



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Member Monday's 2 9 a.m. - 4 p.m. Kickboxing 9 - 10 a.m. BSP: Blood Pressure Management (Biling.) 10 - 11 a.m. DMH: Sleeping & Emotional Well-being (Spa.) 11 a.m. - 12:30 p.m. Little One and Me (Eng.) 10:30 - 11:30 a.m. Circuit Training (Biling.) 2 - 3 p.m. Healthy Cooking (Biling.) 3:15 - 4:30 p.m. Picasso Paint Studio for Kids (Eng.) 4-5 p.m. (ages 4-18) Read Across America Spirit Week Wear Sesame Street Gear	Step Exercise 3 9 - 10 a.m. Nutrition & Fitness Coaching (Spa.) 10 - 11 a.m. DMH: Sleeping & Emotional Well-being (Spa.) 11 a.m. - 12:30 p.m. Adaptive Senior Yoga (Biling.) 11:30 a.m. - 12:30 p.m. Snack & Learn: Financial Wellness (Spa.) 12:45 - 1:45 p.m. Little Chefs (Biling.) 3:45 - 5 p.m. Read Across America Spirit Week Wear your Favorite Glasses	Toberman: Case Management 4 9 a.m. - 1 p.m. Parenting Classes (Eng.) 9:30 - 11 a.m. Child Birthing Class (Free Gift)(Eng.) 11 a.m. - 12 p.m. Abriendo Puertas (Biling.) 11 a.m. - 1 p.m. Mind Matters (Spa.) 1-3 p.m. Family Fitness 4 - 5 p.m. (all ages) Read Across America Spirit Week Wear a Purple Shirt	Cardio Mix 9 - 10 a.m. Planned Parenthood: Mental Health in Youth (Spa.) 10 a.m. - 11 a.m. GOAL: Diabetes Self-Mangement (Spa.) 10 a.m. - 12 p.m. Family Open Play Adventures 11 - 11:30 a.m. (all ages) Family Sing (Eng.) 11:30 - 12:15 p.m. Sound Bath (Biling.) 1:15 - 2 p.m. Yoga (Biling.) 2 - 3 p.m. Life Skills (Spa.) 3:30 - 4:30 p.m. Little Lego Engineers (Eng.) 4 - 5 p.m. (ages 5+) Read Across America Spirit Week Wear your favorite Cardigan	Cardio Dance Class 6 9 - 10 a.m. Stretch Lab 10 - 11 a.m. Yoga (Biling.) 11:15 - 12:15 p.m. Salads & Juicing (Biling.) 1 - 2 p.m. Metro TAP Enrollment 2 - 4 p.m. Books, Lemonade & Resources 2 - 4 p.m. Medi-Cal Enrollment 8:30 a.m. - 3:30 p.m. Read Across America Spirit Week Wear Red	Celebrate Reading Event! 7 9 a.m. - 12 p.m. Melody & Tales with Ms. Ashley 9 a.m. - 10 a.m. Metro TAP Enrollment 10 a.m. - 12 p.m.
Member Monday's 9 9 a.m. - 4 p.m. Kickboxing 9 - 10 a.m. BSP: Blood Pressure Management (Biling.) 10 - 11 a.m. Social Security Disability Assistance 10 a.m. - 12 p.m. Little One and Me (Eng.) 10:30 - 11:30 a.m. H.E.L.P. - Dementia 101 (Eng.) 1:30 - 2:30 p.m. Circuit Training (Biling.) 2 - 3 p.m. Healthy Cooking (Biling.) 3:15 - 4:30 p.m. Picasso Paint Studio for Kids (Eng.) 4 - 5 p.m. (ages 4-18)	Step Exercise 10 9 - 10 a.m. Nutrition & Fitness Coaching (Spa.) 10 - 11 a.m. Lap Read (Spa.) 10:30 - 11:30 a.m. (ages 0-5) DMH: Hoarding (Spa.) 11 a.m. - 12:30 p.m. Adaptive Senior Yoga (Biling.) 11:30 a.m. - 12:30 p.m. Understanding Menopause (Spa.) 1:30 - 2:30 p.m. Little Chefs (Biling.) 3:45 - 5 p.m.	Parenting Classes (Eng.) 11 9:30 - 11 a.m. Lactation Class (Free Gift)(Eng.) 11 a.m. - 12 p.m. Abriendo Puertas (Biling.) 11 a.m. - 1 p.m. Family Fitness Class 4 - 5 p.m. (all ages)	Cardio Mix 9 - 10 a.m. Planned Parenthood: Values and Sexuality (Spa.) 10 - 11 a.m. GOAL: Diabetes Self-Mangement (Spa.) 10 a.m. - 12 p.m. Family Open Play Adventures 11 - 11:30 a.m. (all ages) Family Sing (Eng.) 11:30 a.m. - 12:15 p.m. Sound Bath (Biling.) 1:15 - 2 p.m. Yoga (Biling.) 2 - 3 p.m. Life Skills (Spa.) 3:30 - 4:30 p.m. Little Lego Engineers (Eng.) 4 - 5 p.m. (ages 5+)	Cardio Dance Class 13 9 - 10 a.m. Stretch Lab 10 - 11 a.m. Yoga (Biling.) 11:15 a.m. - 12:15 p.m. Salads & Juicing (Biling.) 1 - 2 p.m. Medi-Cal Enrollment 8:30 a.m. - 3:30 p.m.	
Member Monday's 16 9 a.m. - 4 p.m. Kickboxing 9 - 10 a.m. Little One and Me (Eng.) 10:30 - 11:30 a.m. Circuit Training (Biling.) 2 - 3 p.m. Healthy Cooking (Biling.) 3:15 - 4:30 p.m. Picasso Paint Studio for Kids (Eng.) 4 - 5 p.m. (ages 4-18)	Step Exercise 17 9 - 10 a.m. Nutrition & Fitness Coaching (Spa.) 10 - 11 a.m. DMH: How Much is too Much (Substance Use) (Spa.) 11 a.m. - 12:30 p.m. Adaptive Senior Yoga (Biling.) 11:30 a.m. - 12:30 p.m. Little Chefs (Biling.) 3:45 - 5 p.m.	Parenting Classes (Eng.) 18 9:30 - 11 a.m. Child Birthing Class (Free Gift)(Eng.) 11 a.m. - 12 p.m. Abriendo Puertas (Biling.) 11 a.m. - 1 p.m. Workshop for Older Adults (Eng.) 1:30 - 3 p.m. Family Fitness Class 4 - 5 p.m. (all ages)	Cardio Mix 9 - 10 a.m. Planned Parenthood: Family Communication about Sexual Health (Spa.) 10 - 11 a.m. GOAL: Diabetes Self-Mangement (Spa.) 10 a.m. - 12 p.m. Family Open Play Adventures 11 - 11:30 a.m. (all ages) Family Sing (Eng.) 11:30 a.m. - 12:15 p.m. Sound Bath (Biling.) 1:15 - 2 p.m. Yoga (Biling.) 2 - 3 p.m. Life Skills (Spa.) 3:30 - 4:30 p.m. Little Lego Engineers (Eng.) 4 - 5 p.m. (ages 5+)	Cardio Dance Class 20 9 - 10 a.m. Stretch Lab 10 - 11 a.m. Yoga (Biling.) 11:15 a.m. - 12:15 p.m. Salads & Juicing (Biling.) 1 - 2 p.m. Medi-Cal Enrollment 8:30 a.m. - 3:30 p.m.	
Member Monday's 23 9 a.m. - 4 p.m. Kickboxing 9 - 10 a.m. Social Security Disability Assistance 10 a.m. - 12 p.m. Little One and Me (Eng.) 10:30 - 11:30 a.m. Circuit Training (Biling.) 2 - 3 p.m. Healthy Cooking (Biling.) 3:15 - 4:30 p.m. Picasso Paint Studio for Kids (Eng.) 4 - 5 p.m. (ages 4-18)	Step Exercise 24 9 - 10 a.m. Nutrition & Fitness Coaching (Spa.) 10 - 11 a.m. Lap Read (Spa.) 10:30 - 11:30 a.m. (ages 0-5) DMH: How to Administer your Medication (Spa.) 11 a.m. - 12:30 p.m. Adaptive Senior Yoga (Biling.) 11:30 a.m. - 12:30 p.m. Osteoporosis & Exercise (Spa.) 1:30 - 2:30 p.m. Little Chefs (Biling.) 3:45 - 5 p.m.	Parenting Classes (Eng.) 25 9:30 - 11 a.m. Lactation Class (Free Gift)(Eng.) 11 a.m. - 12 p.m. Pediatric Workshop (Biling.) 1 - 2 p.m. Family Fitness Class 4 - 5 p.m. (all ages) Center Closed 1:30-3:30pm	Toberman: Case Management 26 9 a.m. - 1 p.m. Cardio Mix 9 - 10 a.m. Planned Parenthood: Diverse Families (LGBTQ Family Acceptance) (Spa.) 10 - 11 a.m. GOAL: Diabetes Self-Mangement (Spa.) 10 a.m. - 12 p.m. Family Open Play Adventures 11 - 11:30 a.m. (all ages) New Member Orientation 11:15 - 11:45 a.m. Family Sing (Eng.) 11:30 a.m. - 12:15 p.m. CalFresh Orientations (Spa.) 1 - 2 p.m. Sound Bath (Biling.) 1:15 - 2 p.m. Yoga (Biling.) 2 - 3 p.m. Life Skills (Spa.) 3:30 - 4:30 p.m. Little Lego Engineers (Eng.) 4 - 5 p.m. (ages 5+)	Cardio Dance Class 27 9 - 10 a.m. Cinemagic Breakfast (ages 5-17) 9- 11 a.m. Stretch Lab 10 - 11 a.m. Yoga (Biling.) 11:15 a.m. - 12:15 p.m. Little Lego Engineers: Pokemon Edition (Eng.) 11:15 a.m. - 12:15 p.m. (ages 5+) Medi-Cal Enrollment 8:30 a.m. - 3:30 p.m.	
Member Monday's 30 9 a.m. - 4 p.m. Kickboxing 9 - 10 a.m. Little One and Me (Eng.) 10:30 - 11:30 a.m. Circuit Training (Biling.) 2 - 3 p.m. Healthy Cooking (Biling.) 3:15 - 4:30 p.m. Picasso Paint Studio for Kids (Eng.) 4 - 5 p.m. (ages 4-18)					

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

 911 North Avalon Blvd
Wilmington, CA 90744



CENTER HOURS:
 Monday - Friday: 8 a.m. - 5 p.m.
 One Saturday of the month:
 9 a.m. - 12 p.m



213.428.1490
communityresourcecenterla.org



LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO
Lunes de Miembros 2 9 a.m. - 4 p.m. Kickboxing 9 - 10 a.m. BSP: Control de la Presion (Biling.) 11 a.m. - 12:30 p.m. Pequeño y Yo (Eng.) 10:30 - 11:30 a.m. Entrenamiento de Circuito (Biling.) 2 - 3 p.m. Cocina Saludable (Biling.) 3:15 - 4:30 p.m. Picasso Estudio de Pintura Para Niños 4 - 5 p.m. (Eng.) (edades 4-18) Semana del Espiritu de la Lectura Vístete con ropa de tus personajes favoritos de Plaza Sésamo	Ejercicio Step 3 9 - 10 a.m. Consejos de Nutricion y Fitness (Spa.) 10 - 11 a.m. DMH: Dormir bien para el bien estar (Spa.) 11 a.m. - 12:30 p.m. Yoga Adaptativo Para Personas Mayores (Biling.) 11:30 a.m. - 12:30 p.m. Snack & Learn: Bienestar Financiero (Spa.) 12:45 - 1:45 p.m. Pequeños Chefs (Biling.) 3:45 - 5 p.m. Semana del Espiritu de la Lectura Día de lentes favoritos	Toberman: Manejo de Casos 4 9 a.m. - 1 p.m. Clase de Padres (Eng.) 9:30 - 11 a.m. Clase de Parto (Premio Gratis)(Eng.) 11 a.m. - 12 p.m. Abriendo Puertas (Biling.) 11 a.m. - 1 p.m. La Mente Importa (Spa.) 1 - 3 p.m. Fitness en Familia 4 - 5 p.m. (toda las edades) Semana del Espiritu de la Lectura Ponte una camisa morada	Cardio Mix 5 9 - 10 a.m. Planned Parenthood: Salud Mental en Jovenes (Spa.) 10 - 11 a.m. GOAL: Manejo del Diabetes (Spa.) 10 a.m. - 12 p.m. Aventura Familiar 11 - 11:30 a.m. (toda las edades) Cantar en Familia (Eng.) 11:30 a.m. - 12:15 p.m. Baño en Sonido (Biling.) 1:15 - 2 p.m. Yoga (Biling.) 2 - 3 p.m. Habilidades para la Vida (Spa.) 3:30 - 4:30 p.m. Pequeños Ingenieros de Lego 4 - 5 p.m. (Eng.) (edades 5+) Semana del Espiritu de la Lectura Ponte tu cárdigan favorito	Baile de Cardio 6 9 - 10 a.m. Clase de Estiramiento 10 - 11 a.m. Yoga (Biling.) 11:15 a.m. - 12:15 p.m. Ensaladas y Jugos (Biling.) 1 - 2 p.m. Inscripciones de Metro TAP 2 - 4 p.m. Libros, Limonada, y Recursos 2 - 4 p.m. Inscripciones de Medi-Cal 8:30 a.m. - 3:30 p.m. Semana del Espiritu de la Lectura Vístete de rojo	Celebrar la Lectura 7 9 a.m. - 12 p.m. Melodias y Cuentos con Ms. Ashley 9 - 10 a.m. Inscripciones de Metro TAP 10 a.m. - 12 p.m.
Lunes de Miembros 9 9 a.m. - 4 p.m. Kickboxing 9 - 10 a.m. BSP: Control de la Presion (Biling.) 11 a.m. - 12:30 p.m. Asistencia con Seguro Social 10 a.m. - 12 p.m. Pequeño y Yo (Eng.) 10:30 - 11:30 a.m. H.E.L.P.: Demencia (Eng.) 1:30 - 2:30 p.m. Entrenamiento de Circuito (Biling.) 2 - 3 p.m. Cocina Saludable (Biling.) 3:15 - 4:30 p.m. Picasso Estudio de Pintura Para Niños 4 - 5 p.m. (Eng.) (edades 4-18)	Ejercicio Step 10 9 - 10 a.m. Consejos de Nutricion y Fitness 10 - 11 a.m. (Spa.) Clase de Lectura para Niños (Spa.) 10:30 - 11:30 a.m. (edades 0-5) DMH: Acaparamiento 11 a.m. - 12:30 p.m. (Spa.) Yoga Adaptativo Para Personas Mayores (Biling.) 11:30 a.m. - 12:30 p.m. Como Entender la Menopausia 1:30 - 2:30 p.m. (Spa.) Pequeños Chefs (Biling.) 3:45 - 5 p.m.	Clase de Padres (Eng.) 11 9:30 - 11 a.m. Clase de Lactancia (Premio Gratis)(Eng.) 11 a.m. - 12 p.m. Abriendo Puertas (Biling.) 11 a.m. - 1 p.m. Fitness en Familia 4 - 5 p.m. (toda las edades)	Cardio Mix 12 9 - 10 a.m. Planned Parenthood: Valores y Sexualidad (Spa.) 10 - 11 a.m. GOAL: Manejo del Diabetes (Spa.) 10 a.m. - 12 p.m. Aventura Familiar 11 - 11:30 a.m. (toda las edades) Cantar en Familia (Eng.) 11:30 a.m. - 12:15 p.m. Baño de Sonido (Biling.) 1:15 - 2 p.m. Yoga (Biling.) 2 - 3 p.m. Habilidades para la Vida (Spa.) 3:30 - 4:30 p.m. Pequeños Ingenieros de Lego 4 - 5 p.m. (Eng.) (edades 5+)	Baile de Cardio 13 9 - 10 a.m. Clase de Estiramiento 10 - 11 a.m. Yoga (Biling.) 11:15 a.m. - 12:15 p.m. Ensaladas y Jugos (Biling.) 1 - 2 p.m. Inscripciones de Medi-Cal 8:30 a.m. - 3:30 p.m.	
Lunes de Miembros 16 9 a.m. - 4 p.m. Kickboxing 9 - 10 a.m. Pequeño y Yo (Eng.) 10:30 - 11:30 a.m. Entrenamiento de Circuito (Biling.) 2 - 3 p.m. Cocina Saludable (Biling.) 3:15 - 4:30 p.m. Picasso Estudio de Pintura Para Niños 4 - 5 p.m. (Eng.) (edades 4-18)	Ejercicio Step 17 9 - 10 a.m. Consejos de Nutricion y Fitness 10 - 11 a.m. (Spa.) DMH: Cuanto es Demasiado 11 a.m. - 12:30 p.m. (Spa.) Yoga Adaptativo Para Personas Mayores (Biling.) 11:30 a.m. - 12:30 p.m. Pequeños Chefs (Biling.) 3:45 - 5 p.m.	Clase de Padres (Eng.) 18 9:30 - 11 a.m. Clase de Parto (Premio Gratis)(Eng.) 11 a.m. - 12 p.m. Abriendo Puertas (Biling.) 11 a.m. - 1 p.m. Taller para Adultos Mayores (Eng.) 1:30 - 3 p.m. Fitness en Familia 4 - 5 p.m. (toda las edades)	Cardio Mix 19 9 - 10 a.m. Planned Parenthood: Comunicacion Familiar acerca de la Salud Sexual (Spa.) 10 - 11 a.m. GOAL: Manejo del Diabetes (Spa.) 10 a.m. - 12 p.m. Aventura Familiar 11 - 11:30 a.m. (toda las edades) Cantar en Familia (Eng.) 11:30 a.m. - 12:15 p.m. Baño en Sonido (Biling.) 1:15 - 2 p.m. Yoga (Biling.) 2 - 3 p.m. Habilidades para la Vida (Spa.) 3:30 - 4:30 p.m. Pequeños Ingenieros de Lego 4 - 5 p.m. (Eng.) (edades 5+)	Baile de Cardio 20 9 - 10 a.m. Clase de Estiramiento 10 - 11 a.m. Yoga (Biling.) 11:15 a.m. - 12:15 p.m. Ensaladas y Jugos (Biling.) 1 - 2 p.m. Inscripciones de Medi-Cal 8:30 a.m. - 3:30 p.m.	
Lunes de Miembros 23 9 a.m. - 4 p.m. Kickboxing 9 - 10 a.m. Asistencia con Seguro Social 10 a.m. - 12 p.m. Pequeño y Yo (Eng.) 10:30 - 11:30 a.m. Entrenamiento de Circuito (Biling.) 2 - 3 p.m. Cocina Saludable (Biling.) 3:15 - 4:30 p.m. Picasso Estudio de Pintura Para Niños 4 - 5 p.m. (Eng.) (edades 4-18)	Ejercicio Step 24 9 - 10 a.m. Consejos de Nutricion y Fitness (Spa.) 10 - 11 a.m. Clase de Lectura para Niños (Spa.) 10:30 - 11:30 a.m. (edades 0-5) DMH: Como Administrar su Medicamento (Spa.) 11 a.m. - 12:30 p.m. Yoga Adaptativo Para Personas Mayores (Biling.) 11:30 a.m. - 12:30 p.m. La Osteoporosis y el Ejercicio (Biling.) 1:30 - 2:30 p.m. Pequeños Chefs (Biling.) 3:45 - 5 p.m.	Clase de Padres (Eng.) 25 9:30 - 11 a.m. Clase de Lactancia (Premio Gratis)(Eng.) 11 a.m. - 12 p.m. Taller de Pediatria (Biling.) 1 - 2 p.m. Fitness en Familia 4 - 5 p.m. (toda las edades)	Toberman: Manejo de Casos 26 9 a.m. - 1 p.m. Cardio Mix 9 - 10 a.m. Planned Parenthood: Familias Diversas (Aceptacion familiar LGBTQ) (Spa.) 10 - 11 a.m. GOAL: Manejo del Diabetes (Spa.) 10 a.m. - 12 p.m. Aventura Familiar 11 - 11:30 a.m. (toda las edades) Orientaciones para Nuevos Miembros 11:15 - 11:45 a.m. Cantar en Familia (Eng.) 11:30 a.m. - 12:15 p.m. Orientaciones de CalFresh (Spa.) 1 - 2 p.m. Baño en Sonido (Biling.) 1:15 - 2 p.m. Yoga (Biling.) 2 - 3 p.m. Habilidades para la Vida (Spa.) 3:30 - 4:30 p.m. Pequeños Ingenieros de Lego 4 - 5 p.m. (Eng.) (edades 5+)	Baile de Cardio 27 9 - 10 a.m. Desayuno Cinemagico (edades 5-17) 9 - 11 a.m. Clase de Estiramiento 10 - 11 a.m. Yoga (Biling.) 11:15 a.m. - 12:15 p.m. Pequeños Ingenieros de Lego: Edicion de Pokemon (Eng.) 11:15 a.m. - 12:15 p.m. (edades 5+) Inscripciones de Medi-Cal 8:30 a.m. - 3:30 p.m.	
Lunes de Miembros 30 9 a.m. - 4 p.m. Kickboxing 9 - 10 a.m. Pequeño y Yo (Eng.) 10:30 - 11:30 a.m. Entrenamiento de Circuito (Biling.) 2 - 3 p.m. Cocina Saludable (Biling.) 3:15 - 4:30 p.m. Picasso Estudio de Pintura Para Niños 4 - 5 p.m. (Eng.) (edades 4-18)	31 		SERVICIOS DIARIOS Servicios para Miembros y Servicios de Inscrición <ul style="list-style-type: none"> • Medi-Cal, Medicare, Covered California, y CalFresh • Orientación para nuevos miembros de L.A. Care TODOS LOS SERVICIOS Y LAS CLASES SON ¡GRATIS PARA TODOS!	AZUL Califican para el programa mis recompensas para una vida sana. VERDE Por cita y registro solamanete.	 CRC Wilmington Instagram

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