



| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---|--|---|---|--|---|
| Enrollment Services 2 9 - 4 p.m. Yoga 9 - 10 a.m. Pilates 12 - 1 p.m. Diabetes Management 2 - 3:30 p.m. Homework Help (4-12 y/o) 3 - 3:45 p.m. Kids' Fitness - Bring a Friend & Get a Toy! 3:45 - 4:45 p.m. | CPR - Spanish 3 10 a.m. - 1 p.m. Yoga 2:30 - 3:30 p.m. Family Art Club - Shamrocks, Rainbows and a lot of Gold! 3:45 - 4:45 p.m. Zumba 3:45 - 4:45 p.m. | Enrollment Services 4 9 a.m. - 4 p.m. Cal-Fresh Enrollment 9 a.m. - 4 p.m. Salsa Aerobics 9 - 10 a.m. Stretch & Tone 10 - 11 a.m. Fruits & Vegetables 2:30 - 3:30 p.m. Kids' Cooking 3:45 - 4:45 p.m. | Enrollment Services 5 9 a.m. - 4 p.m. Juicing & Salads 9 - 10 a.m. Healthy Cooking 10 - 11:30 a.m. Sculpt Fitness 12 - 1 p.m. Salsa Aerobics 3 - 4 p.m. Fitness & Body Toning 4 - 5 p.m. | Exercise for All 6 9 - 10 a.m. Cooking Matters 10:15 - 11:45 a.m. Yoga 3:45 - 4:45 p.m. |  CENTER CLOSED |
| Enrollment Services 9 9 - 4 p.m. Yoga 9 - 10 a.m. Pilates 12 - 1 p.m. Diabetes Management 2 - 3:30 p.m. Kids' Fitness - Bring a Friend & Get a Toy! 3:45 - 4:45 p.m. | Attend 2 Health Education Classes and Get a Small Gift! 10 Diabetes Wellness 9 - 10 a.m. Nutrition & You 10 - 11 a.m. Family Bingo 1:30 - 2:15 p.m. Yoga 2:30 - 3:30 p.m. Zumba 3:45 - 4:45 p.m. | Food Pantry While Supplies Lasts 11 Metro LIFE Enrollment 9 a.m. - 4 p.m. Enrollment Services 9 a.m. - 4 p.m. Cal-Fresh Enrollment 9 a.m. - 4 p.m. Salsa Aerobics 9 - 10 a.m. Stretch & Tone 10 - 11 a.m. Fruits & Vegetables 2:30 - 3:30 p.m. Kids' Cooking 3:45 - 4:45 p.m. | Enrollment Services 12 9 a.m. - 4 p.m. Juicing & Salads 9 - 10 a.m. Healthy Cooking 10 - 11:30 a.m. Sculpt Fitness 12 - 1 p.m. Salsa Aerobics 3 - 4 p.m. Fitness & Body Toning 4 - 5 p.m. | Exercise for All 13 9 - 10 a.m. Cooking Matters 10:15 - 11:45 a.m. Resource Connection! Community Closet and Community Links! 2 - 3:30 p.m. Yoga 3:45 - 4:45 p.m. |  CENTER CLOSED |
| Enrollment Services 16 9 - 4 p.m. Yoga 9 - 10 a.m. Pilates 12 - 1 p.m. Understanding High Blood Pressure 1 - 2 p.m. Diabetes Management 2 - 3:30 p.m. Kids' Fitness - Bring a Friend & Get a Toy! 3:45 - 4:45 p.m. | Resume & IT Support 17 9 - 10 a.m. Yoga 2:30 - 3:30 p.m. Family Bingo 3:45 - 4:45 p.m. Zumba 3:45 - 4:45 p.m. Happy St. Patrick's Day! Wear Green! | Enrollment Services 18 9 a.m. - 4 p.m. Cal-Fresh Enrollment 9 a.m. - 4 p.m. Salsa Aerobics 9 - 10 a.m. Stretch & Tone 10 - 11 a.m. Fruits & Vegetables 2:30 - 3:30 p.m. Homework Help (4-12 y/o) 3 - 3:45 p.m. Kids' Cooking 3:45 - 4:45 p.m. | Enrollment Services 19 9 a.m. - 4 p.m. Juicing & Salads 9 - 10 a.m. Healthy Cooking 10 - 11:30 a.m. Sculpt Fitness 12 - 1 p.m. Salsa Aerobics 3 - 4 p.m. Fitness & Body Toning 4 - 5 p.m. | Yoga 20 3:45 - 4:45 p.m. |  CENTER CLOSED |
| Enrollment Services 23 9 - 4 p.m. Yoga 9 - 10 a.m. Pilates 12 - 1 p.m. Diabetes Management 2 - 3:30 p.m. Homework Help (4-12 y/o) 3 - 3:45 p.m. Kids' Fitness - Bring a Friend & Get a Toy! 3:45 - 4:45 p.m. | Attend 2 Health Education Classes and Get a Small Gift! 24 Diabetes Wellness 9 - 10 a.m. Nutrition & You 10 - 11 a.m. Family Bingo 1:30 - 2:15 p.m. Yoga 2:30 - 3:30 p.m. Zumba 3:45 - 4:45 p.m. | Enrollment Services 25 9 a.m. - 4 p.m. Cal-Fresh Enrollment 9 a.m. - 4 p.m. Salsa Aerobics 9 - 10 a.m. Stretch & Tone 10 - 11 a.m. Fruits & Vegetables 2:30 - 3:30 p.m. Kids' Cooking 3:45 - 4:45 p.m. | Metro LIFE Enrollment 26 9 a.m. - 4 p.m. Enrollment Services 9 a.m. - 4 p.m. Juicing & Salads 9 - 10 a.m. Healthy Cooking 10 - 11:30 a.m. Sculpt Fitness 12 - 1 p.m. Salsa Aerobics 3 - 4 p.m. Fitness & Body Toning 4 - 5 p.m. | Exercise for All 27 9 - 10 a.m. Cooking Matters 10:15 - 11:45 a.m. CPR - English 12:30 - 3:30 p.m. Yoga 3:45 - 4:45 p.m. |  CENTER CLOSED |
| Enrollment Services 30 9 - 4 p.m. Yoga 9 - 10 a.m. Pilates 12 - 1 p.m. Understanding High Blood Pressure 1 - 2 p.m. Homework Help (4-12 y/o) 3 - 3:45 p.m. Kids' Fitness - Bring a Friend & Get a Toy! 3:45 - 4:45 p.m. |  CÉSAR CHÁVEZ DAY CENTER CLOSED | Attention! L.A. Care Medi-Cal Members GET A \$20 GIFT CARD! Have questions? Call us to verify your eligibility! CPR Register at freecprla.com Community Library 0 - 16 Years Old Celebrating Women's History Month | Metro L.I.F.E Information & Enrollment *A FREE 90 day pass *20 FREE rides per month 9 a.m. - 4 p.m. Wednesday, March 11 Thursday, March 26 | 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

 11721 Rosecrans Ave.
Norwalk, CA 90650

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

 **562.651.6060**
communityresourcecenterla.org



| LUNES | MARTES | MIÉRCOLES | JUEVES | VIERNES | SÁBADO |
|--|--|---|--|--|--------|
| Servicios de Inscripción 2 9 a.m. - 4 p.m. Yoga 9 - 10 a.m. Pilates 12 - 1 p.m. Manejo de la Diabetes 2 - 3:30 p.m. Ayuda De Tarea (4 -12 años) 3 - 3:45 p.m. Ejercicios para Niños ¡Trae a un Amigo y Recibe un Juguete! 3:45 - 4:45 p.m. | RCP - Español 3 10 a.m. - 1 p.m. Yoga 2:30 - 3:30 p.m. Club de Arte Familiar: ¡Tréboles, arcoíris y mucho oro! 3:45 - 4:45 p.m. Zumba 3:45 - 4:45 p.m. | Servicios de Inscripción 4 9 a.m. - 4 p.m. Servicios de CalFresh 9 a.m. - 4 p.m. Salsa Aeróbicos 9 - 10 a.m. Estirar y Tonificar 10 - 11 a.m. Frutas y Verduras 2:30 - 3:30 p.m. Cocina para Niños 3:45 - 4:45 p.m. | Servicios de Inscripción 5 9 a.m. - 4 p.m. Jugos y Ensaladas 9 - 10 a.m. Cocina Saludable 10- 11:30 a.m. Sculpt Fitness 12 - 1 p.m. Salsa Aeróbicos 3 - 4 p.m. Ejercicio y Tonificar 4 - 5 p.m. | Ejercicios para Todos 6 9 - 10 a.m. Cocina para Adultos 10:15 - 11:45 a.m. Yoga 3:45 - 4:45 p.m. | |
| Servicios de Inscripción 9 9 a.m. - 4 p.m. Yoga 9 - 10 a.m. Pilates 12 - 1 p.m. Manejo de la Diabetes 2 - 3:30 p.m. Ejercicios para Niños ¡Trae a un Amigo y Recibe un Juguete! 3:45 - 4:45 p.m. | ¡Asiste a 2 Clases de Educación para la Salud y Recibe un Pequeño Regalo! Educación Sobre Diabetes 10 9 a.m. - 10 a.m. La Nutrición y Usted 10 - 11 a.m. Bingo 1:30 - 2:15 p.m. Yoga 2:30 - 3:30 p.m. Zumba 3:45 - 4:45 p.m. | Despensa de Alimentos Hasta Agotar Existencias 11 Inscripción para Metro LIFE 9 a.m. - 4 p.m. Servicios de Inscripción 9 a.m. - 4 p.m. Servicios de CalFresh 9 a.m. - 4 p.m. Salsa Aeróbicos 9 - 10 a.m. Estirar y Tonificar 10 - 11 a.m. Frutas y Verduras 2:30 - 3:30 p.m. Cocina para Niños 3:45 - 4:45 p.m. | Servicios de Inscripción 12 9 a.m. - 4 p.m. Jugos y Ensaladas 9 - 10 a.m. Cocina Saludable 10- 11:30 a.m. Sculpt Fitness 12 - 1 p.m. Salsa Aeróbicos 3 - 4 p.m. Ejercicio y Tonificar 4 - 5 p.m. | Ejercicios para Todos 13 9 - 10 a.m. Cocina para Adultos 10:15 - 11:45 a.m. ¡Conexión de Recursos! ¡Clóset comunitario y Conexiones Comunitarias! 2 - 3:30 p.m. Yoga 3:45 - 4:45 p.m. | |
| Servicios de Inscripción 16 9 a.m. - 4 p.m. Yoga 9 - 10 a.m. Pilates 12 - 1 p.m. Entender la Presión Arterial Alta 1 - 2 p.m. Manejo de la Diabetes 2 - 3:30 p.m. Ejercicios para Niños ¡Trae a un Amigo y Recibe un Juguete! 3:45 - 4:45 p.m. | Soporte Tecnico y Para el Curriculum 17 9 - 10 a.m. Yoga 2:30 - 3:30 p.m. Bingo 3:45 - 4:45 p.m. Zumba 3:45 - 4:45 p.m. ¡Feliz Día de San Patricio! ¡Vístete de verde! | Servicios de Inscripción 18 9 a.m. - 4 p.m. Servicios de CalFresh 9 a.m. - 4 p.m. Salsa Aeróbicos 9 - 10 a.m. Estirar y Tonificar 10 - 11 a.m. Frutas y Verduras 2:30 - 3:30 p.m. Ayuda De Tarea (4 -12 años) 3 - 3:45 p.m. Cocina para Niños 3:45 - 4:45 p.m. | Servicios de Inscripción 19 9 a.m. - 4 p.m. Jugos y Ensaladas 9 - 10 a.m. Cocina Saludable 10- 11:30 a.m. Sculpt Fitness 12 - 1 p.m. Salsa Aeróbicos 3 - 4 p.m. Ejercicio y Tonificar 4 - 5 p.m. | Yoga 20 3:45 - 4:45 p.m. | |
| Servicios de Inscripción 23 9 a.m. - 4 p.m. Yoga 9 - 10 a.m. Pilates 12 - 1 p.m. Manejo de la Diabetes 2 - 3:30 p.m. Ayuda De Tarea (4 -12 años) 3 - 3:45 p.m. Ejercicios para Niños ¡Trae a un Amigo y Recibe un Juguete! 3:45 - 4:45 p.m. | ¡Asiste a 2 Clases de Educación para la Salud y Recibe un Pequeño Regalo! Educación Sobre Diabetes 24 9 a.m. - 10 a.m. La Nutrición y Usted 10 - 11 a.m. Bingo 1:30 - 2:15 p.m. Yoga 2:30 - 3:30 p.m. Zumba 3:45 - 4:45 p.m. | Servicios de Inscripción 25 9 a.m. - 4 p.m. Inscripción de CalFresh 9 a.m. - 4 p.m. Salsa Aeróbicos 9 - 10 a.m. Estirar y Tonificar 10 - 11 a.m. Frutas y Verduras 2:30 - 3:30 p.m. Cocina para Niños 3:45 - 4:45 p.m. | Inscripción para Metro LIFE 26 9 a.m. - 4 p.m. Servicios de Inscripción 9 a.m. - 4 p.m. Jugos y Ensaladas 9 - 10 a.m. Cocina Saludable 10- 11:30 a.m. Sculpt Fitness 12 - 1 p.m. Salsa Aeróbicos 3 - 4 p.m. Ejercicio y Tonificar 4 - 5 p.m. | Ejercicios para Todos 27 9 - 10 a.m. Cocina para Adultos 10:15 - 11:45 a.m. RCP - Inglés 12:30 - 3:30 p.m. Yoga 3:45 - 4:45 p.m. | |
| Servicios de Inscripción 29 9 a.m. - 4 p.m. Yoga 9 - 10 a.m. Pilates 12 - 1 p.m. Entender la Presión Arterial Alta 1 - 2 p.m. Ayuda De Tarea (4 -12 años) 3 - 3:40 p.m. Ejercicios para Niños ¡Trae a un Amigo y Recibe un Juguete! 3:45 - 4:45 p.m. | | Atención: Miembros de L.A. Care Medi-Cal Recibe una tarjeta de de \$20 para comestibles ¿Tienes preguntas? ¡llámanos para verificar tu elegibilidad! RCP Regístrate en freecprla.com Librería Comunitaria 0 - 16 años Celebrando el Mes de la Historia de la Mujer | Metro L.I.F.E Información e Inscripción *Pase GRATIS de 90 días *20 viajes GRATIS al mes 9:00 a. m. - 4:00 p. m. Miércoles, 11 de marzo Jueves, 26 de marzo | AZUL Califican para el programa mis recompensas para una vida sana. VERDE Solo con cita previa y registro. | |

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



HORARIO

Lunes a Viernes: 9 a.m. - 5 p.m.
Sábado: Cerrado



562.651.6060

communityresourcecenterla.org