



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Member Orientation 2 *Receive a \$20 Grocery Store Gift Card per Year* Monday to Friday 9 a.m. - 4:30 p.m. Medi-Cal & Covered CA Enrollment Services Monday, Tuesday, Thursday, Friday 9a.m.-5p.m. Member Services Monday to Friday 9 a.m. - 4:30 p.m. English - CPR, AED & First Aid (14+) 2 - 5 p.m.	Gentle Yoga (Beginner) 3 9:15 - 10:15 a.m. Active Yoga (Intermediate) 10:30 - 11:30 a.m. English/Spanish - Weight Management (18+) 10:45 - 11:45 a.m. English - Cooking Matters (14+) 12 - 1:30 p.m. Zumba (14+) (Beginner) 1:45 - 2:45 p.m.	CalFresh Application Assistance 4 9 a.m. - 5 p.m. Korean - Developmental Screenings 9:30 a.m.- 4:00 p.m. Spanish - Personal Development 9:15 - 10:15 a.m. Prenatal & Postnatal Yoga (Beginner) *Receive a free pack of diapers after class* 9:45 - 10:45 a.m Spanish - Cooking Matters (14+) 10:45 a.m. - 12:15 p.m. Weight Training (14+) (Intermediate) 12:30 - 1:30 p.m.	Low Impact Zumba (14+) (Beginner) 5 9 - 10 a.m. Zumba Step (14+) (Intermediate) 10:10 - 11:10 a.m. Dance Aerobics (Beginner) (14+) 11:25 a.m. - 12:15 p.m. Dance Aerobics (Intermediate) (14+) 12:25 - 1:20 p.m.	Meditation (18+) (Beginner) 6 9 - 10 a.m Restorative Yin Yoga (18+) (Beginner) 10:15 - 11:15 a.m.	CENTER CLOSED
Member Orientation 9 *Receive a \$20 Grocery Store Gift Card per Year* Monday to Friday 9 a.m. - 4:30 p.m. Medi-Cal & Covered CA Enrollment Services Monday, Tuesday, Thursday, Friday 9a.m.-5p.m. Member Services Monday to Friday 9 a.m. - 4:30 p.m. Spanish - CPR, AED & First Aid (14+) 2 - 5 p.m.	Gentle Yoga (Beginner) 10 9:15 - 10:15 a.m. Active Yoga (Intermediate) 10:30 - 11:30 a.m. English/Spanish - Weight Management (18+) 10:45 - 11:45 a.m. Spanish - Let's Talk About High Blood Pressure 4 of 4 11:45 a.m. - 12:45 p.m. English - Cooking Matters (14+) 12 - 1:30 p.m. Spanish - Live Healthy with Diabetes 3 of 4 12:45 - 1:45 p.m. Zumba (14+) (Beginner) 1:45 - 2:45 p.m.	CalFresh Application Assistance 11 9 a.m. - 5 p.m. Korean - Developmental Screenings 9:30 a.m.- 4:00 p.m. Spanish - Personal Development 9:15 - 10:15 a.m. Prenatal & Postnatal Yoga (Beginner) *Receive a free pack of diapers after class* 9:45 - 10:45 a.m Spanish - Cooking Matters (14+) 10:45 a.m. - 12:15 p.m. Weight Training (14+) (Intermediate) 12:30 - 1:30 p.m.	Low Impact Zumba (14+) (Beginner) 12 9 - 10 a.m. Zumba Step (14+) (Intermediate) 10:10 - 11:10 a.m. Dance Aerobics (Beginner) (14+) 11:25 a.m. - 12:15 p.m. Dance Aerobics (Intermediate) (14+) 12:25 - 1:20 p.m.	Meditation (18+) (Beginner) 13 9 - 10 a.m Restorative Yin Yoga (18+) (Beginner) 10:15 - 11:15 a.m.	CENTER CLOSED
PRESIDENT'S DAY CENTER CLOSED	Gentle Yoga (Beginner) 17 9:15 - 10:15 a.m. Active Yoga (Intermediate) 10:30 - 11:30 a.m. English/Spanish - Weight Management (18+) 10:45 - 11:45 a.m. English - Cooking Matters (14+) 12 - 1:30 p.m. Zumba (14+) (Beginner) 1:45 - 2:45 p.m.	CalFresh Application Assistance 18 9 a.m. - 5 p.m. Korean - Developmental Screenings 9:30 a.m.- 4:00 p.m. Spanish - Personal Development 9:15 - 10:15 a.m. Prenatal & Postnatal Yoga (Beginner) *Receive a free pack of diapers after class* 9:45 - 10:45 a.m Spanish - Cooking Matters (14+) 10:45 a.m. - 12:15 p.m. Weight Training (14+) (Intermediate) 12:30 - 1:30 p.m.	Low Impact Zumba (14+) (Beginner) 19 9 - 10 a.m. Zumba Step (14+) (Intermediate) 10:10 - 11:10 a.m. Dance Aerobics (Beginner) (14+) 11:25 a.m. - 12:15 p.m. Dance Aerobics (Intermediate) (14+) 12:25 - 1:20 p.m.	Meditation (18+) (Beginner) 20 9 - 10 a.m Restorative Yin Yoga (18+) (Beginner) 10:15 - 11:15 a.m.	CENTER CLOSED
Member Orientation 23 *Receive a \$20 Grocery Store Gift Card per Year* Monday to Friday 9 a.m. - 4:30 p.m. Medi-Cal & Covered CA Enrollment Services Monday, Tuesday, Thursday, Friday 9 a.m. - 5 p.m. Member Services Monday to Friday 9 a.m. - 4:30 p.m.	Gentle Yoga (Beginner) 24 9:15 - 10:15 a.m. Active Yoga (Intermediate) 10:30 - 11:30 a.m. English/Spanish - Weight Management (18+) 10:45 - 11:45 a.m. Spanish - Let's Talk About High Blood Pressure 1 of 4 11:45 a.m. - 12:45 p.m. English - Cooking Matters (14+) 12 - 1:30 p.m. Spanish - Live Healthy with Diabetes 4 of 4 12:45 - 1:45 p.m. Zumba (14+) (Beginner) 1:45 - 2:45 p.m.	CalFresh Application Assistance 25 9 a.m. - 5 p.m. Korean - Developmental Screenings 9:30 a.m.- 4:00 p.m. Spanish - Personal Development 9:15 - 10:15 a.m. Prenatal & Postnatal Yoga (Beginner) 9:45 - 10:45 a.m Spanish - Cooking Matters (14+) 10:45 a.m. - 12:15 p.m. Weight Training (14+) (Intermediate) 12:30 - 1:30 p.m. English/Spanish - Tenants Rights Legal Clinic 4:30 - 5 p.m. Register 5 - 7 p.m. Clinic	Low Impact Zumba (14+) (Beginner) 26 9 - 10 a.m. Zumba Step (14+) (Intermediate) 10:10 - 11:10 a.m. Dance Aerobics (Beginner) (14+) 11:25 a.m. - 12:15 p.m. Dance Aerobics (Intermediate) (14+) 12:25 - 1:20 p.m.	Meditation (18+) (Beginner) 27 9 - 10 a.m Restorative Yin Yoga (18+) (Beginner) 10:15 - 11:15 a.m.	CENTER CLOSED
			CENTER SERVICES - Member Services and Enrollment Services • Medi-Cal, Medicare, Covered California, & CalFresh • L.A. Care New Member Orientation ALL SERVICES AND CLASSES ARE FREE FOR EVERYONE!	BLUE Qualify for the My Rewards for a Healthy Life Program. GREEN Appointment & Registration required.	CRC Website

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





L.A. Care.

Community Resource Center



METRO L.A. FEBRERO 2026

LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO
Orientación Para Miembros *Reciba tarjeta de \$20 de supermercado por año* Lunes a Viernes 9 a.m. - 4:30 p.m. Servicios de Inscripción a Medi-Cal y Covered CA Lunes, Martes, Jueves, Viernes 9 a.m. - 5 p.m. Servicios Para Miembros Lunes a Viernes 9 a.m. - 4:30 p.m. Inglés - RCP y Primeros Auxilios (14+) 2 - 5 p.m. 2	Yoga Suave (Principiante) 9:15 - 10:15 a.m. Yoga Activo (Intermedio) 10:30 - 11:30 a.m. Inglés/Español Control de Peso (18+) 10:45 - 11:45 a.m. Inglés - Cocina Saludable (14+) 12 - 1:30 p.m. Zumba (14+) (Principiante) 1:45 - 2:45 p.m. 3	Asistencia para Aplicaciones de CalFresh 9 a.m. - 5 p.m. Coreano - Exámenes de Desarrollo 9:30 a.m. - 4 p.m. Español - Superación Personal 9:15 - 10:15 a.m. Yoga Prenatal y Postnatal (Principiante) *Recibe un Paquete de Pañales Gratis Después de Clase* 9:45 - 10:45 a.m. Español - Cocina Saludable (14+) 10:45 a.m. - 12:15 p.m. Ejercicio de Resistencia (14+) (Intermediante) 12:30 - 1:30 p.m. 4	Bajo Impacto Zumba (14+) (Principiante) 9 - 10 a.m. Zumba Step (14+) (Intermediante) 10:10 - 11:10 a.m. Baile Aerobico (Principiante) (14+) 11:25 a.m. - 12:15 p.m. Baile Aerobico (Intermediante) (14+) 12:25 - 1:20 p.m. 5	Meditacion (18+) (Principiante) 9 - 10 a.m. Yin Yoga Restaurativo (18+) (Intermediante) 10:15 - 11:15 a.m. 6	CENTRO CERRADO
Orientación Para Miembros *Reciba tarjeta de \$20 de supermercado por año* Lunes a Viernes 9 a.m. - 4:30 p.m. Servicios de Inscripción a Medi-Cal y Covered CA Lunes, Martes, Jueves, Viernes 9 a.m. - 5 p.m. Servicios Para Miembros Lunes a Viernes 9 a.m. - 4:30 p.m. Español - RCP y Primeros Auxilios (14+) 2 - 5 p.m. 9	Yoga Suave (Principiante) 9:15 - 10:15 a.m. Yoga Activo (Intermedio) 10:30 - 11:30 a.m. Inglés/Español - Control de Peso (18+) 10:45 - 11:45 a.m. Español - Hay Que Hablar Sobre la Presión Alta 4 de 4 11:45 a.m. - 12:45 p.m. Inglés - Cocina Saludable (14+) 12 - 1:30 p.m. Español - Vivir Bien con Diabetes 3 de 4 12:45 - 1:45 p.m. Zumba (14+) (Principiante) 1:45 - 2:45 p.m. 10	Asistencia para Aplicaciones de CalFresh 9 a.m. - 5 p.m. Coreano - Exámenes de Desarrollo 9:30 a.m. - 4 p.m. Español - Superación Personal 9:15 - 10:15 a.m. Yoga Prenatal y Postnatal (Principiante) *Recibe un Paquete de Pañales Gratis Después de Clase* 9:45 - 10:45 a.m. Español - Cocina Saludable (14+) 10:45 a.m. - 12:15 p.m. Ejercicio de Resistencia (14+) (Intermediante) 12:30 - 1:30 p.m. 11	Bajo Impacto Zumba (14+) (Principiante) 9 - 10 a.m. Zumba Step (14+) (Intermediante) 10:10 - 11:10 a.m. Baile Aerobico (Principiante) (14+) 11:25 a.m. - 12:15 p.m. Baile Aerobico (Intermediante) (14+) 12:25 - 1:20 p.m. 12	Meditacion (18+) (Principiante) 9 - 10 a.m. Yin Yoga Restaurativo (18+) (Intermediante) 10:15 - 11:15 a.m. 13	CENTRO CERRADO
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			SERVICIOS DIARIOS Servicios para Miembros y Servicios de Inscripción - 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 Sitio de Web

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
Lunes a Viernes: 9 a.m. - 5 p.m.
Sábado: CERRADO
Domingo: CERRADO



213.428.1457
communityresourcecenterla.org