yoga 10:45-11:45am Meditation 12-1pm Stretch & Mobility 3-4pm Boot Camp 4-5pm	9 Circuit Training 9:15-10:15am Healthy Cooking 10:30am-12pm Diabetes Self-Management 2-3:30pm ENG/SPA Zumba 3-4pm HIIT 4-5pm	10 Zumba 9:30-10:30am Strong 10:45-11:45am Yoga 12-1pm Kids Fitness 3-4pm (ages 6-12) Late life Transitions 3-4:30pm SPA Boot Camp 4-5pm Kids Health Education 4-5pm (ages 6-12)	11 Circuit Training 9:15-10:15am Healthy Cooking 10:30am-12pm 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)	12 Boot Camp 9-10am Zumba 10:15-11:15am Mat Pilates 11:30am-12:30pm Food Pantry 3-5pm	13  CENTER CLOSED
15 Zumba 9:30-10:30am Vinyasa Yoga 10:45-11:45am Meditation 12-1pm Stretch & Mobility 3-4pm Boot Camp 4-5pm	16 Circuit Training 9:15-10:15am Healthy Cooking 10:30am-12pm Healthy Juicing 12-1:30pm Diabetes Self-Management 2-3:30pm ENG/SPA Zumba 3-4pm HIIT 4-5pm	17 Zumba 9:30-10:30am Strong 10:45-11:45am Yoga 12-1pm Kids Fitness 3-4pm (ages 6-12) Holiday Blues 3-4:30pm SPA Boot Camp 4-5pm Kids Health Education 4-5pm (ages 6-12)	18 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 Community Connection 4-5pm ENG Kids Fitness 4-5pm (ages 6-12)	19 Boot Camp 9-10am Zumba 10:15-11:15am Mat Pilates 11:30am-12:30pm Kids Dance 4-5pm (all ages)	20  CENTER CLOSED
22	23	24	25	26	27
 CENTER CLOSED 					 CENTER CLOSED
29	30	31	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.	 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



Community Resource Center

LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO
1 Zumba 9:30-10:30am Vinyasa Yoga 10:45-11:45am Meditacion 12-1pm Estiramiento y Movilidad 3-4pm Boot Camp 4-5pm	2 Entrenamiento Circuito 9:15-10:15am Cocina Saludable 10:30am-12pm Jugos Saludables 12-1:30pm Manejo de la Diabetes 2-3:30pm ING/ESP Zumba 3-4pm HIIT 4-5pm	3 Zumba 9:30-10:30am Strong 10:45-11:45am Yoga 12-1pm Cardio Para Niños 3-4pm (Edades 6-12) Aislamiento Social 3-4:30pm ESP Boot Camp 4-5pm Educacion de Salud para Niños 4-5pm (Edades 6-12)	4 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 Conexion Comunitaria 4-5pm Cardio Para Niños 4-5pm (Edades 6-12)	5 Boot Camp 9-10am Zumba 10:15-11:15am Clase de Baile para Niños 4-5pm (Todas Edades)	6
8 Zumba 9:30-10:30am Vinyasa Yoga 10:45-11:45am Meditacion 2-1pm Estiramiento y Movilidad 3-4pm Boot Camp 4-5pm	9 Entrenamiento Circuito 9:15-10:15am Cocina Saludable 10:30am-12pm Manejo de la Diabetes 2-3:30pm ING/ESP Zumba 3-4pm HIIT 4-5pm	10 Zumba 9:30-10:30am Strong 10:45-11:45am Yoga 12-1pm Cardio Para Niños 3-4pm (Edades 6-12) Transiciones en la Vejez 3-4:30pm ESP Boot Camp 4-5pm Educacion de Salud para Niños 4-5pm (Edades 6-12)	11 Entrenamiento Circuito 9:15-10:15am Cocina Saludable 10:30am-12pm Yoga Para Mamas 1-2pm Vinyasa Yoga 2:15-3:15pm Manejo del Estrés 4-5pm Conexion Comunitaria 4-5pm Cardio Para Niños 4-5pm (Edades 6-12)	12 Boot Camp 9-10am Zumba 10:15-11:15am Pilates 11:30am-12:30pm Despensa de Alimentos 3-5pm	13
15 Zumba 9:30-10:30am Vinyasa Yoga 10:45-11:45am Meditacion 12-1pm Estiramiento y Movilidad 3-4pm Boot Camp 4-5pm	16 Entrenamiento Circuito 9:15-10:15am Cocina Saludable 10:30am-12pm Jugos Saludables 12-1:30pm Manejo de la Diabetes 2-3:30pm ENG/SPA Zumba 3-4pm HIIT 4-5pm	17 Zumba 9:30-10:30am Strong 10:45-11:45am Yoga 12-1pm Cardio Para Niños 3-4pm (Edades 6-12) Tristeza Navideña 3-4:30pm ESP Boot Camp 4-5pm Educacion de Salud para Niños 4-5pm (Edades 6-12)	18 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 Conexion Comunitaria 4-5pm ING Cardio Para Niños 4-5pm (Edades 6-12)	19 Boot Camp 9-10am Zumba 10:15-11:15am Pilates 11:30am-12:30pm Clase de Baile para Niños 4-5pm (Todas Edades)	20
22	23	24	25	26	27
CENTRO CERRADO					
29	30	31	Inscripcion Medi-Cal Lunes a Viernes 9am-4pm Inscripcion Cal Fresh Lunes a Viernes 9am-4pm RCP/Primeros Auxilios Registrese en freecprla.com	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. 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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