



L.A. Care.

Community
Resource Center



Inglewood
FEBRUARY 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 Tai Chi 10:30 - 11:30 a.m. Healthcare Navigation: Heart Health 11 a.m. - 12 p.m. CPR & First Aid Spanish 12:30 p.m. - 3:30 p.m. Healthy Relationships 1:30 p.m. - 3 p.m. Healthy Cooking for Kids (Ages 6-12) 4 - 5 p.m. Hip-Hop Step 4 - 5 p.m.	2 Boot Camp 9:15 - 10 a.m. Family Sing (Ages 0-5) 9:30 - 10:15 a.m. Kickboxing 10 - 11 a.m. Balance & Stability 11:10 a.m. - 12:10 p.m. Caregiving Stages & Options 1 - 2 p.m. Family Fitness (Ages 5+) 3 - 3:50 p.m. Pilates 4 - 5 p.m.	3 Yoga Therapy 9 - 10 a.m. Line Dancing 1 - 2:30 p.m. Zumba 4 - 5 p.m.	4 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.	5 Yoga Therapy 9 - 10 a.m. Little One & Me (Ages 0-5) 10 - 11 a.m. Arts of Fruits & Vegetables 10:30 a.m. - 12 p.m. Line Dancing 1 - 2:30 p.m. Zumba 4 - 5 p.m.	6 CENTER CLOSED
9 Tai Chi 10:30 - 11:30 a.m. Healthcare Navigation: Heart Health 11 a.m. - 12 p.m. Stress Management 1:30 p.m. - 3 p.m. Healthy Cooking for Kids (Ages 6-12) 4 - 5 p.m. Hip-Hop Step 4 - 5 p.m.	10 Boot Camp 9:15 - 10 a.m. Family Sing (Ages 0-5) 9:30 - 10:15 a.m. Kickboxing 10 - 11 a.m. FEAST English Orientation 10:30 a.m. - 12:30 p.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.	11 Yoga Therapy 9 - 10 a.m. FEAST Spanish Orientation 10:30 a.m. - 12:30 p.m. Line Dancing 1 - 2:30 p.m. Zumba 4 - 5 p.m.	12 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.	13 Yoga Therapy 9 - 10 a.m. Little One & Me (Ages 0-5) 10 - 11 a.m. Healthy Cooking for Adults 10:30 a.m. - 12 p.m. Line Dancing 1 - 2:30 p.m. Zumba 4 - 5 p.m.	14 CENTER CLOSED
16 PRESIDENT'S DAY CENTER CLOSED	17 Boot Camp 9:15 - 10 a.m. Family Sing (Ages 0-5) 9:30 - 10:15 a.m. Kickboxing 10 - 11 a.m. FEAST Week 1 English 10:30 a.m. - 12:30 p.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.	18 Yoga Therapy 9 - 10 a.m. FEAST Week 1 Spanish 10:30 a.m. - 12:30 p.m. Line Dancing 1 - 2:30 p.m. Zumba 4 - 5 p.m.	19 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.	20 Yoga Therapy 9 - 10 a.m. Little One & Me (Ages 0-5) 10 - 11 a.m. Community Cafe: Meet Local Resources 10 a.m. - 12 p.m. Arts of Fruits & Vegetables 10:30 a.m. - 12 p.m. Line Dancing 1 - 2:30 p.m. Zumba 4 - 5 p.m.	21 CPR & First Aid English 9:30 a.m. - 12:30 p.m.
23 Baby Shower 10 a.m. - 12 p.m. Healthcare Navigation: Heart Health 11 a.m. - 12 p.m. Substance Abuse in Youth 1:30 p.m. - 3 p.m. Healthy Cooking for Kids (Ages 6-12) 4 - 5 p.m. Hip-Hop Step 4 - 5 p.m.	24 Boot Camp 9:15 - 10 a.m. Family Sing (Ages 0-5) 9:30 - 10:15 a.m. Kickboxing 10 - 11 a.m. FEAST Week 2 English 10:30 a.m. - 12:30 p.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.	25 Yoga Therapy 9 - 10 a.m. FEAST Week 2 Spanish 10:30 a.m. - 12:30 p.m. Maternal Health: Birth Planning & Preferences 11 a.m. - 12:30 p.m. Line Dancing 1 - 2:30 p.m. Zumba 4 - 5 p.m.	26 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.	27 Yoga Therapy 9 - 10 a.m. Little One & Me (Ages 0-5) 10 - 11 a.m. Healthy Cooking for Adults 10 a.m. - 1 p.m. Line Dancing 1 - 2:30 p.m. Zumba 4 - 5 p.m.	28 CENTER CLOSED
Inglewood Community Bookshelf (Ages 0-15) Diaper Distribution PLEASE CALL before visiting for more information.	Medi-cal Enrollments Tuesdays 9 a.m. - 5 p.m. CalFresh Assistance Thursdays 9 a.m. - 5 p.m. SSI/SSDI Assistance Monday February 9 & 23 10 a.m. - 12 p.m.	Metro L.I.F.E. Information & Enrollment *A FREE 90 day pass *20 free rides every month 10 a.m. - 12 p.m. Monday February 9 Friday February 20 Tuesday February 24	BLUE Qualify for the My Rewards for a Healthy Life Program. GREEN Appointment & Registration required.	CRC Inglewood Instagram	

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 (Ages4+). Must wear appropriate shoes for fitness classes.

BE ACTIVE,
HEALTHY & INFORMED



2864 W. Imperial Hwy
Inglewood, CA 90303



CENTER HOURS:

Monday - Friday: 9 a.m. - 5 p.m.
3rd Saturday of the month: 9:30 a.m. - 12:30 p.m.
All other Saturdays: CLOSED



310.330.3130
communityresourcecenterla.org



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Community Resource Center



Inglewood FEBRERO 2026

LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO
1 Tai Chi 10:30 - 11:30 a.m. Navegación de Salud Médica: Salud del Corazón 11 a.m. - 12 p.m. CPR & First Aid Español 12:30 p.m. - 3:30 p.m. Relaciones saludables 1:30 - 3 p.m. Cocina Saludable para Niños (6-12 años) 4-5 p.m. Clase de Paso de Hip-hop 4-5 p.m.	2 Entrenamiento Intenso 9:15 - 10 a.m. Cantar en Familia (0-5 años) 9:30 - 10:15 a.m. Kickboxing 10 - 11 a.m. Equilibrio y Estabilidad 11:10 a.m. - 12:10 p.m. Etapas del Cuidado de Personas Dependientes 1 - 2 p.m. Ejercicio Familiar (+5 años) 3 - 3:50 p.m. Pilates 4 - 5 p.m.	3 Terapia de Yoga 9 - 10 a.m. Baile en Línea 1 - 2:30 p.m. Zumba 4 - 5 p.m.	4 Terapia de Yoga 9 - 10 a.m. Programa de Peso para Adultos • 10 - 11:30 a.m. Inglés • 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.	5 Terapia de Yoga 9 - 10 a.m. Mi Pequeño y Yo (0-5 años) 10 - 11 a.m. El Arte de Frutas y Vegetales 10:30 a.m. - 12 p.m. Baile en Línea 1 - 2:30 p.m. Zumba 4 - 5 p.m.	6
8 Tai Chi 10:30 - 11:30 a.m. Navegación de Salud Médica: Salud del Corazón 11 a.m. - 12 p.m. Manejo del estrés 1:30 p.m. - 3 p.m. Cocina Saludable para Niños (6-12 años) 4-5 p.m. Clase de Paso de Hip-hop 4-5 p.m.	9 Entrenamiento Intenso 9:15 - 10 a.m. Cantar en Familia (0-5 años) 9:30 - 10:15 a.m. Kickboxing 10 - 11 a.m. FEAST Orientación Inglés 10:30 a.m. - 12:30 p.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.	10 Terapia de Yoga 9 - 10 a.m. FEAST Orientación Español 10:30 a.m. - 12:30 p.m. Baile en Línea 1 - 2:30 p.m. Zumba 4 - 5 p.m.	11 Terapia de Yoga 9 - 10 a.m. Programa de Peso para Adultos • 10 - 11:30 a.m. Inglés • 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.	12 Terepia 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.	13
15	16 Entrenamiento Intenso 9:15 - 10 a.m. Cantar en Familia (0-5 años) 9:30 - 10:15 a.m. Kickboxing 10 - 11 a.m. FEAST Semana 1 Inglés 10:30 a.m. - 12:30 p.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.	17 Terapia de Yoga 9 - 10 a.m. FEAST Semana 1 Español 10:30 a.m. - 12:30 p.m. Baile en Línea 1 - 2:30 p.m. Zumba 4 - 5 p.m.	18 Terapia de Yoga 9 - 10 a.m. Programa de Peso para Adultos • 10 - 11:30 a.m. Inglés • 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.	19 Terapia de Yoga 9 - 10 a.m. Cafe Comunitario: Conozca sus Recursos Locales 10 a.m. - 12 p.m. Mi Pequeño y Yo (0-5 años) 10 - 11 a.m. El Arte de Frutas y Vegetales 10:30 a.m. - 12 p.m. Baile en Línea 1 - 2:30 p.m. Zumba 4 - 5 p.m.	20 CPR & First Aid Inglés 9:30 a.m. - 12:30 p.m.
22 Baby Shower 10 a.m. - 12 p.m. Navegación de Salud Médica: Salud del Corazón 11 a.m. - 12 p.m. Abuso de sustancias en jóvenes 1:30- 3 p.m. Cocina Saludable para Niños (6-12 años) 4- 5 p.m. Clase de Paso de Hip-hop 4 - 5 p.m.	23 Entrenamiento Intenso 9:15 - 10 a.m. Cantar en Familia(0-5 años) 9:30 - 10:15 a.m. Kickboxing 10 - 11 a.m. FEAST Semana 2 Inglés 10:30 a.m. - 12:30 p.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.	24 Terapia de Yoga 9 - 10 a.m. FEAST Semana 2 Español 10:30 a.m. - 12:30 p.m. Planificación y Preferencias del Parto 11 a.m. - 12:30 p.m. Baile en Línea 1 - 2:30 p.m. Zumba 4 - 5 p.m.	25 Terapia de Yoga 9 - 10 a.m. Programa de Peso para Adultos • 10 - 11:30 a.m. Inglés • 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.	26 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.	27
29 Biblioteca Commnitaria de Inglewood (0-15 años) Distribución de Pañales POR FAVOR LLAME antes de visitarnos para mas información.	30 Inscripción de Medi-cal Martes 9 a.m. - 5 p.m. Asistencia de CalFresh Jueves 9 a.m. - 5 p.m. Asistencia de SSI/SSDI lunes febrero 9 y 23 10 a.m. - 12 p.m.	31 Metro L.I.F.E. Información e Inscripción *Un pase gratuito de 90 días *20 viajes gratis al mes 10 a.m. - 12 p.m. lunes 9 de febrero viernes 20 de febrero martes 24 de febrero		32	33

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



2864 W. Imperial Hwy
Inglewood, CA 90303



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



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