



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Cooking Matters 2 9 - 10:30 a.m. Spa. Life Skills: Definition of Success 10:45 - 11:45 a.m. Spa. Circuit Training for Adults 12 - 1 p.m. Zumba 1:15 - 2:15 p.m. Tai Chi 2:30 - 3:30 p.m. Sunset Yoga 4 - 5 p.m.	Cal-Fresh Application Assistance 3 9 a.m. - 5 p.m. Little One & Me 9:30 - 10:30 a.m. Eng. Suicide Awareness, Prevention, and Resilience 10 - 11 a.m. Spa. Dance Aerobics (Int.) 11 a.m. - 12 p.m. Dance Aerobics (Beg.) 12:15 - 1:15 p.m. Lotería 1:30 - 3:30 p.m. Spa. Family Boot Camp 4 - 5 p.m.	The World of Juicing & Salads 4 9 - 10 a.m. Spa. Breakthrough Parenting Virtual 10 - 12 p.m. Spa. Healthy Cooking [6 of 12] 10:15 a.m. - 12:15 p.m. Spa. Zumba 12:30 - 1:30 p.m. Pilates 1:45 - 2:45 p.m. ESL: Prices, Directions & Instructions 3 - 5 p.m. Breakthrough Parenting Virtual 4 - 6 p.m. Eng.	Emergency Preparedness Workshop 5 1 - 2:30 p.m. Understanding High Blood Pressure 3 - 4 p.m. Spa. Kids Fitness Adventure 3 - 4 p.m. Boot Camp for Adults 4 - 5 p.m.	Boot Camp for Adults 6 8 - 9 a.m. Yoga 9 - 10 a.m. Anger Management Virtual 9:30 - 11 a.m. Eng. Story Time for Tots (Ages 0-5) 10:30 - 11:30 a.m. Spa. Diabetes Education 11 a.m. - 12 p.m. Spa Nutrition and You 12 - 1 p.m. Spa. Zumba Step 12 - 1 p.m. Zumba Gold 1:15 - 2:15 p.m.	
Cooking Matters 9 9 - 10:30 a.m. Spa. Life Skills: Accountability 10:45 - 11:45 a.m. Spa. Circuit Training for Adults 12 - 1 p.m. Zumba 1:15 - 2:15 p.m. Tai Chi 2:30 - 3:30 p.m. Sunset Yoga 4 - 5 p.m.	Cal-Fresh Application Assistance 10 9 a.m. - 5 p.m. Little One & Me 9:30 - 10:30 a.m. Eng. Prevention, Awareness, and Resilience of Child Abuse 10 - 11 a.m. Spa. Dance Aerobics (Int.) 11 a.m. - 12 p.m. Dance Aerobics (Beg.) 12:15 - 1:15 p.m. Adult Art Workshop: Monoprinting 1:30 - 3:30 p.m. Spa. Family Boot Camp 4 - 5 p.m.	The World of Juicing & Salads 11 9 - 10 a.m. Spa. Breakthrough Parenting Virtual 10 - 12 p.m. Spa. Healthy Cooking [7 of 12] 10:15 a.m. - 12:15 p.m. Spa. Zumba 12:30 - 1:30 p.m. Pilates 1:45 - 2:45 p.m. ESL: Identifying Simple Expressions & Emotions 3 - 5 p.m. Breakthrough Parenting Virtual 4 - 6 p.m. Eng.	CPR & First Aid (English) 12 10 a.m. - 1 p.m. 2026 Changes to Medi-Cal & Covered CA 1:30 - 2:30 p.m. Understanding High Blood Pressure 3 - 4 p.m. Spa. Kids Fitness Adventure 3 - 4 p.m. Boot Camp for Adults 4 - 5 p.m.	Boot Camp for Adults 13 8 - 9 a.m. Yoga 9 - 10 a.m. Anger Management Virtual 9:30 - 11 a.m. Eng. Warm Drinks & Community Links 9:30 - 10:30 a.m. Story Time for Tots (Ages 0-5) 10:30 - 11:30 a.m. Spa. Diabetes Education 11 a.m. - 12 p.m. Spa Nutrition and You 12 - 1 p.m. Spa. Zumba Step 12 - 1 p.m. Zumba Gold 1:15 - 2:15 p.m.	
Cooking Matters 16 9 - 10:30 a.m. Spa. Life Skills: Mental Fitness 10:45 - 11:45 a.m. Spa. Circuit Training for Adults 12 - 1 p.m. Zumba 1:15 - 2:15 p.m. Tai Chi 2:30 - 3:30 p.m. Sunset Yoga 4 - 5 p.m. Kid's Art Club: St. Patricks Day Craft 4 - 5 p.m.	Cal-Fresh Application Assistance 17 9 a.m. - 5 p.m. Little One & Me 9:30 - 10:30 a.m. Eng. Prevention of School Bullying: Kindness, Acceptance, Inclusion 10 - 11 a.m. Spa. Dance Aerobics (Int.) 11 a.m. - 12 p.m. Dance Aerobics (Beg.) 12:15 - 1:15 p.m. Lotería 1:30 - 3:30 p.m. Spa. Family Boot Camp 4 - 5 p.m.	The World of Juicing & Salads 18 9 - 10 a.m. Spa. Breakthrough Parenting Virtual 10 - 12 p.m. Spa. Healthy Cooking [8 of 12] 10:15 a.m. - 12:15 p.m. Spa. Zumba 12:30 - 1:30 p.m. Pilates 1:45 - 2:45 p.m. ESL: Greetings & Polite Expressions 3 - 5 p.m. Breakthrough Parenting Virtual 4 - 6 p.m. Eng.	Food Pantry (limited to first 100 people) 19 10 - 11 a.m. Understanding High Blood Pressure 3 - 4 p.m. Spa. Kids Fitness Adventure 3 - 4 p.m. Boot Camp for Adults 4 - 5 p.m.	Anger Management Virtual 20 9:30 - 11 a.m. Eng. Tax Preparation Event 9 a.m. - 3 p.m. *Appointments Required* (Restrictions Apply)	
Cooking Matters 23 9 - 10:30 a.m. Spa. Life Skills: Validation 10:45 - 11:45 a.m. Spa. Circuit Training for Adults 12 - 1 p.m. Zumba 1:15 - 2:15 p.m. Tai Chi 2:30 - 3:30 p.m. Sunset Yoga 4 - 5 p.m.	Cal-Fresh Application Assistance 24 9 a.m. - 5 p.m. Little One & Me 9:30 - 10:30 a.m. Eng. Immigration, Adaptation, and Resilience 10 - 11 a.m. Spa. Dance Aerobics (Int.) 11 a.m. - 12 p.m. Dance Aerobics (Beg.) 12:15 - 1:15 p.m. Oral Health and Diabetes 1:30 - 2:30 p.m. Spa. Family Boot Camp 4 - 5 p.m.	The World of Juicing & Salads 25 9 - 10 a.m. Spa. Breakthrough Parenting Virtual 10 - 12 p.m. Spa. Healthy Cooking [9 of 12] 10:15 a.m. - 12:15 p.m. Spa. Zumba 12:30 - 1:30 p.m. Pilates 1:45 - 2:45 p.m. ESL: Identifying Buildings in Schools 3 - 5 p.m. Breakthrough Parenting Virtual 4 - 6 p.m. Eng.	CPR & First Aid (Spanish) 26 10 a.m. - 1 p.m. Understanding High Blood Pressure 3 - 4 p.m. Spa. Kids Fitness Adventure 3 - 4 p.m. Boot Camp for Adults 4 - 5 p.m.	Boot Camp for Adults 27 8 - 9 a.m. Yoga 9 - 10 a.m. Anger Management Virtual 9:30 - 11 a.m. Eng. In the Know, with my Gnomies 9:30 - 10:30 a.m. Story Time for Tots (Ages 0-5) 10:30 - 11:30 a.m. Spa. Diabetes Education 11 a.m. - 12 p.m. Spa Nutrition and You 12 - 1 p.m. Spa. Zumba Step 12 - 1 p.m. Zumba Gold 1:15 - 2:15 p.m.	
Cooking Matters 30 9 - 10:30 a.m. Spa. Life Skills: Challenges & Mistakes 10:45 - 11:45 a.m. Spa. Circuit Training for Adults 12 - 1 p.m. Zumba 1:15 - 2:15 p.m. Tai Chi 2:30 - 3:30 p.m. Sunset Yoga 4 - 5 p.m. Kid's Art Club: Spring Craft 4 - 5 p.m.			 CENTER SERVICES - Member Services and Enrollment Services • Medi-Cal, Medicare, Covered California, & CalFresh • L.A. Care New Member Orientation ALL SERVICES AND CLASSES ARE FREE FOR EVERYONE!	 BLUE Qualify for the My Rewards for a Healthy Life Program. GREEN Appointment & Registration required.	 CRC East L.A. Instagram

Class space is limited (first come, first served).
Child Supervision is provided while you attend a class. (Ages 4+).
Classes and services are subject to change, rescheduling or cancellation without notice.

BE ACTIVE, HEALTHY & INFORMED

4801 Whittier Blvd.
Los Angeles CA, 90022



CENTER HOURS:
Monday - Thursday: 9 a.m. - 5 p.m.
Friday: 8 a.m. - 4 p.m.
Saturday: CLOSED



213.438.5570
CommunityResourceCenterLA.org



LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO
Cocinado Saludable 2 9 - 10:30 a.m. Esp. Habilidades Para la Vida: Definición de Éxito 10:45 - 11:45 a.m. Esp. Circuito de Entrenamiento Para Adultos 12 - 1 p.m. Zumba 1:15 - 2:15 p.m. Tai Chi 2:30 - 3:30 p.m. Sunset Yoga 4 - 5 p.m.	Aplicaciones de Cal-Fresh 3 9 a.m. - 5 p.m. Mi Pequeño y Yo 9:30 - 10:30 a.m. Ing. Concienciación, Prevención y Resiliencia del Suicidio 10 - 11 a.m. Esp. Baile Aeróbico (Int.) 11 a.m. - 12 p.m. Baile Aeróbico (Prin.) 12:15 - 1:15 p.m. Lotería 1:30 - 3:30 p.m. Esp. Boot Camp Familiar 4 - 5 p.m.	El Mundo de Jugos y Ensaladas 4 9 - 10 a.m. Esp. Cultivando Familias Virtual 10 - 12 p.m. Esp. Cocinando Saludable [6 de 12] 10:15 a.m. - 12:15 p.m. Esp. Zumba 12:30 - 1:30 p.m. Pilates 1:45 - 2:45 p.m. Clase de Inglés: Precios, Direcciones e Instrucciones 3 - 5 p.m. Cultivando Familias Virtual 4 - 6 p.m. Ing.	Emergency Preparedness Workshop 5 1 - 2:30 p.m. Entendiendo la Presión Arterial Alta 3 - 4 p.m. Esp. Adventura de Fitness Para Niños 3 - 4 p.m. Boot Camp Para Adultos 4 - 5 p.m.	Boot Camp Para Adultos 6 8 - 9 a.m. Yoga 9 - 10 a.m. Clase de Manejo de la Ira Virtual 9:30 - 11 a.m. Ing. Cuentos Para Niños (Edades 0-5) 10:30 - 11:30 a.m. Esp. Educación Sobre la Diabetes 11 a.m. - 12 p.m. Esp. Nutrición y Tú 12 - 1 p.m. Esp. Zumba Step 12 - 1 p.m. Zumba Gold 1:15 - 2:15 p.m.	
Cocinado Saludable 9 9 - 10:30 a.m. Esp. Habilidades Para la Vida: Responsabilidad 10:45 - 11:45 a.m. Esp. Circuito de Entrenamiento Para Adultos 12 - 1 p.m. Zumba 1:15 - 2:15 p.m. Tai Chi 2:30 - 3:30 p.m. Sunset Yoga 4 - 5 p.m.	Aplicaciones de Cal-Fresh 10 9 a.m. - 5 p.m. Mi Pequeño y Yo 9:30 - 10:30 a.m. Ing. Prevención, Concienciación y Resiliencia del Maltrato Infantil 10 - 11 a.m. Esp. Baile Aeróbico (Int.) 11 a.m. - 12 p.m. Baile Aeróbico (Prin.) 12:15 - 1:15 p.m. Taller de Arte Para Adultos: Monoprint 1:30 - 3:30 p.m. Esp. Boot Camp Familiar 4 - 5 p.m.	El Mundo de Jugos y Ensaladas 11 9 - 10 a.m. Esp. Cultivando Familias Virtual 10 - 12 p.m. Esp. Cocinando Saludable [7 de 12] 10:15 a.m. - 12:15 p.m. Esp. Zumba 12:30 - 1:30 p.m. Pilates 1:45 - 2:45 p.m. Clase de Inglés: Identificando Expresiones y Emociones Simples 3 - 5 p.m. Cultivando Familias Virtual 4 - 6 p.m. Ing.	RCP y Primeros Auxilios (Inglés) 12 10 a.m. - 1 p.m. Cambios en Medi-Cal y Covered CA para 2026 1:30 - 2:30 p.m. Entendiendo la Presión Arterial Alta 3 - 4 p.m. Esp. Adventura de Fitness Para Niños 3 - 4 p.m. Boot Camp Para Adultos 4 - 5 p.m.	Boot Camp Para Adultos 13 8 - 9 a.m. Yoga 9 - 10 a.m. Clase de Manejo de la Ira Virtual 9:30 - 11 a.m. Ing. Cafecito y Conexiones 9:30 - 10:30 a.m. Cuentos Para Niños (Edades 0-5) 10:30 - 11:30 a.m. Esp. Educación Sobre la Diabetes 11 a.m. - 12 p.m. Esp. Nutrición y Tú 12 - 1 p.m. Esp. Zumba Step 12 - 1 p.m. Zumba Gold 1:15 - 2:15 p.m.	
Cocinado Saludable 16 9 - 10:30 a.m. Esp. Habilidades Para la Vida: Aptitud Mental 10:45 - 11:45 a.m. Esp. Circuito de Entrenamiento Para Adultos 12 - 1 p.m. Zumba 1:15 - 2:15 p.m. Tai Chi 2:30 - 3:30 p.m. Sunset Yoga 4 - 5 p.m. Club de Arte para Niños: Manualidad del Día de San Patricio 4 - 5 p.m.	Aplicaciones de Cal-Fresh 17 9 a.m. - 5 p.m. Mi Pequeño y Yo 9:30 - 10:30 a.m. Ing. Prevención del Acoso Escolar: Amabilidad, Aceptación, Inclusión 10 - 11 a.m. Esp. Baile Aeróbico (Int.) 11 a.m. - 12 p.m. Baile Aeróbico (Prin.) 12:15 - 1:15 p.m. Lotería 1:30 - 3:30 p.m. Esp. Boot Camp Familiar 4 - 5 p.m.	El Mundo de Jugos y Ensaladas 18 9 - 10 a.m. Esp. Cultivando Familias Virtual 10 - 12 p.m. Esp. Cocinando Saludable [8 de 12] 10:15 a.m. - 12:15 p.m. Esp. Zumba 12:30 - 1:30 p.m. Pilates 1:45 - 2:45 p.m. Clase de Inglés: Saludos y Expresiones Corteses 3 - 5 p.m. Cultivando Familias Virtual 4 - 6 p.m. Ing.	Despensa de Alimentos (limitado a las primeras 100 personas) 19 10 - 11 a.m. Entendiendo la Presión Arterial Alta 3 - 4 p.m. Esp. Adventura de Fitness Para Niños 3 - 4 p.m. Boot Camp Para Adultos 4 - 5 p.m.	Clase de Manejo de la Ira Virtual 9:30 - 11 a.m. Ing. Evento de Preparación de Impuestos 9 a.m. - 3 p.m. *Se Requiere Cita* <i>(Se Aplican Restricciones)</i>	
Cocinado Saludable 23 9 - 10:30 a.m. Esp. Habilidades Para la Vida: Validación 10:45 - 11:45 a.m. Esp. Circuito de Entrenamiento Para Adultos 12 - 1 p.m. Zumba 1:15 - 2:15 p.m. Tai Chi 2:30 - 3:30 p.m. Sunset Yoga 4 - 5 p.m.	Aplicaciones de Cal-Fresh 24 9 a.m. - 5 p.m. Mi Pequeño y Yo 9:30 - 10:30 a.m. Ing. Inmigración, Adaptación y Resiliencia 10 - 11 a.m. Esp. Baile Aeróbico (Int.) 11 a.m. - 12 p.m. Baile Aeróbico (Prin.) 12:15 - 1:15 p.m. Salud Oral y Diabetes 1:30 - 2:30 p.m. Spa. Boot Camp Familiar 4 - 5 p.m.	El Mundo de Jugos y Ensaladas 25 9 - 10 a.m. Esp. Cultivando Familias Virtual 10 - 12 p.m. Esp. Cocinando Saludable [9 de 12] 10:15 a.m. - 12:15 p.m. Esp. Zumba 12:30 - 1:30 p.m. Pilates 1:45 - 2:45 p.m. Clase de Inglés: Identificación de Edificios en las Escuelas 3 - 5 p.m. Cultivando Familias Virtual 4 - 6 p.m. Ing.	RCP y Primeros Auxilios (Español) 26 10 a.m. - 1 p.m. Entendiendo la Presión Arterial Alta 3 - 4 p.m. Esp. Adventura de Fitness Para Niños 3 - 4 p.m. Boot Camp Para Adultos 4 - 5 p.m.	Boot Camp Para Adultos 27 8 - 9 a.m. Yoga 9 - 10 a.m. Clase de Manejo de la Ira Virtual 9:30 - 11 a.m. Ing. Gnomos Bien Informados 9:30 - 10:30 a.m. Cuentos Para Niños (Edades 0-5) 10:30 - 11:30 a.m. Esp. Educación Sobre la Diabetes 11 a.m. - 12 p.m. Esp. Nutrición y Tú 12 - 1 p.m. Esp. Zumba Step 12 - 1 p.m. Zumba Gold 1:15 - 2:15 p.m.	
Cocinado Saludable 30 9 - 10:30 a.m. Esp. Habilidades Para la Vida: Desafíos y Errores 10:45 - 11:45 a.m. Esp. Circuito de Entrenamiento Para Adultos 12 - 1 p.m. Zumba 1:15 - 2:15 p.m. Tai Chi 2:30 - 3:30 p.m. Sunset Yoga 4 - 5 p.m. Club de Arte para Niños: Artesanía de Primavera 4 - 5 p.m.	DÍA DE CÉSAR CHÁVEZ CENTRO CERRADO		SERVICIOS DIARIOS Servicios para Miembros y Servicios de Inscripción <ul style="list-style-type: none"> • Medi-Cal, Medicare, Covered California, y CalFresh • Orientación para nuevos miembros de L.A. Care 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 East L.A. Instagram

Espacio de las clases es limitado (Se le sirve en orden de llegada).
 Supervisión de niños está disponible durante las clases. (Edades 4+)
 Las clases y servicios están sujetas a cambio, reprogramación o cancelación sin previo aviso.

SEA ACTIVO, SALUDABLE E INFORMADO

4801 Whittier Blvd.
 Los Angeles CA, 90022

HORARIO
 Lunes a Jueves: 9 a.m. - 5 p.m.
 Viernes: 8 a.m. - 4 p.m.
 Sábado: CERRADO

213.438.5570
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