



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>Zumba</b> 9 - 10 a.m. <b>Healthy Smoothies</b> 10:15 - 10:55 a.m. Eng/Spa <b>Changes To Medi-Cal</b> 10:30 - 11:30 a.m. Eng/Spa <b>Prevent Diabetes</b> 11:10 - 12:10 p.m. Spa <b>Cardio</b> 3 - 4 p.m. <b>Zumba Toning</b> 4 - 5 p.m.	<b>Medi-Cal and CalFresh Enrollments</b> 9 - 5 p.m. <b>Zumba</b> 9 - 10 a.m. <b>Healthy Smoothies</b> 10:15 - 10:55 a.m. Eng/Spa <b>Prevent Diabetes</b> 11:10 - 12:10 p.m. Eng <b>Zumba Step</b> 3 - 4 p.m. <b>Folklorico Dance Class for Kids</b> 4 - 5 p.m.	<b>Covered California Enrollments</b> 9 - 10 a.m. <b>Zumba Toning</b> 9 - 10 a.m. <b>Opening Doors</b> 10:15 - 11:45 a.m. Eng/Spa <b>Anger Management</b> 12:30 - 1:30 p.m. Eng <b>Read With Me (Free Books for kids, Ages 0-17, open to the Community)</b> 2:30 - 5 p.m.	<b>CalFresh Enrollments</b> 9 - 5 p.m. <b>Zumba Drumsticks</b> 9 - 10 a.m. <b>Cardio</b> 10 - 11 a.m. <b>Folklorico Dance Class for Adults</b> 11 - 12 p.m. <b>Full Body Fitness</b> 3 - 4 p.m. <b>Zumba</b> 4 - 5 p.m.	<b>Zumba</b> 8 - 9 a.m. <b>Body Flexibility</b> 9 - 10 a.m. <b>Mental Health Awareness</b> 10:15 - 11:45 a.m. Eng <b>CPR &amp; First Aid (Ages 14+)</b> <b>Register at <a href="http://freecprla.com">freecprla.com</a></b> 10:15 - 1:15 p.m. Eng <b>Boot Camp</b> 4 - 4:45 p.m.	<b>Free Tax Preparation Services</b> 9 - 2 p.m. 
<b>Zumba</b> 9 - 10 a.m. <b>Healthy Smoothies</b> 10:15 - 10:55 a.m. Eng/Spa <b>Prevent Diabetes</b> 11:10 - 12:10 p.m. Spa <b>Orientation for L.A Care Medical Members</b> 11:30 - 12:30 p.m. Spa. <b>Cardio</b> 3 - 4 p.m. <b>Zumba Toning</b> 4 - 5 p.m.	<b>Medi-Cal and CalFresh Enrollments</b> 9 - 5 p.m. <b>Zumba</b> 9 - 10 a.m. <b>Healthy Smoothies</b> 10:15 - 10:55 a.m. Eng/Spa <b>Prevent Diabetes</b> 11:10 - 12:10 p.m. Eng <b>Zumba Step</b> 3 - 4 p.m. <b>Folklorico Dance Class for Kids</b> 4 - 5 p.m.	<b>Covered California Enrollments</b> 9 - 10 a.m. <b>Zumba Toning</b> 9 - 10 a.m. <b>Opening Doors</b> 10:15 - 11:45 a.m. Eng/Spa <b>Anger Management</b> 12:30 - 1:30 p.m. Eng <b>Boot Camp</b> 4 - 5 p.m.	<b>CalFresh Enrollments</b> 9 - 5 p.m. <b>Zumba Drumsticks</b> 9 - 10 a.m. <b>Cardio</b> 10 - 11 a.m. <b>Folklorico Dance Class for Adults</b> 11 - 12 p.m. <b>Food Pantry (Obtain a Free Food Bag (Limited to 130 people) 12:30 p.m.)</b> <b>Full Body Fitness</b> 3 - 4 p.m. <b>Zumba</b> 4 - 5 p.m.	<b>Medi-Cal and CalFresh Enrollments</b> 9 - 5 p.m. <b>Zumba</b> 8 - 9 a.m. <b>Body Flexibility</b> 9 - 10 a.m. <b>CPR &amp; First Aid (Ages 14+)</b> <b>Register at <a href="http://freecprla.com">freecprla.com</a></b> 10:15 - 1:15 p.m. Spa <b>Financial Literacy</b> 10:30 - 11:30 a.m. Spa <b>Boot Camp</b> 11:45 - 12:45 p.m. Eng <b>Boot Camp</b> 4 - 4:45 p.m.	<b>Free Tax Preparation Services</b> 9 - 2 p.m. 
<b>Zumba</b> 9 - 10 a.m. <b>Healthy Smoothies</b> 10:15 - 10:55 a.m. Eng/Spa <b>Adult LEGO</b> 10:15 - 10:55 a.m. <b>Prevent Diabetes</b> 11:10 - 12:10 p.m. Spa <b>Orientation for L.A Care Medical Members</b> 11:30 - 12:30 p.m. Eng <b>Cardio</b> 3 - 4 p.m. <b>Zumba Toning</b> 4 - 5 p.m.	<b>Medi-Cal and CalFresh Enrollments</b> 9 - 5 p.m. <b>Zumba</b> 9 - 10 a.m. <b>Healthy Smoothies</b> 10:15 - 10:55 a.m. Eng/Spa <b>Prevent Diabetes</b> 11:10 - 12:10 p.m. Eng. <b>Zumba Step</b> 3 - 4 p.m. <b>Folklorico Dance Class for Kids</b> 4 - 5 p.m.	<b>Covered California Enrollments</b> 9 - 10 a.m. <b>Zumba Toning</b> 9 - 10 a.m. <b>Opening Doors</b> 10:15 - 11:45 a.m. Eng/Spa <b>Adult LEGO</b> 12:15 - 1:15 p.m. <b>Boot Camp</b> 4 - 5 p.m.	<b>CalFresh Enrollments</b> 9 - 5 p.m. <b>Zumba Drumsticks</b> 9 - 10 a.m. <b>Cardio</b> 10 - 11 a.m. <b>Folklorico Dance Class for Adults</b> 11 - 12 p.m. <b>Full Body Fitness</b> 3 - 4 p.m. <b>Zumba</b> 4 - 5 p.m.	<b>Medi-Cal and CalFresh Enrollments</b> 9 - 5 p.m. <b>Zumba</b> 8 - 9 a.m. <b>Body Flexibility</b> 9 - 10 a.m. <b>Coffee with Assemblyman Juan Carrillo &amp; the Sheriff</b> 10:15 - 11:15 a.m. Spa <b>Keep It Under Control! Blood Pressure Management</b> 10:15 - 11:45 a.m. Spa <b>Boot Camp</b> 4 - 4:45 p.m.	
<b>Zumba</b> 9 - 10 a.m. <b>Healthy Smoothies</b> 10:15 - 10:55 a.m. Eng/Spa <b>Skills to Manage Anxiety &amp; Depression</b> 10:15 - 10:55 a.m. Spa <b>Prevent Diabetes</b> 11:10 - 12:10 p.m. Spa <b>Family Lego</b> 11:10 - 12:10 p.m. <b>Cardio</b> 3 - 4 p.m. <b>Zumba Toning</b> 4 - 5 p.m.	<b>Medi-Cal and CalFresh Enrollments</b> 9 - 5 p.m. <b>Zumba</b> 9 - 10 a.m. <b>Healthy Smoothies</b> 10:15 - 10:55 a.m. Eng/Spa <b>Family LEGO</b> 10:15 - 10:55 a.m. <b>Prevent Diabetes</b> 11:10 - 12:10 p.m. Eng <b>Family Art Class</b> 11:10 - 12:10 p.m. <b>Zumba Step</b> 3 - 4 p.m. <b>Folklorico Dance Class for Kids</b> 4 - 5 p.m.	<b>Covered California Enrollments</b> 9 - 10 a.m. <b>Zumba Toning</b> 9 - 10 a.m. <b>Opening Doors</b> 10:15 - 11:45 a.m. Eng/Spa <b>Anger Management</b> 12:30 - 1:30 p.m. Eng <b>Boot Camp</b> 4 - 5 p.m.	<b>CalFresh Enrollments</b> 9 - 5 p.m. <b>Zumba Drumsticks</b> 9 - 10 a.m. <b>Cardio</b> 10 - 11 a.m. <b>Folklorico Dance Class for Adults</b> 11 - 12 p.m. <b>Food Pantry (Obtain a Free Food Bag (Limited to 130 people) 12:30 p.m.)</b> <b>Full Body Fitness</b> 3 - 4 p.m. <b>Zumba</b> 4 - 5 p.m.	<b>Zumba</b> 8 - 9 a.m. <b>Body Flexibility</b> 9 - 10 a.m. <b>Access to Healthcare</b> 10:15 - 11:45 a.m. Eng <b>Keep It Under Control! Blood Pressure Management</b> 10:15 - 11:45 a.m. Spa <b>Family Art Class</b> 2:30 - 3:30 p.m. <b>Boot Camp</b> 4 - 4:45 p.m.	
<b>Zumba</b> 9 - 10 a.m. <b>Healthy Smoothies</b> 10:15 - 10:55 a.m. Eng/Spa <b>Skills to Manage Anxiety &amp; Depression</b> 10:15 - 11:15 a.m. Eng <b>Prevent Diabetes</b> 11:10 - 12:10 p.m. Spa <b>Cardio</b> 3 - 4 p.m. <b>Zumba Toning</b> 4 - 5 p.m.		<p><b>FREE Books on Read Across America Day</b> Wednesday, March 4th 2:30PM - 5 PM</p> <p><i>*Quantity limited if child is not present. *No preregistration required.</i></p>	<p><b>BLUE</b> Qualify for the My Rewards for a Healthy Life Program.</p> <p><b>GREEN</b> Appointment &amp; Registration required.</p>	<p><b>CENTER SERVICES</b> - Member Services and Enrollment Services • Medi-Cal, Medicare, Covered California, &amp; CalFresh • L.A. Care • New Member Orientation</p> <p><b>ALL SERVICES AND CLASSES ARE FREE FOR EVERYONE!</b></p>	<p>CRC Palmdale Instagram</p>

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 classes ONLY from 4 p.m. - 5 p.m. (Ages4+). Must wear appropriate shoes for fitness classes.

**BE ACTIVE, HEALTHY & INFORMED**

2072 E.Palmdale Blvd.  
Palmdale, CA 93550



**CENTER HOURS:**  
Monday - Thursday: 9 a.m. - 5 p.m.  
Friday: 8 a.m. - 5 p.m  
Saturday: Closed



213.438.5580  
[communityresourcecenterla.org](http://communityresourcecenterla.org)



LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO
<b>Zumba</b> 9 - 10 a.m. <b>Jugos Saludables</b> 10:15 - 10:55 a.m. Ing/Esp <b>Cambios al Programa del Medi-Cal</b> 10:30-11:30 a.m. Ing/Esp <b>Prevenir la Diabetes</b> 11:10- 12:10 p.m. Esp <b>Cardio</b> 3 - 4 p.m. <b>Zumba Toning</b> 4 - 5 p.m.	<b>Inscripciones de Medi-Cal y CalFresh</b> 9 - 5 p.m. <b>Zumba</b> 9 - 10 a.m. <b>Jugos Saludables</b> 10:15 - 10:55 a.m. Ing/Esp <b>Prevenir la Diabetes</b> 11:10 - 12:10 p.m. Ing. <b>Zumba Step</b> 3 - 4 p.m. <b>Danza Folklorico para Ninos</b> 4 - 5 p.m.	<b>Inscripciones de Covered California</b> 10 - 5 p.m. <b>Zumba Toning</b> 9 - 10 a.m. <b>Abriendo Puertas</b> 10:15 - 11:45 a.m. Eng/Spa <b>Manejo De La Ira</b> 12:30 - 1:30 p.m. Eng <b>Evento Lee Conmigo (Libros Gratis Para Niños Edades 0-17, Abierto a la Comunidad)</b> 2:30 - 5 p.m.	<b>Inscripciones de CalFresh</b> 9 - 5 p.m. <b>Zumba Drumsticks</b> 9 - 10 a.m. <b>Cardio</b> 10 - 11 a.m. <b>Folklorico Dance Class for Adults</b> 11 - 12 p.m. <b>Condición Fisica del Cuerpo</b> 3 - 4 p.m. <b>Zumba</b> 4 - 5 p.m.	<b>Zumba</b> 8- 9 a.m. <b>Flexibilidad del Cuerpo</b> 9 - 10 a.m. <b>Conocimiento de La Salud Mental</b> 10:15 - 11:45 a.m. Ing <b>RCP &amp; Primeros Auxilios (Edades 14+)</b> <b>Registrar en freecprla.com</b> 10:15 - 1:15 p.m. Ing. <b>Boot Camp</b> 4 - 4:45 p.m.	<b>Preparacion de Impuestos gratis</b> 9 - 2 p.m. 
<b>Zumba</b> 9 - 10 a.m. <b>Jugos Saludables</b> 10:15 - 10:55 a.m. Ing/Esp <b>Prevenir la Diabetes</b> 11:10- 12:10 p.m. Esp <b>Orientación para Miembros de L.A Care Medical</b> 11:30 - 12:30 p.m. Esp. <b>Cardio</b> 3 - 4 p.m. <b>Zumba Toning</b> 4 - 5 p.m.	<b>Inscripciones de Medi-Cal y CalFresh</b> 9 - 5 p.m. <b>Zumba</b> 9 - 10 a.m. <b>Jugos Saludables</b> 10:15 - 10:55 a.m. Ing/Esp <b>Prevenir la Diabetes</b> 11:10 - 12:10 p.m. Ing. <b>Zumba Step</b> 3 - 4 p.m. <b>Danza Folklorico para Ninos</b> 4 - 5 p.m.	<b>Inscripciones de Covered California</b> 10 - 5 p.m. <b>Zumba Toning</b> 9 - 10 a.m. <b>Abriendo Puertas</b> 10:15 - 11:45 a.m. Eng/Spa <b>Manejo De La Ira</b> 12:30 - 1:30 p.m. Eng <b>Boot Camp</b> 4 - 5 p.m.	<b>Inscripciones de CalFresh</b> 9 - 5 p.m. <b>Zumba Drumsticks</b> 9 - 10 a.m. <b>Cardio</b> 10 - 11 a.m. <b>Folklorico Dance Class for Adults</b> 11 - 12 p.m. <b>Despensa de alimentos (Obtenga una bolsa de comida, Limitado a 130 personas)12:30 p.m.</b> <b>Condición Fisica del Cuerpo</b> 3 - 4 p.m. <b>Zumba</b> 4 - 5 p.m.	<b>Inscripciones de Medi-Cal y CalFresh</b> 9 - 5 p.m. <b>Zumba</b> 8- 9 a.m. <b>Flexibilidad del Cuerpo</b> 9 - 10 a.m. <b>RCP &amp; Primeros Auxilios</b> <b>Registrar en freecprla.com</b> 10:15 - 1:15 p.m. Esp. <b>Educación Financiera</b> 10:30 - 11:30 a.m. Esp <b>11:45 - 12:45 p.m. Ing</b> <b>Boot Camp</b> 4 - 4:45 p.m.	<b>Preparacion de Impuestos gratis</b> 9 - 2 p.m. 
<b>Zumba</b> 9 - 10 a.m. <b>Jugos Saludables</b> 10:15 - 10:55 a.m. Ing/Esp <b>LEGO Para Adultos</b> 10:15- 10:55 a.m. <b>Prevenir la Diabetes</b> 11:10- 12:10 p.m. Esp <b>Orientación para Miembros de L.A Care Medical</b> 11:30 -12:30 p.m. Ing <b>Cardio</b> 3 - 4 p.m. <b>Zumba Toning</b> 4 - 5 p.m.	<b>Inscripciones de Medi-Cal y CalFresh</b> 9 - 5 p.m. <b>Zumba</b> 9 - 10 a.m. <b>Jugos Saludables</b> 10:15 - 10:55 a.m. Ing/Esp <b>Prevenir la Diabetes</b> 11:10 - 12:10 p.m. Ing. <b>Zumba Step</b> 3 - 4 p.m. <b>Danza Folklorico para Ninos</b> 4 - 5 p.m.	<b>Inscripciones de Covered California</b> 10 - 5 p.m. <b>Zumba Toning</b> 9 - 10 a.m. <b>Abriendo Puertas</b> 10:15 - 11:45 a.m. Eng/Spa <b>LEGO Para Adultos</b> 12:15 - 1:15 p.m. <b>Boot Camp</b> 4 - 5 p.m.	<b>Inscripciones de CalFresh</b> 9 - 5 p.m. <b>Zumba Drumsticks</b> 9 - 10 a.m. <b>Cardio</b> 10 - 11 a.m. <b>Folklorico Dance Class for Adults</b> 11 - 12 p.m. <b>Condición Fisica del Cuerpo</b> 3 - 4 p.m. <b>Zumba</b> 4 - 5 p.m.	<b>Inscripciones de Medi-Cal y CalFresh</b> 9 - 5 p.m. <b>Zumba</b> 8- 9 a.m. <b>Flexibilidad del Cuerpo</b> 9 - 10 a.m. <b>Café Con Miembro de La Asamblea Juan Carrillo y El Sherif</b> 10:15 - 11:15 a.m. Esp <b>11:30 - 12:30 p.m. Ing</b> <b>¡Manténlo Bajo Control! Manejo de la Presión Arterial</b> 10:15 - 11:45 a.m. Esp <b>Boot Camp</b> 4 - 4:45 p.m.	
<b>Zumba</b> 9 - 10 a.m. <b>Jugos Saludables</b> 10:15 - 10:55 a.m. Ing/Esp <b>Habilidades para Manejar la Ansiedad y Depresión</b> 10:15-10:55 a.m. Esp <b>Prevenir la Diabetes</b> 11:10- 12:10 p.m. Esp <b>LEGO Familiar</b> 11:10 - 12:10 p.m. <b>Cardio</b> 3 - 4 p.m. <b>Zumba Toning</b> 4 - 5 p.m.	<b>Inscripciones de Medi-Cal y CalFresh</b> 9 - 5 p.m. <b>Zumba</b> 9 - 10 a.m. <b>Jugos Saludables</b> 10:15 - 10:55 a.m. Ing/Esp <b>LEGO Familiar</b> 10:15 -10:55 a.m. <b>Prevenir la Diabetes</b> 11:10 - 12:10 p.m. Ing. <b>Clase de Arte Familiar</b> 11:10 - 12:10 p.m. <b>Zumba Step</b> 3 - 4 p.m. <b>Danza Folklorico para Ninos</b> 4 - 5 p.m.	<b>Inscripciones de Covered California</b> 10 - 5 p.m. <b>Zumba Toning</b> 9 - 10 a.m. <b>Abriendo Puertas</b> 10:15 - 11:45 a.m. Eng/Spa <b>Manejo De La Ira</b> 12:30 - 1:30 p.m. Eng <b>Boot Camp</b> 4 - 5 p.m.	<b>Inscripciones de CalFresh</b> 9 - 5 p.m. <b>Zumba Drumsticks</b> 9 - 10 a.m. <b>Cardio</b> 10 - 11 a.m. <b>Folklorico Dance Class for Adults</b> 11 - 12 p.m. <b>Despensa de alimentos (Obtenga una bolsa de comida, Limitado a 130 personas)12:30 p.m.</b> <b>Condición Fisica del Cuerpo</b> 3 - 4 p.m. <b>Zumba</b> 4 - 5 p.m.	<b>Zumba</b> 8- 9 a.m. <b>Flexibilidad del Cuerpo</b> 9 - 10 a.m. <b>Acceso A La Atención Medica</b> 10:15 - 11:45 a.m. Ing <b>¡Manténlo Bajo Control! Manejo de la Presión Arterial</b> 10:15 - 11:45 a.m. Esp <b>Clase de Arte Familiar</b> 2:30 - 3:30 p.m. <b>Boot Camp</b> 4 - 4:45 p.m.	
<b>Zumba</b> 9 - 10 a.m. <b>Jugos Saludables</b> 10:15 - 10:55 a.m. Ing/Esp <b>Habilidades para Manejar la Ansiedad y Drepresión</b> 10:15-11:15 a.m. Ing <b>Prevenir la Diabetes</b> 11:10- 12:10 p.m. Esp <b>Cardio</b> 3 - 4 p.m. <b>Zumba Toning</b> 4 - 5 p.m.					

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 a clases, SOL O de 4 p. m. a 5 p. m. (Edades 4+). Debe usar zapatos apropiados para las clases de ejercicios.

**SEA ACTIVO, SALUDABLE E INFORMADO**



2072 E. Palmdale Blvd.  
Palmdale, CA, 93550



**HORARIO**

Lunes a Jueves: 9 a.m. - 5 p.m.  
Viernes: 8 a.m. - 5 p.m.  
Sábado: Cerrado



213.438.5580

communityresourcecenterla.org