



# Community Resource Center



METRO L.A.  
JANUARY 2026

| MONDAY                                                                                                                                                                                                                                                                                                                                                                                                                                          |  | TUESDAY                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |  | WEDNESDAY                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |  | THURSDAY                                                                                                                                                                                                                                                                                                                                                                                                                                           |  | FRIDAY                                                                                                                                            |  | SATURDAY                 |  |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--|---------------------------------------------------------------------------------------------------------------------------------------------------|--|--------------------------|--|
|                                                                                                                                                                                                                                                                                                                                                                                                                                                 |  |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |  |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |  | 1                                                                                                                                                                                                                                                                                                                                                                                                                                                  |  | 2                                                                                                                                                 |  | 3                        |  |
|                                                                                                                                                                                                                                                                                                                                                                                                                                                 |  | <b>BLUE</b><br>Qualify for the My Rewards for a Healthy Life Program.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |  | <b>CENTER SERVICES</b> <ul style="list-style-type: none"><li>Member Services</li><li>Enrollment Services*<ul style="list-style-type: none"><li>Medi-cal, MediCare, Covered California, &amp; CalFresh</li></ul></li><li>New Member Orientation</li></ul> <small>*Contact Center for Availability of Services</small><br><b>ALL SERVICES AND CLASSES ARE FREE FOR EVERYONE!</b>                                                                                                                                                                                                                                |  | <b>HAPPY NEW YEAR</b><br><br><b>CENTER CLOSED</b>                                                                                                                                                                                                                                                                                                                                                                                                  |  | <br><b>CENTER CLOSED</b>                                                                                                                          |  | <br><b>CENTER CLOSED</b> |  |
| 5                                                                                                                                                                                                                                                                                                                                                                                                                                               |  | 6                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |  | 7                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |  | 8                                                                                                                                                                                                                                                                                                                                                                                                                                                  |  | 9                                                                                                                                                 |  | 10                       |  |
| <br><b>CENTER CLOSED</b>                                                                                                                                                                                                                                                                                                                                                                                                                        |  | <br><b>CENTER CLOSED</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |  | <br><b>CENTER CLOSED</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |  | <b>Korean - Developmental Screenings</b><br>9:30 a.m. - 4:00 p.m.<br><b>Low Impact Zumba (14+) (Beginner)</b><br>9:00 a.m. - 10:00 a.m.<br><b>Zumba Step (14+) (Intermediate)</b><br>10:10 a.m. - 11:10 a.m.<br><b>Dance Aerobics (Beginner) (14+)</b> 11:25 a.m. - 12:15 p.m.<br><b>Dance Aerobics (Intermediate) (14+)</b> 12:25 p.m. - 1:20 p.m.                                                                                                |  | <b>Meditation (18+) (Beginner)</b><br>9:00 a.m. - 10:00 a.m.<br><b>Restorative Yin Yoga (18+) (Beginner)</b><br>10:15 a.m. - 11:15 a.m.           |  | <br><b>CENTER CLOSED</b> |  |
| <b>Member Orientation</b><br><small>*Receive a \$20 Grocery Store Gift Card per Year*</small><br><b>Monday to Friday</b><br>9:00 a.m. - 4:30 p.m.<br><b>Medi-Cal &amp; Covered CA Enrollment Services</b><br><b>Monday, Tuesday, Thursday, Friday</b><br>9:00 a.m. - 5:00 p.m.<br><b>Member Services</b><br><b>Monday to Friday</b><br>9:00 a.m. - 4:30 p.m.<br><b>English - CPR, AED &amp; First Aid (14+)</b> 2:00 p.m. - 5:00 p.m.           |  | <b>12</b> <b>Gentle Yoga (Beginner)</b><br>9:15 a.m. - 10:15 a.m.<br><b>Active Yoga (Intermediate)</b><br>10:30 a.m. - 11:30 a.m.<br><b>Bilingual - Healthy Living: Weight Management (18+)</b><br>10:45 a.m. - 11:45 a.m. Eng/Spa<br><b>Spanish - Let's Talk About High Blood Pressure (2 of 4)</b> 11:45 a.m. - 12:45 p.m.<br><b>English - Healthy Living: Cooking Matters (14+)</b><br>12:00 p.m. - 1:30 p.m.<br><b>Spanish - Live Healthy with Diabetes (1 of 4)</b><br>12:45 p.m. - 1:45 p.m.<br><b>Zumba (14+) (Intermediate)</b><br>1:45 p.m. - 2:45 p.m.                                                                                              |  | <b>13</b> <b>CalFresh Application Assistance</b><br>9:00 a.m. - 5:00 p.m.<br><b>Spanish - Healthy Living: Personal Development</b><br>9:15 a.m. - 10:15 a.m.<br><b>Prenatal &amp; Postnatal Yoga (Beginner)</b> <small>*Receive a free pack of diapers after class*</small><br>9:45 a.m. - 10:45 a.m.<br><b>Spanish - Healthy Living: Cooking Matters (14+)</b><br>10:45 a.m. - 12:15 p.m.<br><b>Healthy Living: Weight Training (14+) (Intermediate)</b><br>12:30 p.m. - 1:30 p.m.                                                                                                                           |  | <b>14</b> <b>Korean - Developmental Screenings</b><br>9:30 a.m. - 4:00 p.m.<br><b>Low Impact Zumba (14+) (Beginner)</b><br>9:00 a.m. - 10:00 a.m.<br><b>Zumba Step (14+) (Intermediate)</b><br>10:10 a.m. - 11:10 a.m.<br><b>Dance Aerobics (Beginner) (14+)</b> 11:25 a.m. - 12:15 p.m.<br><b>Dance Aerobics (Intermediate) (14+)</b> 12:25 p.m. - 1:20 p.m.                                                                                      |  | <b>15</b> <b>Meditation (18+) (Beginner)</b><br>9:00 a.m. - 10:00 a.m.<br><b>Restorative Yin Yoga (18+) (Beginner)</b><br>10:15 a.m. - 11:15 a.m. |  | <br><b>CENTER CLOSED</b> |  |
| <b>19</b><br><b>CENTER CLOSED</b>                                                                                                                                                                                                                                                                                                                                                                                                               |  | <b>20</b> <b>RCAC 4 Meeting</b><br>10:00 a.m. - 12:30 p.m.<br><b>Bilingual - Healthy Living: Weight Management (18+)</b><br>10:45 a.m. - 11:45 a.m. Eng/Spa<br><b>English - Healthy Living: Cooking Matters (14+)</b><br>12:00 p.m. - 1:30 p.m.<br><b>Zumba (14+) (Intermediate)</b><br>1:45 p.m. - 2:45 p.m.<br><b>Gentle Yoga (Intermediate)</b><br>2:00 p.m. - 3:00 p.m.<br><b>Active Yoga (Beginner)</b><br>3:15 p.m. - 4:15 p.m.                                                                                                                                                                                                                         |  | <b>21</b> <b>CalFresh Application Assistance</b><br>9:00 a.m. - 5:00 p.m.<br><b>Spanish - Healthy Living: Personal Development</b><br>9:15 a.m. - 10:15 a.m.<br><b>Prenatal &amp; Postnatal Yoga (Beginner)</b> <small>*Receive a free pack of diapers after class*</small><br>9:45 a.m. - 10:45 a.m.<br><b>Spanish - Healthy Living: Cooking Matters (14+)</b><br>10:45 a.m. - 12:15 p.m.<br><b>Healthy Living: Weight Training (14+) (Intermediate)</b><br>12:30 p.m. - 1:30 p.m.                                                                                                                           |  | <b>22</b> <b>Korean - Developmental Screenings</b><br>9:30 a.m. - 4:00 p.m.<br><b>Low Impact Zumba (14+) (Beginner)</b><br>9:00 a.m. - 10:00 a.m.<br><b>Zumba Step (14+) (Intermediate)</b><br>10:10 a.m. - 11:10 a.m.<br><b>Dance Aerobics (Beginner) (14+)</b> 11:25 a.m. - 12:15 p.m.<br><b>Dance Aerobics (Intermediate) (14+)</b> 12:25 p.m. - 1:20 p.m.<br><b>Adult Craft - Bloom Jars for the New Year (18+)</b><br>11:25 a.m. - 12:25 p.m. |  | <b>23</b> <b>Meditation (18+) (Beginner)</b><br>9:00 a.m. - 10:00 a.m.<br><b>Restorative Yin Yoga (18+) (Beginner)</b><br>10:15 a.m. - 11:15 a.m. |  | <br><b>CENTER CLOSED</b> |  |
| <b>26</b> <b>Member Orientation</b><br><small>*Receive a \$20 Grocery Store Gift Card per Year*</small><br><b>Monday to Friday</b><br>9:00 a.m. - 4:30 p.m.<br><b>Medi-Cal &amp; Covered CA Enrollment Services</b><br><b>Monday, Tuesday, Thursday, Friday</b><br>9:00 a.m. - 5:00 p.m.<br><b>Member Services</b><br><b>Monday to Friday</b><br>9:00 a.m. - 4:30 p.m.<br><b>Spanish - CPR, AED &amp; First Aid (14+)</b> 2:00 p.m. - 5:00 p.m. |  | <b>27</b> <b>Gentle Yoga (Beginner)</b><br>9:15 a.m. - 10:15 a.m.<br><b>Active Yoga (Intermediate)</b><br>10:30 a.m. - 11:30 a.m.<br><b>Bilingual - Healthy Living: Weight Management (18+)</b><br>10:45 a.m. - 11:45 a.m. Eng/Spa<br><b>Spanish - Let's Talk About High Blood Pressure (3 of 4)</b><br>11:45 a.m. - 12:45 p.m.<br><b>English - Healthy Living: Cooking Matters (14+)</b><br>12:00 p.m. - 1:30 p.m.<br><b>Spanish - Live Healthy with Diabetes (2 of 4)</b><br>12:45 p.m. - 1:45 p.m.<br><b>Zumba (14+) (Intermediate)</b><br>1:45 p.m. - 2:45 p.m.<br><b>Cervical Cancer Awareness Month Workshop (18+)</b><br>2:00 p.m. - 3:00 p.m. Eng/Spa |  | <b>28</b> <b>CalFresh Application Assistance</b><br>9:00 a.m. - 5:00 p.m.<br><b>Spanish - Healthy Living: Personal Development</b><br>9:15 a.m. - 10:15 a.m.<br><b>Prenatal &amp; Postnatal Yoga (Beginner)</b> <small>*Receive a free pack of diapers after class*</small><br>9:45 a.m. - 10:45 a.m.<br><b>Spanish - Healthy Living: Cooking Matters (14+)</b><br>10:45 a.m. - 12:15 p.m.<br><b>Healthy Living: Weight Training (14+) (Intermediate)</b><br>12:30 p.m. - 1:30 p.m.<br><b>Bilingual Tenants Rights Legal Clinic Eng/Spa</b><br>4:30 p.m. - 5:00 p.m. Register<br>5:00 p.m. - 7:00 p.m. Clinic |  | <b>29</b> <b>Korean - Developmental Screenings</b><br>9:30 a.m. - 4:00 p.m.<br><b>Low Impact Zumba (14+) (Beginner)</b><br>9:00 a.m. - 10:00 a.m.<br><b>Zumba Step (14+) (Intermediate)</b><br>10:10 a.m. - 11:10 a.m.<br><b>Dance Aerobics (Beginner) (14+)</b> 11:25 a.m. - 12:15 p.m.<br><b>Dance Aerobics (Intermediate) (14+)</b> 12:25 p.m. - 1:20 p.m.                                                                                      |  | <b>30</b> <b>Meditation (18+) (Beginner)</b><br>9:00 a.m. - 10:00 a.m.<br><b>Restorative Yin Yoga (18+) (Beginner)</b><br>10:15 a.m. - 11:15 a.m. |  | <br><b>CENTER CLOSED</b> |  |
|                                                                                                                                                                                                                                                                                                                                                                                                                                                 |  |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |  |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |  |                                                                                                                                                                                                                                                                                                                                                                                                                                                    |  |                                                                                                                                                   |  | 31                       |  |

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



1233 S. Western Ave.  
Los Angeles, CA 90006



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



213.428.1457  
CommunityResourceCenterLA.org



# Community Resource Center



METRO L.A.  
ENERO 2026

| LUNES                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |  | MARTES                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |  | MIÉRCOLES                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                |  | JUEVES                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              |  | VIERNES                                                                                                                                                                |  | SÁBADO                                |  |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--|------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--|---------------------------------------|--|
|                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |  |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |  |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |  | 1                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |  | 2                                                                                                                                                                      |  | 3                                     |  |
| <div>SERVICIOS DEL CENTRO<ul style="list-style-type: none"><li>- Servicios a los miembros</li><li>- Servicios de Inscripción*<ul style="list-style-type: none"><li>• Medi-cal, MediCare, Covered California, y CalFresh</li></ul></li></ul>Orientación para nuevos miembros</div> <div>*Comuníquese con el Centro para disponibilidad de Servicios</div> <div>TODOS LOS SERVICIOS Y LAS CLASES SON GRATIS ¡PARA TODOS!</div>                                                                            |  | <div>AZUL</div> <div>Califican para el programa mis recompensas para una vida sana.</div> <div>VERDE</div> <div>Por cita y registro solamanete.</div>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              |  | <div></div> <div>CRC Sitio de Web</div>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |  | <div>FELIZ AÑO NUEVO</div> <div></div> <div>CENTRO CERRADO</div>                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |  | <div></div> <div>CENTRO CERRADO</div>                                                                                                                                  |  | <div></div> <div>CENTRO CERRADO</div> |  |
| 5                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |  | 6                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |  | 7                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |  | 8                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |  | 9                                                                                                                                                                      |  | 10                                    |  |
| <div></div> <div>CENTRO CERRADO</div>                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |  | <div></div> <div>CENTRO CERRADO</div>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              |  | <div></div> <div>CENTRO CERRADO</div>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |  | <div>Coreano - Exámenes de Desarrollo</div> <div>9:30 a.m. - 4:00 p.m.</div> <div>Bajo Impacto Zumba (14+) (Principiante)</div> <div>9:00 a.m. - 10:00 a.m.</div> <div>Zumba Step (14+) (Intermediante)</div> <div>10:10 a.m. - 11:10 a.m.</div> <div>Baile Aerobico (Principiante) (14+)</div> <div>11:25 a.m. - 12:15 p.m.</div> <div>Baile Aerobico (Intermediante) (14+)</div> <div>12:25 p.m. - 1:20 p.m.</div>                                                                                                                |  | <div>Meditacion (18+) (Principiante)</div> <div>9:00 a.m. - 10:00 a.m.</div> <div>Yin Yoga Restaurativo (18+) (Intermediante)</div> <div>10:15 a.m. - 11:15 a.m.</div> |  | <div></div> <div>CENTRO CERRADO</div> |  |
| <div>Orientación Para Miembros</div> <div>*Reciba una tarjeta de regalo de \$20 para comestibles por año*</div> <div>Lunes a Viernes</div> <div>9:00 a.m. - 4:30 p.m.</div> <div>Servicios de Inscripción para Medi-Cal y Covered CA</div> <div>Lunes, Martes, Jueves, Viernes</div> <div>9:00 a.m. - 5:00 p.m.</div> <div>Servicio para Miembros</div> <div>Lunes a Viernes</div> <div>9:00 a.m. - 4:30 p.m.</div> <div>Inglés - RCP y Primeros Auxilios (14+)</div> <div>2:00 p.m. - 5:00 p.m.</div>  |  | <div>Yoga Suave (Principiante)</div> <div>9:15 a.m. - 10:15 a.m.</div> <div>Yoga Activo (Intermediante)</div> <div>10:30 a.m. - 11:30 a.m.</div> <div>Bilingüe - Vida Sana: Control de Peso(18+)</div> <div>10:45 a.m.- 11:45 a.m.</div> <div>Ing/Esp</div> <div>Español - Hay Que Hablar Sobre la Presión Alta (2 de 4)</div> <div>11:45 a.m. - 12:45 p.m.</div> <div>Inglés - Vida Sana: En la Cocina (14+)</div> <div>12:00 p.m. - 1:30 p.m.</div> <div>Español - Vivir Bien con Diabetes (1 de 4)</div> <div>12:45 p.m. - 1:45 p.m.</div> <div>Zumba (Principiante)</div> <div>1:45 p.m. - 2:45 p.m.</div>                                                                                                     |  | <div>Asistencia para Aplicaciones de CalFresh</div> <div>9:30 a.m. - 4:30 p.m.</div> <div>Español - Vida Sana: Superación Personal</div> <div>9:15 a.m. - 10:15 a.m.</div> <div>Yoga Prenatal y Postnatal (Principiante)</div> <div>*Recibe un Paquete de Pañales Gratis Despues de Clase*</div> <div>9:45 a.m. - 10:45 a.m.</div> <div>Español - Vida Sana: En la Cocina (14+)</div> <div>10:45 a.m. - 12:15 p.m.</div> <div>Vida Sana: Ejercicio de Resistencia (14+) (Intermediante)</div> <div>12:30 p.m. - 1:30 p.m.</div>                                                                                                                                                          |  | <div>Coreano - Exámenes de Desarrollo</div> <div>9:30 a.m. - 4:00 p.m.</div> <div>Bajo Impacto Zumba (14+) (Principiante)</div> <div>9:00 a.m. - 10:00 a.m.</div> <div>Zumba Step (14+) (Intermediante)</div> <div>10:10 a.m. - 11:10 a.m.</div> <div>Baile Aerobico (Principiante) (14+)</div> <div>11:25 a.m. - 12:15 p.m.</div> <div>Baile Aerobico (Intermediante) (14+)</div> <div>12:25 p.m. - 1:20 p.m.</div>                                                                                                                |  | <div>Meditacion (18+) (Principiante)</div> <div>9:00 a.m. - 10:00 a.m.</div> <div>Yin Yoga Restaurativo (18+) (Intermediante)</div> <div>10:15 a.m. - 11:15 a.m.</div> |  | <div></div> <div>CENTRO CERRADO</div> |  |
| 19                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |  | 20                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |  | 21                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |  | 22                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |  | 23                                                                                                                                                                     |  | 24                                    |  |
| <div>DÍA DE MARTIN LUTHER KING</div> <div></div> <div>CENTRO CERRADO</div>                                                                                                                                                                                                                                                                                                                                                                                                                              |  | <div>Reunión RCAC 4</div> <div>10:00 a.m. - 12:30 p.m.</div> <div>Bilingüe - Vida Sana: Control de Peso(18+)</div> <div>10:45 a.m. - 11:45 a.m.</div> <div>Ing/Esp</div> <div>Inglés - Vida Sana: En la Cocina (14+)</div> <div>12:00 p.m. - 1:30 p.m.</div> <div>Zumba (Principiante)</div> <div>1:45 p.m. - 2:45 p.m.</div> <div>Yoga Suave</div> <div>2:00 p.m. - 3:00 p.m.</div> <div>Yoga Activo</div> <div>3:15 p.m. - 4:15 p.m.</div>                                                                                                                                                                                                                                                                       |  | <div>Asistencia para Aplicaciones de CalFresh</div> <div>9:30 a.m. - 4:30 p.m.</div> <div>Español - Vida Sana: Superación Personal</div> <div>9:15 a.m. - 10:15 a.m.</div> <div>Yoga Prenatal y Postnatal (Principiante)</div> <div>*Recibe un Paquete de Pañales Gratis Despues de Clase*</div> <div>9:45 a.m. - 10:45 a.m.</div> <div>Español - Vida Sana: En la Cocina (14+)</div> <div>10:45 a.m. - 12:15 p.m.</div> <div>Vida Sana: Ejercicio de Resistencia (14+) (Intermediante)</div> <div>12:30 p.m. - 1:30 p.m.</div>                                                                                                                                                          |  | <div>Coreano - Exámenes de Desarrollo</div> <div>9:30 a.m. - 4:00 p.m.</div> <div>Bajo Impacto Zumba (14+) (Principiante)</div> <div>9:00 a.m. - 10:00 a.m.</div> <div>Zumba Step (14+) (Intermediante)</div> <div>10:10 a.m. - 11:10 a.m.</div> <div>Manualidades Para Adultos - Frascos de Flores de Año Nuevo (18+)</div> <div>11:25 a.m. - 12:25 p.m.</div> <div>Baile Aerobico (Principiante) (14+)</div> <div>11:25 a.m. - 12:15 p.m.</div> <div>Baile Aerobico (Intermediante) (14+)</div> <div>12:25 p.m. - 1:20 p.m.</div> |  | <div>Meditacion (18+) (Principiante)</div> <div>9:00 a.m. - 10:00 a.m.</div> <div>Yin Yoga Restaurativo (18+) (Intermediante)</div> <div>10:15 a.m. - 11:15 a.m.</div> |  | <div></div> <div>CENTRO CERRADO</div> |  |
| 26                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |  | 27                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |  | 28                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |  | 29                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |  | 30                                                                                                                                                                     |  | 31                                    |  |
| <div>Orientación Para Miembros</div> <div>*Reciba una tarjeta de regalo de \$20 para comestibles por año*</div> <div>Lunes a Viernes</div> <div>9:00 a.m. - 4:30 p.m.</div> <div>Servicios de Inscripción para Medi-Cal y Covered CA</div> <div>Lunes, Martes, Jueves, Viernes</div> <div>9:00 a.m. - 5:00 p.m.</div> <div>Servicio para Miembros</div> <div>Lunes a Viernes</div> <div>9:00 a.m. - 4:30 p.m.</div> <div>Español - RCP y Primeros Auxilios (14+)</div> <div>2:00 p.m. - 5:00 p.m.</div> |  | <div>Yoga Suave (Principiante)</div> <div>9:15 a.m. - 10:15 a.m.</div> <div>Yoga Activo (Intermediante)</div> <div>10:30 a.m. - 11:30 a.m.</div> <div>Bilingüe - Vida Sana: Control de Peso(18+)</div> <div>10:45 a.m.- 11:45 a.m.</div> <div>Ing/Esp</div> <div>Español - Hay Que Hablar Sobre la Presión Alta (3 de 4)</div> <div>11:45 a.m. - 12:45 p.m.</div> <div>Inglés - Vida Sana: En la Cocina (14+)</div> <div>12:00 p.m. - 1:30 p.m.</div> <div>Español - Vivir Bien con Diabetes (2 de 4)</div> <div>12:45 p.m. - 1:45 p.m.</div> <div>Zumba (Principiante)</div> <div>1:45 p.m. - 2:45 p.m.</div> <div>Concientización Sobre el Cáncer de Cuello Uterino (18+)</div> <div>2:00 p.m. - 3:00 p.m.</div> |  | <div>Asistencia para Aplicaciones de CalFresh</div> <div>9:30 a.m. - 4:30 p.m.</div> <div>Español - Vida Sana: Superación Personal</div> <div>9:15 a.m. - 10:15 a.m.</div> <div>Yoga Prenatal y Postnatal (Principiante)</div> <div>*Recibe un Paquete de Pañales Gratis Despues de Clase*</div> <div>9:45 a.m. - 10:45 a.m.</div> <div>Español - Vida Sana: En la Cocina (14+)</div> <div>10:45 a.m. - 12:15 p.m.</div> <div>Vida Sana: Ejercicio de Resistencia (14+) (Intermediante)</div> <div>12:30 p.m. - 1:30 p.m.</div> <div>Bilingüe - Clínica Legal de Derechos del Inquilino</div> <div>4:30 p.m. - 5:00 p.m. Registro</div> <div>5:00 p.m. - 7:00 p.m. Clínica Ing/Esp</div> |  | <div>Coreano - Exámenes de Desarrollo</div> <div>9:30 a.m. - 4:00 p.m.</div> <div>Bajo Impacto Zumba (14+) (Principiante)</div> <div>9:00 a.m. - 10:00 a.m.</div> <div>Zumba Step (14+) (Intermediante)</div> <div>10:10 a.m. - 11:10 a.m.</div> <div>Baile Aerobico (Principiante) (14+)</div> <div>11:25 a.m. - 12:15 p.m.</div> <div>Baile Aerobico (Intermediante) (14+)</div> <div>12:25 p.m. - 1:20 p.m.</div>                                                                                                                |  | <div>Meditacion (18+) (Principiante)</div> <div>9:00 a.m. - 10:00 a.m.</div> <div>Yin Yoga Restaurativo (18+) (Intermediante)</div> <div>10:15 a.m. - 11:15 a.m.</div> |  | <div></div> <div>CENTRO CERRADO</div> |  |

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



1233 S. Western Ave.  
Los Angeles, CA 90006



HORARIO DEL CENTRO:  
Monday - Friday: 9 a.m. - 5 p.m.  
Saturday: CLOSED



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