



L.A. Care.

Community Resource Center



POMONA MARCH 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Zumba 9:30 - 10:30 a.m. Vinyasa Yoga 10:45 - 11:45 a.m. Meditation 12 - 1 p.m. Stretch & Mobility 3 - 4 p.m. Boot Camp 4 - 5 p.m.	Circuit Training 9:15 - 10:15 a.m. Healthy Cooking 10:30 a.m. - 12 p.m. Zumba 3 - 4 p.m. HIIT 4 - 5 p.m.	Zumba 9:30 - 10:30 a.m. Strong 10:45 - 11:45 a.m. Yoga 12 - 1 p.m. Asthma Management 1 - 3:30 p.m. ENG/SPA Kids Fitness 3 - 4 p.m. (ages 6-12) Emotional Wellbeing & Stress 3 - 4 p.m. SPA Boot Camp 4 - 5 p.m.	Circuit Training 9:15 - 10:15 a.m. Healthy Cooking 10:30 a.m. - 12 p.m. CPR/First Aid 12 - 3 p.m. ENG Mommy Yoga 1 - 2 p.m. Vinyasa Yoga 2:15 - 3:15 p.m. Community Connection 4 - 5 p.m. Kids Fitness 4 - 5 p.m. (ages 6-12)	Boot Camp 9 - 10 a.m. Zumba 10:15 - 11:15 a.m. Mat Pilates 11:30 a.m. - 12:30 p.m. Kids Dance 4 - 5 p.m. (all ages)	
Zumba 9:30 - 10:30 a.m. Vinyasa Yoga 10:45 - 11:45 a.m. Meditation 12 - 1 p.m. Stretch & Mobility 3 - 4 p.m. Boot Camp 4 - 5 p.m.	Circuit Training 9:15 - 10:15 a.m. Healthy Cooking 10:30 a.m. - 12 p.m. Member Orientation 2 - 3 p.m. ENG Zumba 3 - 4 p.m. HIIT 4 - 5 p.m.	Zumba 9:30 - 10:30 a.m. Strong 10:45 - 11:45 a.m. Yoga 12 - 1 p.m. Kids Fitness 3 - 4 p.m. (ages 6-12) Bullying Prevention 3 - 4 p.m. SPA Boot Camp 4 - 5 p.m.	Circuit Training 9:15 - 10:15 a.m. Healthy Cooking 10:30 a.m. - 12 p.m. Mommy Yoga 1 - 2 p.m. Life Skills: Resume Building 2 - 3:30pm ENG Vinyasa Yoga 2:15 - 3:15 p.m. Community Connection 4 - 5 p.m. Kids Fitness 4 - 5 p.m. (ages 6-12)	Boot Camp 9 - 10 a.m. Zumba 10:15 - 11:15 a.m. Understanding Depression & Growing Resilience 11:30 a.m. - 12:30 p.m. Kids Dance 4 - 5 p.m. (all ages)	
Zumba 9:30 - 10:30 a.m. Vinyasa Yoga 10:45 - 11:45 a.m. Meditation 12 - 1 p.m. Stretch & Mobility 3 - 4 p.m. Boot Camp 4 - 5 p.m.	Circuit Training 9:15 - 10:15 a.m. Healthy Cooking 10:30 a.m. - 12 p.m. Zumba 3 - 4 p.m. HIIT 4 - 5 p.m.	Zumba 9:30 - 10:30 a.m. Strong 10:45 - 11:45 a.m. Yoga 12 - 1 p.m. Kids Fitness 3 - 4 p.m. (ages 6-12) Grief, Loss & Resilience 3 - 4 p.m. SPA Boot Camp 4 - 5 p.m.	Circuit Training 9:15 - 10:15 a.m. Healthy Cooking 10:30 a.m. - 12 p.m. CPR/First Aid 12 - 3 p.m. SPA Mommy Yoga 1 - 2 p.m. Vinyasa Yoga 2:15 - 3:15 p.m. Community Connection 4 - 5 p.m. Kids Fitness 4 - 5 p.m. (ages 6-12)	Boot Camp 9 - 10 a.m. Zumba 10:15 - 11:15 a.m. Mat Pilates 3 - 4 p.m. Kids Dance: Folklorico 4 - 5 p.m. (all ages)	
Zumba 9:30 - 10:30 a.m. Vinyasa Yoga 10:45 - 11:45 a.m. Meditation 12 - 1 p.m. Stretch & Mobility 3 - 4 p.m. Boot Camp 4 - 5 p.m.	Circuit Training 9:15 - 10:15 a.m. Healthy Cooking 10:30 a.m. - 12 p.m. Member Orientation 2 - 3 p.m. SPA Zumba 3 - 4 p.m. HIIT 4 - 5 p.m.	Zumba 9:30 - 10:30 a.m. Strong 10:45 - 11:45 a.m. Yoga 12 - 1 p.m. Kids Fitness 3 - 4 p.m. (ages 6-12) Immigration, Adaptation & Resilience 3 - 4 p.m. SPA Boot Camp 4 - 5 p.m.	Circuit Training 9:15 - 10:15 a.m. Healthy Cooking 10:30 a.m. - 12 p.m. Mommy Yoga 1 - 2 p.m. Life Skills: Resume Building 2 - 3:30pm SPA Vinyasa Yoga 2:15 - 3:15 p.m. Community Connection 4 - 5 p.m. Kids Fitness 4 - 5 p.m. (ages 6-12)	Boot Camp 9 - 10 a.m. Zumba 10:15 - 11:15 a.m. Food Pantry 2 - 4 p.m.	
Zumba 9:30 - 10:30 a.m. Vinyasa Yoga 10:45 - 11:45 a.m. Meditation 12 - 1 p.m. Stretch & Mobility 3 - 4 p.m. Boot Camp 4 - 5 p.m.		CalFresh & Medi-Cal Enrollment Services Monday-Friday 9 am - 4 pm Member Services Monday-Friday 9 am - 4 pm			

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

 696 W. Holt Ave.
Pomona CA, 91768



CENTER HOURS:
Monday - Friday: 9 a.m. - 5 p.m.
Saturday: CLOSED
Sunday: CLOSED



909.620.1661
communityresourcecenterla.org



LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO
Zumba 9:30 - 10:30 a.m. Vinyasa Yoga 10:45 - 11:45 a.m. Meditacion 12 - 1 p.m. Estiramiento y Movilidad 3 - 4 p.m. Boot Camp 4 - 5 p.m.	Entrenamiento Circuito 9:15 - 10:15 a.m. Cocina Saludable 10:30 a.m. - 12 p.m. Zumba 3 - 4 p.m. HIIT 4 - 5 p.m.	Zumba 9:30 - 10:30 a.m. Strong 10:45 - 11:45 a.m. Yoga 12 - 1 p.m. Manejo del Asma 1 - 3:30 p.m. ENG/SPA Cardio Para Niños 3 - 4 p.m. (edades 6-12) Bienestar Emocional y Estres 3 - 4 p.m. ESP Boot Camp 4 - 5 p.m.	Entrenamiento Circuito 9 - 10 a.m. Cocina Saludable 10:30 a.m. - 12 p.m. RCP/Primeros Auxilios 12 - 3 p.m. ING Yoga Para Mamas 1-2 p.m. Vinyasa Yoga 2:15 - 3:15 p.m. Community Connection 4 - 5 p.m. Kids Fitness 4 - 5 p.m. (edades 6-12)	Boot Camp 9 - 10 a.m. Zumba 10:15 - 11:15 a.m. Pilates 11:30 a.m. - 12:30 p.m. Kids Dance 4 - 5 p.m. (todas edades)	
Zumba 9:30 - 10:30 a.m. Vinyasa Yoga 10:45 - 11:45 a.m. Meditacion 12 - 1 p.m. Estiramiento y Movilidad 3 - 4 p.m. Boot Camp 4 - 5 p.m.	Entrenamiento Circuito 9:15 - 10:15 a.m. Cocina Saludable 10:30 a.m. - 12 p.m. Orientacion para Miembros 2 - 3 p.m. ING Zumba 3 - 4 p.m. HIIT 4 - 5 p.m.	Zumba 9:30 - 10:30 a.m. Strong 10:45 - 11:45 a.m. Yoga 12 - 1 p.m. Cardio Para Niños 3 - 4 p.m. (edades 6-12) Prevencion del Acoso 3 - 4 p.m. ESP Boot Camp 4 - 5 p.m.	Entrenamiento Circuito 9 - 10 a.m. Cocina Saludable 10:30 a.m. - 12 p.m. Yoga Para Mamas 1-2 p.m. Vinyasa Yoga 2:15 - 3:15 p.m. Community Connection 4 - 5 p.m. Kids Fitness 4 - 5 p.m. (edades 6-12)	Boot Camp 9 - 10 a.m. Zumba 10:15 - 11:15 a.m. Comprendiendo la Depresion y Resiliencia 11:30 a.m. - 12:30 p.m. Zumba 3 - 4 p.m. Kids Dance 4 - 5 p.m. (todas edades)	
Zumba 9:30 - 10:30 a.m. Vinyasa Yoga 10:45 - 11:45 a.m. Meditacion 12 - 1 p.m. Estiramiento y Movilidad 3 - 4 p.m. Boot Camp 4 - 5 p.m.	Entrenamiento Circuito 9:15 - 10:15 a.m. Cocina Saludable 10:30 a.m. - 12 p.m. Zumba 3 - 4 p.m. HIIT 4 - 5 p.m.	Zumba 9:30 - 10:30 a.m. Strong 10:45 - 11:45 a.m. Yoga 12 - 1 p.m. Cardio Para Niños 3 - 4 p.m. (edades 6-12) Perdida, Duelo, y Resiliencia 3 - 4 p.m. ESP Boot Camp 4 - 5 p.m.	Entrenamiento Circuito 9 - 10 a.m. Cocina Saludable 10:30 a.m. - 12 p.m. RCP/Primeros Auxilios 12 - 3 p.m. ESP Yoga Para Mamas 1-2 p.m. Vinyasa Yoga 2:15 - 3:15 p.m. Community Connection 4 - 5 p.m. Kids Fitness 4 - 5 p.m. (edades 6-12)	Boot Camp 9 - 10 a.m. Zumba 10:15 - 11:15 a.m. Mat Pilates 3 - 4 p.m. Kids Dance: Folklorico 4 - 5 p.m. (Todas edades)	
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Zumba 9:30 - 10:30 a.m. Vinyasa Yoga 10:45 - 11:45 a.m. Meditacion 12 - 1 p.m. Estiramiento y Movilidad 3 - 4 p.m. Boot Camp 4 - 5 p.m.		Servicios de Inscripcion para CalFresh y Medi-Cal Lunes a Viernes 9 am - 4 pm Servicio para Miembros Lunes a Viernes 9 am - 4 pm			

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