



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Boot Camp 10 - 11 a.m. 2 Yoga 11:15 a.m. - 12:15 p.m. Pilates 12:30 - 1:30 p.m. Virtual Breakthrough Parenting 2 - 4 p.m. Eng. Diabetes Management 3:15 - 4:45 p.m. Spa. Zumba Steps 5 - 6 p.m.	Boot Camp 9 - 10 a.m. 3 The World of Juicing and Salads 12 - 1 p.m. Spa. Healthy Cooking 1:15 - 3:15 p.m. Spa. Healthy Cooking for Kids 4 - 5 p.m. (Ages 5 - 14)	Boot Camp 10 - 11 a.m. 4 Little One & Me 11:30 a.m. - 12:30 p.m. (Ages 0 - 5) Stretching & Strengthening for Seniors 1 - 2 p.m. Ask the Registered Dietician 2:30 - 3:30 p.m. Eng./Spa. Tai Chi 4 - 5 p.m. (Adults & Kids 7+) Family Yoga 5 - 6 p.m. (Adults & Kids 5+)	Boot Camp 9 - 10 a.m. 5 Pilates 10:15 - 11:15 a.m. Stretching & Strengthening for Seniors 11:45 a.m. - 12:45 p.m. Low Impact Zumba 1:15 - 2:15 p.m. Virtual Breakthrough Parenting 2 - 4 p.m. Eng. Resiliency 2:45 - 4:15 p.m. Spa.	CPR First Aid & AED (14+ w/Adult) 6 8 - 11 a.m. Eng. Please visit, Freecprla.com to register.	 CENTER CLOSED
Boot Camp 10 - 11 a.m. 9 Yoga 11:15 a.m. - 12:15 p.m. Pilates 12:30 - 1:30 p.m. Virtual Breakthrough Parenting 2 - 4 p.m. Eng. Diabetes Management 3:15 - 4:45 p.m. Spa. Zumba Steps 5 - 6 p.m.	Boot Camp 9 - 10 a.m. 10 The World of Juicing and Salads 12 - 1 p.m. Spa. Healthy Cooking 1:15 - 3:15 p.m. Spa. Savings 4 - 5 p.m. Eng./Spa. Healthy Cooking for Kids 4 - 5 p.m. (Ages 5 - 14)	Boot Camp 10 - 11 a.m. 11 Little One & Me 11:30 a.m. - 12:30 p.m. (Ages 0 - 5) Stretching & Strengthening for Seniors 1 - 2 p.m. Ask the Registered Dietician 2:30 - 3:30 p.m. Eng./Spa. Tai Chi 4 - 5 p.m. (Adults & Kids 7+) Family Yoga 5 - 6 p.m. (Adults & Kids 5+)	Boot Camp 9 - 10 a.m. 12 Health Screenings - EPDB 10 a.m. - 1 p.m. Pilates 10:15 - 11:15 a.m. Stretching & Strengthening for Seniors 11:45 a.m. - 12:45 p.m. Low Impact Zumba 1:15 - 2:15 p.m. Virtual Breakthrough Parenting 2 - 4 p.m. Eng. Bullying 2:45 - 4:15 p.m. Spa.	Diaper Distribution: Size 0 - 6 13 9 a.m. - 12:30 p.m. *While Supplies Last* Call ahead to confirm size availability. Support Group for Parents of Children with Special Needs 9:30 - 11:00 a.m. Spa. Center Closed 1 - 4 PM	CPR First Aid & AED (14+ w/Adult) 14 8 - 11 a.m. Eng. Please visit, Freecprla.com to register. CENTER OPEN 8 - 11 AM
Virtual Boot Camp 16 9 - 10 a.m. L.A. Care Consumer Advisory Committee 11:00 a.m. - 1:30 p.m. Eng./Spa./Khm. Virtual Breakthrough Parenting 2 - 4 p.m. Eng. Diabetes Management 3:15 - 4:45 p.m. Spa. Zumba Steps 5 - 6 p.m.	Boot Camp 9 - 10 a.m. 17 The World of Juicing and Salads 12 - 1 p.m. Spa. Healthy Cooking 1:15 - 3:15 p.m. Spa. Healthy Cooking for Kids 4 - 5 p.m. (Ages 5 - 14)	Boot Camp 10 - 11 a.m. 18 Little One & Me 11:30 a.m. - 12:30 p.m. (Ages 0 - 5) Oral Health: Did I go to the Dentist Yet? 11:30 a.m. - 12:30 p.m. Eng./Spa. Stretching & Strengthening for Seniors 1 - 2 p.m. Ask the Registered Dietician 2:30 - 3:30 p.m. Eng./Spa. Tai Chi 4 - 5 p.m. (Adults & Kids 7+) Family Yoga 5 - 6 p.m. (Adults & Kids 5+)	Boot Camp 9 - 10 a.m. 19 Pilates 10:15 - 11:15 a.m. Stretching & Strengthening for Seniors 11:45 a.m. - 12:45 p.m. Low Impact Zumba 1:15 - 2:15 p.m. Virtual Breakthrough Parenting 2 - 4 p.m. Eng. Late Life Transitions 2:45 - 4:15 p.m. Spa.	CPR First Aid & AED (14+ w/Adult) 20 8 - 11 a.m. Spa. Please visit, Freecprla.com to register. File Your Taxes 9:30 a.m. - 1:30 p.m. Visit us to schedule an appointment.	 CENTER CLOSED
Boot Camp 10 - 11 a.m. 23 Yoga 11:15 a.m. - 12:15 p.m. Pilates 12:30 - 1:30 p.m. Virtual Breakthrough Parenting 2 - 4 p.m. Eng. What is Tuberculosis? - EPDB 2 - 3 p.m. Eng./Spa. Diabetes Management 3:15 - 4:45 p.m. Spa. Zumba Steps 5 - 6 p.m.	Boot Camp 9 - 10 a.m. 24 Health Screenings - EPDB 10 a.m. - 1 p.m. The World of Juicing and Salads 12 - 1 p.m. Spa. Healthy Cooking 1:15 - 3:15 p.m. Spa. Cyber Security 4 - 5 p.m. Eng./Spa. Healthy Cooking for Kids 4 - 5 p.m. (Ages 5 - 14)	Boot Camp 10 - 11 a.m. 25 Little One & Me 11:30 a.m. - 12:30 p.m. (Ages 0 - 5) Stretching & Strengthening for Seniors 1 - 2 p.m. Ask the Registered Dietician 2:30 - 3:30 p.m. Eng./Spa. Tai Chi 4 - 5 p.m. (Adults & Kids 7+) Family Yoga 5 - 6 p.m. (Adults & Kids 5+)	Boot Camp 9 - 10 a.m. 26 Pilates 10:15 - 11:15 a.m. Stretching & Strengthening for Seniors 11:45 a.m. - 12:45 p.m. Low Impact Zumba 1:15 - 2:15 p.m. Virtual Breakthrough Parenting 2 - 4 p.m. Eng. Grief and Loss 2:45 - 4:15 p.m. Spa.	Diaper Distribution: Size 0 - 6 27 9 a.m. - 2 p.m. *While Supplies Last* Call ahead to confirm size availability. File Your Taxes 9:30 a.m. - 1:30 p.m. Visit us to schedule an appointment.	 CENTER CLOSED
Boot Camp 10 - 11 a.m. 30 Yoga 11:15 a.m. - 12:15 p.m. Pilates 12:30 - 1:30 p.m. Virtual Breakthrough Parenting 2 - 4 p.m. Eng. Diabetes Management 3:15 - 4:45 p.m. Spa. Zumba Steps 5 - 6 p.m.	Virtual Boot Camp 31 9 - 10 a.m. CÉSAR CHÁVEZ DAY CENTER CLOSED		 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 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+). Must wear appropriate shoes for fitness classes.

BE ACTIVE, HEALTHY & INFORMED

7868 Van Nuys Blvd.
Panorama City CA, 91402



CENTER HOURS:

Monday & Wednesday: 10 a.m. - 6 p.m.
 Tuesday & Thursday: 9 a.m. - 5 p.m.
 Friday: 8 a.m. - 4 p.m.
 Saturday: Closed



213.438.5497
communityresourcecenterla.org



LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO
Boot Camp 10 - 11 a.m. 2 Yoga 11:15 a.m. - 12:15 p.m. Pilates 12:30 - 1:30 p.m. Serie Cultivando Familias Virtual 2 - 4 p.m. Ing. Manejo de la Diabetes 3:15 - 4:45 p.m. Esp. Pasos de Zumba 5 - 6 p.m.	Boot Camp 9 - 10 a.m. 3 El Mundo de Jugos y Ensaladas 12 - 1 p.m. Esp. Cocinando Saludable 1:15 - 3:15 p.m. Esp. Cocinando Saludable para Niños 4 - 5 p.m. (Edades 5 - 14)	Boot Camp 10 - 11 a.m. 4 Mi Pequeño y Yo 11:30 a.m. - 12:30 p.m. (Edades 0 - 5) Estiramiento y Fortalecer para Gente Mayor 1 - 2 p.m. Pregúntale a la Dietista Registrada 2:30 - 3:30 p.m. Esp./Ing. Tai Chi 4 - 5 p.m. (Adultos y Niños 7+) Yoga en Familia 5 - 6 p.m. (Adultos y Niños 5+)	Boot Camp 9 - 10 a.m. 5 Pilates 10:15 - 11:15 a.m. Estiramiento y Fortalecer para Gente Mayor 11:45 a.m. - 12:45 p.m. Zumba Bajo Impacto 1:15 - 2:15 p.m. Serie Cultivando Familias Virtual 2 - 4 p.m. Ing. Resiliencia 2:45 - 4:15 p.m. Esp.	RCP Primeros Auxilios y AED (14+ con Adulto) 6 8 - 11 a.m. Ing. Por favor visite el sitio web freecprla.com para registrarse.	
Boot Camp 10 - 11 a.m. 9 Yoga 11:15 a.m. - 12:15 p.m. Pilates 12:30 - 1:30 p.m. Serie Cultivando Familias Virtual 2 - 4 p.m. Ing. Manejo de la Diabetes 3:15 - 4:45 p.m. Esp. Pasos de Zumba 5 - 6 p.m.	Boot Camp 9 - 10 a.m. 10 El Mundo de Jugos y Ensaladas 12 - 1 p.m. Esp. Cocinando Saludable 1:15 - 3:15 p.m. Esp. Ahorros 4 - 5 p.m. Esp./Ing. Cocinando Saludable para Niños 4 - 5 p.m. (Edades 5 - 14)	Boot Camp 10 - 11 a.m. 11 Mi Pequeño y Yo 11:30 a.m. - 12:30 p.m. (Edades 0 - 5) Estiramiento y Fortalecer para Gente Mayor 1 - 2 p.m. Pregúntale a la Dietista Registrada 2:30 - 3:30 p.m. Esp./Ing. Tai Chi 4 - 5 p.m. (Adultos y Niños 7+) Yoga en Familia 5 - 6 p.m. (Adultos y Niños 5+)	Boot Camp 9 - 10 a.m. 12 Exámenes de Salud -EPDB 10 a.m. - 1 p.m. Pilates 10:15 - 11:15 a.m. Estiramiento y Fortalecer para Gente Mayor 11:45 a.m. - 12:45 p.m. Zumba Bajo Impacto 1:15 - 2:15 p.m. Serie Cultivando Familias Virtual 2 - 4 p.m. Ing. Acoso 2:45 - 4:15 p.m. Esp.	Distribución de Pañales: Tallas 0 - 6 13 9 a.m. - 12:30 p.m. *Hasta agotar existencias* Llame para confirmar tallas disponible. Grupo de Apoyo para Padres de Niños con Necesidades Especiales 9:30 - 11:00 a.m. Esp. CENTRO CERRADO 1 - 4PM	RCP Primeros Auxilios y AED (14+ con Adulto) 14 8 - 11 a.m. Ing. Por favor visite el sitio web freecprla.com para registrarse. CENTRO ABIERTO DE 8 - 11 AM
Boot Camp Virtual 16 9 - 10 a.m. Comité Asesor de Consumidores de LA Care 11:00 - 1:30 p.m. Esp./Ing./Khm. Serie Cultivando Familias Virtual 2 - 4 p.m. Ing. Manejo de la Diabetes 3:15 - 4:45 p.m. Esp. Pasos de Zumba 5 - 6 p.m.	Boot Camp 9 - 10 a.m. 17 El Mundo de Jugos y Ensaladas 12 - 1 p.m. Esp. Cocinando Saludable 1:15 - 3:15 p.m. Esp. Cocinando Saludable para Niños 4 - 5 p.m. (Edades 5 - 14)	Boot Camp 10 - 11 a.m. 18 Mi Pequeño y Yo 11:30 a.m. - 12:30 p.m. (Edades 0 - 5) Salud Oral: ¿Ya fui al dentista? 11:30 a.m. - 12:30 p.m. Esp./Ing. Estiramiento y Fortalecer para Gente Mayor 1 - 2 p.m. Pregúntale a la Dietista Registrada 2:30 - 3:30 p.m. Esp./Ing. Tai Chi 4 - 5 p.m. (Adultos y Niños 7+) Yoga en Familia 5 - 6 p.m. (Adultos y Niños 5+)	Boot Camp 9 - 10 a.m. 19 Pilates 10:15 - 11:15 a.m. Estiramiento y Fortalecer para Gente Mayor 11:45 a.m. - 12:45 p.m. Zumba Bajo Impacto 1:15 - 2:15 p.m. Serie Cultivando Familias Virtual 2 - 4 p.m. Ing. Transiciones en la Vejez 2:45 - 4:15 p.m. Esp.	RCP Primeros Auxilios y AED (14+ con Adulto) 20 8 - 11 a.m. Esp. Por favor visite el sitio web freecprla.com para registrarse. Registre su Formulario de Impuestos 9:30 a.m. - 1:30 p.m. Visítanos para agendar una cita.	
Boot Camp 10 - 11 a.m. 23 Yoga 11:15 a.m. - 12:15 p.m. Pilates 12:30 - 1:30 p.m. Serie Cultivando Familias Virtual 2 - 4 p.m. Ing. ¿Qué es la tuberculosis? -EPDB 2 - 3 p.m. Esp./Ing. Manejo de la Diabetes 3:15 - 4:45 p.m. Esp. Pasos de Zumba 5 - 6 p.m.	Boot Camp 9 - 10 a.m. 24 Exámenes de Salud -EPDB 10 a.m. - 1 p.m. El Mundo de Jugos y Ensaladas 12 - 1 p.m. Esp. Cocinando Saludable 1:15 - 3:15 p.m. Esp. Seguridad Cibernética 4 - 5 p.m. Esp./Ing. Cocinando Saludable para Niños 4 - 5 p.m. (Edades 5 - 14)	Boot Camp 10 - 11 a.m. 25 Mi Pequeño y Yo 11:30 a.m. - 12:30 p.m. (Edades 0 - 5) Estiramiento y Fortalecer para Gente Mayor 1 - 2 p.m. Pregúntale a la Dietista Registrada 2:30 - 3:30 p.m. Esp./Ing. Tai Chi 4 - 5 p.m. (Adultos y Niños 7+) Yoga en Familia 5 - 6 p.m. (Adultos y Niños 5+)	Boot Camp 9 - 10 a.m. 26 Pilates 10:15 - 11:15 a.m. Estiramiento y Fortalecer para Gente Mayor 11:45 a.m. - 12:45 p.m. Zumba Bajo Impacto 1:15 - 2:15 p.m. Serie Cultivando Familias Virtual 2 - 4 p.m. Ing. Duelo y Pérdida 2:45 - 4:15 p.m. Esp.	Distribución de Pañales: Tallas 0 - 6 27 9 a.m. - 2 p.m. *Hasta agotar existencias* Llame para confirmar tallas disponible. Registre su Formulario de Impuestos 9:30 a.m. - 1:30 p.m. Visítanos para agendar una cita.	
Boot Camp 10 - 11 a.m. 30 Yoga 11:15 a.m. - 12:15 p.m. Pilates 12:30 - 1:30 p.m. Serie Cultivando Familias Virtual 2 - 4 p.m. Ing. Manejo de la Diabetes 3:15 - 4:45 p.m. Esp. Pasos de Zumba 5 - 6 p.m.	Boot Camp Virtual 31 9 - 10 a.m. 		<p>SERVICIOS DIARIOS Servicios para Miembros y Servicios de Inscripción</p> <ul style="list-style-type: none"> • Medi-Cal, Medicare, Covered California, y CalFresh • Orientación para nuevos miembros de LA Care <p>TODOS LOS SERVICIOS Y LAS CLASES SON ¡GRATIS PARA TODOS!</p>	<p>AZUL Califican para el programa mis recompensas para una vida sana.</p> <p>VERDE Solo con cita previa y registro.</p>	<p>CRC Sitio de Web</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 ejercicio.

SEA ACTIVO, SALUDABLE E INFORMADO

7868 Van Nuys Blvd.
Panorama City CA, 91402



HORARIO

Lunes y Miércoles: 10 a.m. - 6 p.m.
 Martes y Jueves: 9 a.m. - 5 p.m.
 Viernes: 8 a.m. - 4 p.m.
 Sábado: Cerrado



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