



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>Tai Chi</b> 10:30 - 11:30 a.m. <b>Colon Cancer Testing &amp; Treatment</b> 11 a.m. - 12 p.m. <b>CPR &amp; First Aid Spanish</b> 12:30 p.m. - 3:30 p.m. <b>Diabetes Management</b> 1 - 2:30 p.m. <b>Healthy Cooking for Kids (Ages 6-12)</b> 4 - 5 p.m. <b>Hip-Hop Step</b> 4 - 5 p.m.	<b>2</b> <b>Boot Camp</b> 9:15 - 10 a.m. <b>Family Sing (Ages 0-5)</b> 9:30 - 10:15 a.m. <b>Kickboxing</b> 10 - 11 a.m. <b>Balance &amp; Stability</b> 11:10 a.m. - 12:10 p.m. <b>Dementia 101</b> 1 - 2 p.m. <b>Mental Health in Youth</b> 1:30 - 3 p.m. <b>Family Fitness (Ages 5+)</b> 3 - 3:50 p.m. <b>Pilates</b> 4 - 5 p.m.	<b>3</b> <b>Yoga Therapy</b> 9 - 10 a.m. <b>Line Dancing</b> 1 - 2:30 p.m. <b>Zumba</b> 4 - 5 p.m.	<b>4</b> <b>Yoga Therapy</b> 9 - 10 a.m. <b>Adult Weight Management</b> • 10 - 11:30 a.m. English • 12 - 1:30 p.m. Spanish <b>Tai Chi</b> 10:30 - 11:30 a.m. <b>Beginners Line Dancing</b> 12 - 1:30 p.m. <b>Pilates</b> 2 - 3 p.m.	<b>5</b> <b>Yoga Therapy</b> 9 - 10 a.m. <b>Little One &amp; Me (Ages 0-5)</b> 10 - 11 a.m. <b>Arts of Fruits &amp; Vegetables</b> 10:30 a.m. - 12 p.m. <b>Line Dancing</b> 1 - 2:30 p.m. <b>Zumba</b> 4 - 5 p.m.	<b>6</b> 
<b>9</b> <b>Tai Chi</b> 10:30 - 11:30 a.m. <b>Diabetes Management</b> 1 - 2:30 p.m. <b>Healthy Cooking for Kids (Ages 6-12)</b> 4 - 5 p.m. <b>Hip-Hop Step</b> 4 - 5 p.m.	<b>10</b> <b>Boot Camp</b> 9:15 - 10 a.m. <b>Family Sing (Ages 0-5)</b> 9:30 - 10:15 a.m. <b>Kickboxing</b> 10 - 11 a.m. <b>Balance &amp; Stability</b> 11:10 a.m. - 12:10 p.m. <b>Values &amp; Sexuality</b> 1:30 - 3 p.m. <b>Family Fitness (Ages 5+)</b> 3 - 3:50 p.m. <b>Pilates</b> 4 - 5 p.m.	<b>11</b> <b>Yoga Therapy</b> 9 - 10 a.m. <b>Line Dancing</b> 1 - 2:30 p.m. <b>Zumba</b> 4 - 5 p.m.	<b>12</b> <b>Yoga Therapy</b> 9 - 10 a.m. <b>Tai Chi</b> 10:30 - 11:30 a.m. <b>Beginners Line Dancing</b> 12 - 1:30 p.m. <b>Pilates</b> 2 - 3 p.m.	<b>13</b> <b>Yoga Therapy</b> 9 - 10 a.m. <b>Little One &amp; Me (Ages 0-5)</b> 10 - 11 a.m. <b>Healthy Cooking for Adults</b> 10:30 a.m. - 12 p.m. <b>Line Dancing</b> 1 - 2:30 p.m. <b>Zumba</b> 4 - 5 p.m.	<b>14</b> 
<b>16</b> <b>Tai Chi</b> 10:30 - 11:30 a.m. <b>HIV/AIDS Awareness</b> 11 a.m. - 12 p.m. <b>Diabetes Management</b> 1 - 2:30 p.m. <b>Healthy Cooking for Kids (Ages 6-12)</b> 4 - 5 p.m. <b>Hip-Hop Step</b> 4 - 5 p.m.	<b>17</b> <b>Boot Camp</b> 9:15 - 10 a.m. <b>Family Sing (Ages 0-5)</b> 9:30 - 10:15 a.m. <b>Kickboxing</b> 10 - 11 a.m. <b>Balance &amp; Stability</b> 11:10 a.m. - 12:10 p.m. <b>Family Communication: Sexual Health</b> 1:30 - 3 p.m. <b>Family Fitness (Ages 5+)</b> 3 - 3:50 p.m. <b>Pilates</b> 4 - 5 p.m.	<b>18</b> <b>Yoga Therapy</b> 9 - 10 a.m. <b>Line Dancing</b> 1 - 2:30 p.m. <b>Zumba</b> 4 - 5 p.m.	<b>19</b> <b>Yoga Therapy</b> 9 - 10 a.m. <b>Tai Chi</b> 10:30 - 11:30 a.m. <b>Beginners Line Dancing</b> 12 - 1:30 p.m. <b>Pilates</b> 2 - 3 p.m.	<b>20</b> <b>Yoga Therapy</b> 9 - 10 a.m. <b>Little One &amp; Me (Ages 0-5)</b> 10 - 11 a.m. <b>Community Cafe: Meet Local Resources</b> 10 a.m. - 12 p.m. <b>Arts of Fruits &amp; Vegetables</b> 10:30 a.m. - 12 p.m. <b>Line Dancing</b> 1 - 2:30 p.m. <b>Zumba</b> 4 - 5 p.m.	<b>21</b> <b>CPR &amp; First Aid English</b> 9:30 a.m. - 12:30 p.m.
<b>23</b> <b>Tai Chi</b> 10:30 - 11:30 a.m. <b>New Healthcare Updates</b> 11 a.m. - 12 p.m. <b>Diabetes Management</b> 1 - 2:30 p.m. <b>Healthy Cooking for Kids (Ages 6-12)</b> 4 - 5 p.m. <b>Hip-Hop Step</b> 4 - 5 p.m.	<b>24</b> <b>Boot Camp</b> 9:15 - 10 a.m. <b>Family Sing (Ages 0-5)</b> 9:30 - 10:15 a.m. <b>Kickboxing</b> 10 - 11 a.m. <b>Balance &amp; Stability</b> 11:10 a.m. - 12:10 p.m. <b>Diverse Families &amp; LGBTQ Acceptance</b> 1:30 - 3 p.m. <b>Family Fitness (Ages 5+)</b> 3 - 3:50 p.m. <b>Pilates</b> 4 - 5 p.m.	<b>25</b> <b>Yoga Therapy</b> 9 - 10 a.m. <b>Maternal Health: Labor Comfort &amp; Coping</b> 11 a.m. - 12:30 p.m. <b>Line Dancing</b> 1 - 2:30 p.m. <b>Gum Disease</b> 3 p.m. - 4:30 p.m. <b>Zumba</b> 4 - 5 p.m.	<b>26</b> <b>Yoga Therapy</b> 9 - 10 a.m. <b>Blood Pressure Series</b> • 9 - 11 a.m. Spanish • 11:30 - 1:30 p.m. English <b>Tai Chi</b> 10:30 - 11:30 a.m. <b>Beginners Line Dancing</b> 12 - 1:30 p.m. <b>Pilates</b> 2 - 3 p.m. <b>CENTER CLOSED</b> 3:15 - 5 p.m.	<b>27</b> <b>Yoga Therapy</b> 9 - 10 a.m. <b>Little One &amp; Me (Ages 0-5)</b> 10 - 11 a.m. <b>Healthy Cooking for Adults</b> 10 a.m. - 1 p.m. <b>Line Dancing</b> 1 - 2:30 p.m. <b>Zumba</b> 4 - 5 p.m.	<b>28</b> 
<b>30</b> <b>Tai Chi</b> 10:30 - 11:30 a.m. <b>Cervical Cancer Prevention</b> 1:30 - 3 p.m. <b>Healthy Cooking for Kids (Ages 6-12)</b> 4 - 5 p.m. <b>Hip-Hop Step</b> 4 - 5 p.m.	<b>31</b> 	<b>Metro L.I.F.E. Information &amp; Enrollment</b> <b>*A FREE 90 day pass</b> <b>*20 free rides every month</b>  10 a.m. - 12 p.m. Friday March 6 Friday March 13 Friday March 20	<b>Medi-cal Enrollments</b> Tuesdays 9 a.m. - 5 p.m.  <b>CalFresh Assistance</b> Thursdays 9 a.m. - 5 p.m.  <b>SSI/SSDI Assistance</b> Monday March 2 & 16 10 a.m. - 12 p.m.	<b>BLUE</b> Qualify for the My Rewards for a Healthy Life Program.  <b>GREEN</b> Appointment & Registration required.	

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**

2864 W. Imperial Hwy  
Inglewood, CA 90303



### CENTER HOURS:

Monday - Friday: 9 a.m. - 5 p.m.  
3rd Saturday of the month: 9:30 a.m. - 12:30 p.m.  
All other Saturdays: CLOSED



310.330.3130  
communityresourcecenterla.org



LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO
<b>Tai Chi</b> 10:30 - 11:30 a.m. <b>Tratamiento del Cáncer de Colon</b> 11 a.m. - 12 p.m. <b>RCP y Primeros Auxilios</b> 12:30 p.m. - 3:30p.m. <b>Manejo de la Diabetes</b> 1 - 2:30 p.m. <b>Cocina Saludable para Niños (6-12 años)</b> 4 - 5 p.m. <b>Clase de Paso de Hip-hop</b> 4 - 5 p.m.	<b>2 Entrenamiento Intenso</b> 9:15 - 10 a.m. <b>Cantar en Familia (0-5 años)</b> 9:30 - 10:15 a.m. <b>Kickboxing</b> 10 - 11 a.m. <b>Equilibrio y Estabilidad</b> 11:10 a.m. - 12:10 p.m. <b>Demencia 101</b> 1 - 2 p.m. <b>Salud Mental en Jovenes</b> 1:30 - 3 p.m. <b>Ejercicio Familiar (+5 años)</b> 3 - 3:50 p.m. <b>Pilates</b> 4 - 5 p.m.	<b>3 Terapia de Yoga</b> 9 - 10 a.m. <b>Baile en Línea</b> 1 - 2:30 p.m. <b>Zumba</b> 4 - 5 p.m.	<b>4 Terapia de Yoga</b> 9 - 10 a.m. <b>Programa de Peso para Adultos</b> <ul style="list-style-type: none"> <li>10 - 11:30 a.m. Inglés</li> <li>12 - 1:30 p.m. Español</li> </ul> <b>Tai Chi</b> 10:30 - 11:30 a.m. <b>Baile en Línea para Principiantes</b> 12 - 1:30 p.m. <b>Pilates</b> 2 - 3 p.m.	<b>5 Terapia de Yoga</b> 9 - 10 a.m. <b>Mi Pequeño y Yo (0-5 años)</b> 10 - 11 a.m. <b>El Arte de Frutas y Vegetales</b> 10:30 a.m. - 12 p.m. <b>Baile en Línea</b> 1 - 2:30 p.m. <b>Zumba</b> 4 - 5 p.m.	
<b>Tai Chi</b> 10:30 - 11:30 a.m. <b>Manejo de la Diabetes</b> 1 - 2:30 p.m. <b>Cocina Saludable para Niños (6-12 años)</b> 4 - 5 p.m. <b>Clase de Paso de Hip-hop</b> 4 - 5 p.m.	<b>9 Entrenamiento Intenso</b> 9:15 - 10 a.m. <b>Cantar en Familia (0-5 años)</b> 9:30 - 10:15 a.m. <b>Kickboxing</b> 10 - 11 a.m. <b>Equilibrio y Estabilidad</b> 11:10 a.m. - 12:10 p.m. <b>Valores y Sexualidad</b> 1:30 p.m. - 3 p.m. <b>Ejercicio Familiar (+5 años)</b> 3 - 3:50 p.m. <b>Pilates</b> 4 - 5 p.m.	<b>10 Terapia de Yoga</b> 9 - 10 a.m. <b>Baile en Línea</b> 1 - 2:30 p.m. <b>Zumba</b> 4 - 5 p.m.	<b>11 Terapia de Yoga</b> 9 - 10 a.m. <b>Tai Chi</b> 10:30 - 11:30 a.m. <b>Baile en Línea para Principiantes</b> 12 - 1:30 p.m. <b>Pilates</b> 2 - 3 p.m.	<b>12 Terepia de Yoga</b> 9 - 10 a.m. <b>Mi Pequeño y Yo (0-5 años)</b> 10 - 11 a.m. <b>Cocina Saludable</b> 10:30 a.m. - 12 p.m. <b>Baile en Línea</b> 1 - 2:30 p.m. <b>Zumba</b> 4 - 5 p.m.	
<b>Tai Chi</b> 10:30 - 11:30 a.m. <b>Concienciación sobre el VIH/SIDA</b> 11 a.m. - 12 p.m. <b>Manejo de la Diabetes</b> 1 - 2:30 p.m. <b>Cocina Saludable para Niños (6-12 años)</b> 4 - 5 p.m. <b>Clase de Paso de Hip-hop</b> 4 - 5 p.m.	<b>16 Entrenamiento Intenso</b> 9:15 - 10 a.m. <b>Cantar en Familia (0-5 años)</b> 9:30 - 10:15 a.m. <b>Kickboxing</b> 10 - 11 a.m. <b>Equilibrio y Estabilidad</b> 11:10 a.m. - 12:10 p.m. <b>Comunicación Familiar: Salud Sexual</b> 1:30 - 3 p.m. <b>Ejercicio Familiar (+5 años)</b> 3-3:50 p.m. <b>Pilates</b> 4 - 5 p.m.	<b>17 Terapia de Yoga</b> 9 - 10 a.m. <b>Baile en Línea</b> 1 - 2:30 p.m. <b>Zumba</b> 4 - 5 p.m.	<b>18 Terapia de Yoga</b> 9 - 10 a.m. <b>Tai Chi</b> 10:30 - 11:30 a.m. <b>Baile en Línea para Principiantes</b> 12 - 1:30 p.m. <b>Pilates</b> 2 - 3 p.m.	<b>19 Terapia de Yoga</b> 9 - 10 a.m. <b>Mi Pequeño y Yo (0-5 años)</b> 10 - 11 a.m. <b>Cafe Comunitario: Conozca sus Recursos Locales</b> 10 a.m. - 12 p.m. <b>El Arte de Frutas y Vegetales</b> 10:30 a.m. - 12 p.m. <b>Baile en Línea</b> 1 - 2:30 p.m. <b>Zumba</b> 4 - 5 p.m.	<b>20 RCP y Primeros Auxilios Inglés</b> 9:30 a.m. - 12:30 p.m.
<b>Tai Chi</b> 10:30 - 11:30 a.m. <b>Nuevas Actualizaciones del Seguro de Salud</b> 11 a.m. - 12 p.m. <b>Manejo de la Diabetes</b> 1 - 2:30 p.m. <b>Cocina Saludable para Niños (6-12 años)</b> 4 - 5 p.m. <b>Clase de Paso de Hip-hop</b> 4 - 5 p.m.	<b>23 Entrenamiento Intenso</b> 9:15 - 10 a.m. <b>Cantar en Familia(0-5 años)</b> 9:30 - 10:15 a.m. <b>Kickboxing</b> 10 - 11 a.m. <b>Equilibrio y Estabilidad</b> 11:10 a.m. - 12:10 p.m. . <b>Familias Diversas</b> 1:30 - 3 p.m. <b>Ejercicio Familiar (+5 años)</b> 3 - 3:50 p.m. <b>Pilates</b> 4 - 5 p.m.	<b>24 Terapia de Yoga</b> 9 - 10 a.m. <b>Salud Materna: Comodidad Durante el Parto</b> 11 a.m. - 12:30 p.m. <b>Baile en Línea</b> 1 - 2:30 p.m. <b>Enfermedad de las Encias</b> 3:00 - 4:30 p.m. <b>Zumba</b> 4 - 5 p.m.	<b>25 Terapia de Yoga</b> 9 - 10 a.m. <b>Serie de Presión Arterial</b> <ul style="list-style-type: none"> <li>9 - 11 a.m. Español</li> <li>11:30 am -1:30pm Inglés</li> </ul> <b>Tai Chi</b> 10:30 - 11:30 a.m. <b>Baile en Línea para Principiantes</b> 12 - 1:30 p.m. <b>Pilates</b> 2 - 3 p.m. <b>CENTRO CERRADO</b> 3:15 - 5 p.m.	<b>26 Terapia de Yoga</b> 9 - 10 a.m. <b>Mi Pequeño y Yo (0-5 años)</b> 10 - 11 a.m. <b>Cocina Saludable</b> 10:30 a.m. - 12 p.m. <b>Baile en Línea</b> 1 - 2:30 p.m. <b>Zumba</b> 4 - 5 p.m.	
<b>Tai Chi</b> 10:30 - 11:30 a.m. <b>Prevención del Cáncer de Cuello Uterino</b> 1:30 - 3 p.m. <b>Cocina Saludable para Niños (6-12 años)</b> 4 - 5 p.m. <b>Clase de Paso de Hip-hop</b> 4 - 5 p.m.	<b>30</b> 	<b>31</b> <b>Metro L.I.F.E. Información e Inscripción</b> <b>*Un pase gratuito de 90 días</b> <b>*20 viajes gratis al mes</b>  10 a.m. - 12 p.m.  viernes 6 de marzo viernes 13 de marzo viernes 20 de marzo	<b>Inscripción de Medi-cal</b> martes 9 a.m. - 5 p.m.  <b>Asistencia de CalFresh</b> jueves 9 a.m. - 5 p.m.  <b>Asistencia de SSI/SSDI</b> lunes marzo 2 y 16 10 a.m. - 12 p.m.	 <p><b>AZUL</b> Califican para el programa mis recompensas para una vida sana.</p> <p><b>VERDE</b> Solo con cita previa y registro.</p>	 <p>CRC Inglewood Instagram</p>

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**