



INGLEWOOD
JANUARY
2026

Community Resource Center

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 CRC Website	2 BLUE Qualify for the My Rewards for a Healthy Life Program. GREEN Appointment & Registration required.	3 Medi-cal Enrollments Tuesdays 9 a.m. - 4 p.m. Metro L.I.F.E. Information & Enrollment * A FREE 90 day pass * 20 free rides every month • Tuesday January 20 10am-12pm • Friday January 23 10am-12pm • Monday January 26 10am-12pm	4 HAPPY NEW YEAR CENTER CLOSED	5 CENTER CLOSED	6 CENTER CLOSED
7 CENTER CLOSED	8 CENTER CLOSED	9 CENTER CLOSED	10 CalFresh Assistance 9 a.m. - 5 p.m. Yoga Therapy 9 - 10 a.m. Tai Chi 10:30 - 11:30 a.m. Beginners Line Dancing 12 - 1:30 p.m. Cervical Cancer Prevention 1:30 p.m. - 3 p.m. Pilates 2 - 3 p.m.	11 Little One & Me (Ages 0 - 5) 10 - 11 a.m. The Arts of Fruit and Vegetables 10:30 a.m. - 12 p.m. Line Dancing 1 - 2:30 p.m. Zumba 4 - 5 p.m.	12 CENTER CLOSED
13 SSI/Disability Assistance 10 a.m. - 12 p.m. Tai Chi 10:30 - 11:30 a.m. Cervical Cancer Workshop 10 - 11 a.m. New Year Healthier You 11 a.m. - 12 p.m. CPR & First Aid Spanish 12:30 - 3:30 p.m. Hip-Hop Step Class 4 - 5 p.m. Healthy Cooking for Kids (Ages 6 - 12) 4 - 5 p.m.	14 Boot Camp 9:15 - 10 a.m. Family Sing (Ages 0 - 5) 9:30 - 10:15 a.m. Kick Boxing 10 - 11 a.m. Balance & Stability 11:10 a.m. - 12:10 p.m. Line Dancing 1 - 2:30 p.m. Stress Free Zone 1 p.m. - 2 p.m. Birth Control 1:30 p.m. - 3 p.m. Family Fitness (Ages 5+) 3 - 3:50 p.m. Pilates 4 - 5 p.m.	15 Family Sing (Ages 0 - 5) 9:30 - 10:15 a.m. Line Dancing 1 - 2:30 p.m. Zumba 4 - 5 p.m.	16 CalFresh Assistance 9 a.m. - 5 p.m. Adult Weight Management • 10 - 11:30 a.m. English • 12 - 1:30 p.m. Spanish Tai Chi 10:30 - 11:30 a.m. Beginners Line Dancing 12 - 1:30 p.m. Pilates 2 - 3 p.m. Family Fitness (Ages 5+) 3 - 3:50 p.m. Hip-hop Step 4 - 5 p.m.	17 Little One & Me (Ages 0 - 5) 10 - 11 a.m. Healthy Cooking 10:30 a.m. - 12 p.m. Line Dancing 1 - 2:30 p.m. Zumba 4 - 5 p.m.	18 CPR & First Aid English 9:30 a.m. - 12:30 p.m.
19 MLK DAY CENTER CLOSED	20 Boot Camp 9:15 - 10 a.m. Family Sing (Ages 0 - 5) 9:30 - 10:15 a.m. Kick Boxing 10 - 11 a.m. Balance & Stability 11:10 a.m. - 12:10 p.m. Family Fitness (Ages 5+) 3 - 3:50 p.m. Pilates 4 - 5 p.m.	21 Yoga Therapy 9 - 10 a.m. Line Dancing 1 - 2:30 p.m. Breast Cancer & Toxic Substances 1:30 p.m. - 3 p.m. Living with Heart Failure 2 - 3:30 p.m. Zumba 4 - 5 p.m.	22 CalFresh Assistance 9 a.m. - 5 p.m. Yoga Therapy 9 - 10 a.m. Adult Weight Management • 10 - 11:30 a.m. English • 12 - 1:30 p.m. Spanish Tai Chi 10:30 - 11:30 a.m. Beginners Line Dancing 12 - 1:30 p.m. Pilates 2 - 3 p.m. *CENTER CLOSED* 3:15 - 5 p.m.	23 Yoga Therapy 9 - 10 a.m. Little One & Me (Ages 0 - 5) 10 - 11 a.m. Community Café: Meet Local Resources 10 a.m. - 12 p.m. The Arts of Fruit and Vegetables 10:30 a.m. - 12 p.m. Line Dancing 1 - 2:30 p.m. Zumba 4 - 5 p.m.	24 CENTER CLOSED
25 Yoga Therapy 9 - 10 a.m. Tai Chi 10:30 - 11:30 a.m. Healthcare Navigation: Dementia and Brain Health 11 a.m. - 12 p.m. SSI/SSDI Assistance 1 - 3 p.m. Sexually Transmitted Infections 1:30 p.m. - 3 p.m. Hip-Hop Step Class 4 - 5 p.m. Healthy Cooking for Kids (Ages 6 - 12) 4 - 5 p.m.	26 Boot Camp 9:15 - 10 a.m. Family Sing (Ages 0 - 5) 9:30 - 10:15 a.m. Kick Boxing 10 - 11 a.m. Balance & Stability 11:10 a.m. - 12:10 p.m. Family Fitness (Ages 5+) 3 - 3:50 p.m. Pilates 4 - 5 p.m.	27 Yoga Therapy 9 - 10 a.m. Line Dancing 1 - 2:30 p.m. Zumba 4 - 5 p.m.	28 CalFresh Assistance 9 a.m. - 5 p.m. Yoga Therapy 9 - 10 a.m. Adult Weight Management • 10 - 11:30 a.m. English • 12 - 1:30 p.m. Spanish Tai Chi 10:30 - 11:30 a.m. Beginners Line Dancing 12 - 1:30 p.m. Pilates 2 - 3 p.m.	29 Yoga Therapy 9 - 10 a.m. Little One & Me (Ages 0 - 5) 10 - 11 a.m. Healthy Cooking 10:30 a.m. - 12 p.m. Line Dancing 1 - 2:30 p.m. Zumba 4 - 5 p.m.	30 CENTER CLOSED
31 CENTER CLOSED					

Class space is limited (first come, first served). Classes are subject to change, rescheduling or cancellation without notice. Child care is provided while you attend a class. (Ages 4+)

BE ACTIVE,
HEALTHY & INFORMED



2864 W. Imperial Hwy.
Inglewood, CA 90303



CENTER HOURS:
Monday - Friday: 9 a.m. - 5 p.m.
3rd Saturday Open 9:30 a.m. - 12:30 p.m.
All other Saturdays: Closed



310.330.3130
CommunityResourceCenterLA.org



INGLEWOOD
ENERO
2026

Community Resource Center

LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO
 CRC Sitio de Web	AZUL Califican para el programa mis recompensas para una vida sana. VERDE Por cita y registro solamanete.	Inscripciones de Medi-Cal Martes 9 a.m. - 4:30 p.m. Metro L.I.F.E. Información e Inscripción * Un pase gratuito de 90 días * 20 viajes gratis al mes • Martes 20 de enero 10am-12pm • Viernes 23 de enero 10am-12pm • Lunes 26 de enero 10am-12pm	FELIZ AÑO NUEVO  CENTRO CERRADO	 CENTRO CERRADO	 CENTRO CERRADO
 CENTRO CERRADO	 CENTRO CERRADO	 CENTRO CERRADO	Asistencia de CalFresh 9 a.m. - 5 p.m. Terapia de Yoga 9 - 10 a.m. Tai Chi 10:30 - 11:30 a.m. Baile en Línea para Principiantes 12 - 1:30 p.m. Prevención de Cáncer Cervical 1:30 p.m. - 3 p.m. Pilates 2 - 3 p.m.	Mi Pequeño y Yo (0 - 5 años) 10 - 11 a.m. El Arte de las Frutas y Vegetales 10:30 a.m. - 12 p.m. Baile en Línea 1 - 2:30 p.m. Zumba 4 - 5 p.m.	 CENTRO CERRADO
Asistencia de SSI/SSDI 10 a.m. - 12 p.m. Taller del Cáncer Cervical 10 - 11 a.m. Tai Chi 10:30 - 11:30 a.m. Navegación de Salud Médica 11 a.m. - 12 p.m. RCP y Primeros Auxilios Español 12:30 p.m. - 3:30 p.m. Clase de Paso de Hip-Hop 4 - 5 p.m. Cocina Saludable para Niños (6 - 12 años) 4 - 5 p.m.	Entrenamiento Intenso 9:15 - 10 a.m. Cantar en Familia (0 - 5 años) 9:30 - 10:15 a.m. Kick Boxing 10 - 11 a.m. Equilibrio y Estabilidad 11:10 a.m. - 12:10 p.m. Baile en Línea 1 - 2:30 p.m. Zona Libre de Estrés 1-2 p.m. Control de la Natalidad 1:30 p.m. - 3 p.m. Ejercicio Familiar (+5 años) 3- 3:50 p.m. Pilates 4 - 5 p.m.	Cantar en Familia (0 - 5 años) 9:30 - 10:15 a.m. Baile en Línea 1 - 2:30 p.m. Zumba 4 - 5 p.m.	Asistencia de CalFresh 9 a.m. - 5 p.m. Programa de Control de Peso para Adultos • 10 - 11:30 a.m. Ingles • 12 - 1:30 p.m. Español Tai Chi 10:30 - 11:30 a.m. Baile en Línea para Principiantes 12 - 1:30 p.m. Pilates 2 - 3 p.m. Ejercicio Familiar (+5 años) 3- 3:50 p.m. Clase de Paso de Hip-Hop 4 - 5 p.m.	Mi Pequeño y Yo (0 - 5 años) 10 - 11 a.m. Cocina Saludable 10:30 a.m. - 12 p.m. Baile en Línea 1 - 2:30 p.m. Zumba 4 - 5 p.m.	RCP y Primeros Auxilios Ingles 9:30 a.m. - 12:30 p.m.
DÍA DE MARTIN LUTHER KING  CENTRO CERRADO	Entrenamiento Intenso 9:15 - 10 a.m. Cantar en Familia (0 - 5 años) 9:30 - 10:15 a.m. Kick Boxing 10 - 11 a.m. Equilibrio y Estabilidad 11:10 a.m. - 12:10 p.m. Ejercicio Familiar(+5 años) 3- 3:50 p.m. Pilates 4 - 5 p.m.	Terapia de Yoga 9 - 10 a.m. Baile en Línea 1 - 2:30 p.m. Cáncer de Mama y Sustancias Tóxicas 1:30 p.m. - 3 p.m. Vivendo con Fallo Cardíaco 2 - 3:30 p.m. Zumba 4 - 5 p.m.	Terapia de Yoga 9 - 10 a.m. Asistencia de CalFresh 9 a.m. - 5 p.m. Programa de Control de Peso para Adultos • 10 - 11:30 a.m. Ingles • 12 - 1:30 p.m. Español Tai Chi 10:30 - 11:30 a.m. Baile en Línea para Principiantes 12 - 1:30 p.m. Pilates 2 - 3 p.m. *CENTRO CERRADO* 3:15 - 5 p.m.	Terapia de Yoga 9 - 10 a.m. Mi Pequeño y Yo (0 - 5 años) 10 - 11 a.m. Café Comunitario: Conozca sus Recursos Locales 10 a.m. - 12 p.m. El Arte de las Frutas y Vegetales 10:30 a.m. - 12 p.m. Baile en Línea 1 - 2:30 p.m. Zumba 4 - 5 p.m.	 CENTRO CERRADO
Terapia de Yoga 9 - 10 a.m. Tai Chi 10:30 - 11:30 a.m. Navegación de Salud Médica: Demencia y Salud Cerebral 11 a.m. - 12 p.m. Asistencia de SSI/SSDI 1 - 3 p.m. Infecciones de Transmisión Sexual 1:30 p.m. - 3 p.m. Clase de Paso de Hip-Hop 4 - 5 p.m. Cocina Saludable para Niños (6 - 12 años) 4 - 5 p.m.	Entrenamiento Intenso 9:15 - 10 a.m. Cantar en Familia (0 - 5 años) 9:30 - 10:15 a.m. Kick Boxing 10 - 11 a.m. Equilibrio y Estabilidad 11:10 a.m. - 12:10 p.m. Ejercicio Familiar (+5 años) 3- 3:50 p.m. Pilates 4 - 5 p.m.	Terapia de Yoga 9 - 10 a.m. Baile en Línea 1 - 2:30 p.m. Zumba 4 - 5 p.m.	Terapia de Yoga 9 - 10 a.m. Asistencia de CalFresh 9 a.m. - 5 p.m. Programa de Control de Peso para Adultos • 10 - 11:30 a.m. Ingles • 12 - 1:30 p.m. Español Tai Chi 10:30 - 11:30 a.m. Baile en Línea para Principiantes 12 - 1:30 p.m. Pilates 2 - 3 p.m.	Terapia de Yoga 9 - 10 a.m. Mi Pequeño y Yo (0 - 5 años) 10 - 11 a.m. Cocina Saludable 10:30 a.m. - 12 p.m. Baile en Línea 1 - 2:30 p.m. Zumba 4 - 5 p.m.	 CENTRO CERRADO

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. Cuidado de niños está disponible durante las clases. (Edades 4+)

SEA ACTIVO,
SALUDABLE E INFORMADO



2864 W. Imperial Hwy.
Inglewood, CA 90303



HORARIO DEL CENTRO:

Lunes a Viernes: 9 a.m. - 5 p.m.
3º sábado del mes abierto 9:30 a.m. - 12:30 p.m.
Todos los demás sábados: Cerrado



310.330.3130
activehealthyinformed.org