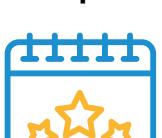




# Community Resource Center



# Palmdale FEBRUARY 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><b>Zumba</b> 9 - 10 a.m. <b>Healthy Smoothies</b> 10:15 - 10:55 a.m. Eng/Spa <b>ServSafe</b> 10:30 - 12 p.m. Spa <b>Prevent Diabetes</b> 11:10- 12:10 p.m. Spa <b>Cardio</b> 3 - 4 p.m. <b>Zumba Toning</b> 4 - 5 p.m.</p>	<p><b>2</b> <b>Medi-Cal and CalFresh Enrollments</b> 9 - 5 p.m. <b>Zumba</b> 9 - 10 a.m. <b>Healthy Smoothies</b> 10:15 - 10:55 a.m. Eng/Spa <b>ServSafe</b> 10:30 - 12 p.m. Spa <b>Prevent Diabetes</b> 11:10- 12:10 p.m. Eng. <b>Zumba Step</b> 3 - 4 p.m. <b>Folklorico Dance Class for Kids</b> 4 - 5 p.m.</p>	<p><b>3</b> <b>Covered California Enrollments</b> 10 - 5 p.m. <b>Zumba Toning</b> 9 - 10 a.m. <b>Opening Doors</b> 10:15 - 11:45 a.m. Eng/Spa <b>Boot Camp</b> 4 - 5 p.m.</p>	<p><b>4</b> <b>CalFresh Enrollments</b> 9 - 5 p.m. <b>Zumba Drumsticks</b> 9 - 10 a.m. <b>Cardio</b> 10 - 11 a.m. <b>Folklorico Dance Class for Adults</b> 11 - 12 p.m. <b>Full Body Fitness</b> 3 - 4 p.m. <b>Zumba</b> 4 - 5 p.m.</p>	<p><b>5</b> <b>Zumba</b> 8- 9 a.m. <b>Body Flexibility</b> 9 - 10 a.m. <b>Community Advocacy and Empowerment</b> 10:15 - 11:45 a.m. Eng <b>CPR &amp; First Aid (Ages 14+)</b> Register at <a href="http://freecprla.com">freecprla.com</a> 10:15 - 1:15 p.m. Eng <b>Boot Camp</b> 4 - 5 p.m.</p>	<p><b>7</b> </p>
<p><b>Zumba</b> 9 - 10 a.m. <b>Healthy Smoothies</b> 10:15 - 10:55 a.m. Eng/Spa <b>Domestic Violence 101</b> 10:20 - 11:20 am Spa. <b>Prevent Diabetes</b> 11:10- 12:10 p.m. Spa <b>Domestic Violence 101</b> 11:30 - 12:30 p.m. Eng <b>Cardio</b> 3 - 4 p.m. <b>Zumba Toning</b> 4 - 5 p.m.</p>	<p><b>9</b> <b>Medi-Cal and CalFresh Enrollments</b> 9 - 5 p.m. <b>Zumba</b> 9 - 10 a.m. <b>Healthy Smoothies</b> 10:15 - 10:55 a.m. Eng/Spa <b>Prevent Diabetes</b> 11:10- 12:10 p.m. Eng. <b>Zumba Step</b> 3 - 4 p.m. <b>Folklorico Dance Class for Kids</b> 4 - 5 p.m.</p>	<p><b>10</b> <b>Covered California Enrollments</b> 10 - 5 p.m. <b>Zumba Toning</b> 9 - 10 a.m. <b>Opening Doors</b> 10:15 - 11:45 a.m. Eng/Spa <b>Boot Camp</b> 4 - 5 p.m. <b>Diaper Giveaway</b> 2 - 4 p.m.</p>	<p><b>11</b> <b>CalFresh Enrollments</b> 9 - 5 p.m. <b>Zumba Drumsticks</b> 9 - 10 a.m. <b>Cardio</b> 10 - 11 a.m. <b>Folklorico Dance Class for Adults</b> 11 - 12 p.m. <b>Food Pantry (Obtain a Free Food Bag (Limited to 130 people))</b> 12:30 p.m. <b>Full Body Fitness</b> 3 - 4 p.m. <b>Zumba</b> 4 - 5 p.m.</p>	<p><b>12</b> <b>Medi-Cal and CalFresh Enrollments</b> 9 - 5 p.m. <b>Zumba</b> 8- 9 a.m. <b>Body Flexibility</b> 9 - 10 a.m. <b>CPR &amp; First Aid (Ages 14+)</b> Register at <a href="http://freecprla.com">freecprla.com</a> 10:15 - 1:15 p.m. Spa <b>Financial Literacy</b> 10:30 - 11:30 a.m. Spa <b>Financial Literacy</b> 11:45 - 12:45 p.m. Eng <b>Boot Camp</b> 4 - 5 p.m.</p>	<p><b>14</b> </p>
<p><b>PRESIDENT'S DAY</b>  <b>CENTER CLOSED</b></p>	<p><b>16</b> <b>Medi-Cal and CalFresh Enrollments</b> 9 - 5 p.m. <b>Zumba</b> 9 - 10 a.m. <b>Healthy Smoothies</b> 10:15 - 10:55 a.m. Eng/Spa <b>Prevent Diabetes</b> 11 - 12 p.m. Eng. <b>Zumba Step</b> 3 - 4 p.m. <b>Folklorico Dance Class for Kids</b> 4 - 5 p.m.</p>	<p><b>17</b> <b>Covered California Enrollments</b> 10 - 5 p.m. <b>Zumba Toning</b> 9 - 10 a.m. <b>Opening Doors</b> 10:15 - 11:45 a.m. Eng/Spa <b>Boot Camp</b> 4 - 5 p.m.</p>	<p><b>18</b> <b>CalFresh Enrollments</b> 9 - 5 p.m. <b>Zumba Drumsticks</b> 9 - 10 a.m. <b>Cardio</b> 10 - 11 a.m. <b>Folklorico Dance Class for Adults</b> 11 - 12 p.m. <b>Full Body Fitness</b> 3 - 4 p.m. <b>Zumba</b> 4 - 5 p.m.</p>	<p><b>19</b> <b>Medi-Cal and CalFresh Enrollments</b> 9 - 5 p.m. <b>Zumba</b> 8- 9 a.m. <b>Body Flexibility</b> 9 - 10 a.m. <b>Boot Camp</b> 4 - 5 p.m.</p>	<p><b>20</b> <b>Free Tax Preparation Services</b> 9 - 2 p.m. </p>
<p><b>Zumba</b> 9 - 10 a.m. <b>Healthy Smoothies</b> 10:15 - 10:55 a.m. Eng/Spa <b>Mental Health Urgencies</b> 10:20 -11:20 a.m. Spa <b>Prevent Diabetes</b> 11:10- 12:10 p.m. Spa <b>Mental Health Urgencies</b> 11:30 - 12:30 p.m. Eng. <b>Cardio</b> 3 - 4 p.m. <b>Zumba Toning</b> 4 - 5 p.m.</p>	<p><b>23</b> <b>Medi-Cal and CalFresh Enrollments</b> 9 - 5 p.m. <b>Zumba</b> 9 - 10 a.m. <b>Healthy Smoothies</b> 10:15 - 10:55 a.m. Eng/Spa <b>Prevent Diabetes</b> 11:10- 12:10 p.m. Eng. <b>Zumba Step</b> 3 - 4 p.m. <b>Folklorico Dance Class for Kids</b> 4 - 5 p.m.</p>	<p><b>24</b> <b>Covered California Enrollments</b> 10 - 5 p.m. <b>Zumba Toning</b> 9 - 10 a.m. <b>Opening Doors</b> 10:15 - 11:45 a.m. Eng/Spa <b>Boot Camp</b> 4 - 5 p.m.</p>	<p><b>25</b> <b>CalFresh Enrollments</b> 9 - 5 p.m. <b>Zumba Drumsticks</b> 9 - 10 a.m. <b>Cardio</b> 10 - 11 a.m. <b>Folklorico Dance Class for Adults</b> 11 - 12 p.m. <b>Food Pantry (Obtain a Free Food Bag (Limited to 130 people))</b> 12:30 p.m. <b>Full Body Fitness</b> 3 - 4 p.m. <b>Zumba</b> 4 - 5 p.m.</p>	<p><b>26</b> <b>Zumba</b> 8- 9 a.m. <b>Body Flexibility</b> 9 - 10 a.m. <b>Need Money for Food? Learn about CalFresh</b> 10:30 - 11:30 a.m. Spa <b>Diaper Giveaway</b> 11 - 2 p.m. <b>Boot Camp</b> 4 - 5 p.m.</p>	<p><b>27</b> <b>Free Tax Preparation Services</b> 9 - 2 p.m. </p>
<p><b>Week of 9<sup>th</sup>-13th Wear Pink or Red to Celebrate Valentine's.</b></p>			<p><b>BLUE</b> Qualify for the My Rewards for a Healthy Life Program.</p> <p><b>GREEN</b> Appointment &amp; Registration required.</p>	<p><b>CENTER SERVICES</b></p> <ul style="list-style-type: none"> <li>- Member Services and Enrollment Services <ul style="list-style-type: none"> <li>• Medi-Cal, Medicare, Covered California, &amp; CalFresh</li> <li>• L.A. Care New Member Orientation</li> </ul> </li> </ul> <p><b>ALL SERVICES AND CLASSES ARE FREE FOR EVERYONE!</b></p>	 <p>CRC Palmdale Instagram</p>

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 classes ONLY from 4 p.m. - 5 p.m. (Ages4+). Must wear appropriate shoes for fitness classes.

**BE ACTIVE,  
HEALTHY & INFORMED**



2072 E.Palmdale Blvd.  
Palmdale, CA 93550



**CENTER HOURS:**  
Monday - Thursday: 9 a.m. - 5 p.m.  
Friday: 8 a.m. - 5 p.m.  
Saturday: Closed



213.438.5580  
[communityresourcecenterla.org](http://communityresourcecenterla.org)



# Community Resource Center



# Palmdale FEBRERO 2026

LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO
<b>Zumba</b> 9 - 10 a.m. <b>Jugos Saludables</b> 10:15 - 10:55 a.m. Ing/Esp <b>ServeSafe</b> 10:30 - 12:00 p.m. Esp <b>Prevenir la Diabetes</b> 11:10- 12:10 p.m. Esp <b>Cardio</b> 3 - 4 p.m. <b>Zumba Toning</b> 4 - 5 p.m.	<b>2</b> <b>Inscripciones de Medi-Cal y CalFresh</b> 9 - 5 p.m. <b>Zumba</b> 9 - 10 a.m. <b>Jugos Saludables</b> 10:15 - 10:55 a.m. Ing/Esp <b>ServeSafe</b> 10:30 - 12:00 p.m. Esp <b>Prevenir la Diabetes</b> 11:10- 12:10 p.m. Ing. <b>Zumba Step</b> 3 - 4 p.m. <b>Danza Folklorico para Ninos</b> 4 - 5 p.m.	<b>3</b> <b>Covered California Enrollments</b> 10 - 5 p.m. <b>Zumba Toning</b> 9 - 10 a.m. <b>Opening Doors</b> 10:15 - 11:45 a.m. Eng/Spa <b>Boot Camp</b> 4 - 5 p.m.	<b>4</b> <b>CalFresh Enrollments</b> 9 - 5 p.m. <b>Zumba Drumsticks</b> 9 - 10 a.m. <b>Cardio</b> 10 - 11 a.m. <b>Folklorico Dance Class for Adults</b> 11 - 12 p.m. <b>Full Body Fitness</b> 3 - 4 p.m. <b>Zumba</b> 4 - 5 p.m.	<b>5</b> <b>Zumba</b> 8 - 9 a.m. <b>Flexibilidad del Cuerpo</b> 9 - 10 a.m. <b>Community Advocacy and Empowerment</b> 10:15 - 11:45 a.m. Ing <b>RCP &amp; Primeros Auxilios (Edades 14+)</b> Registrar en <a href="http://freecprla.com">freecprla.com</a> 10:15 - 1:15 p.m. <b>Boot Camp</b> 4 - 5 p.m.	<b>6</b> <b>7</b>
<b>Zumba</b> 9 - 10 a.m. <b>Jugos Saludables</b> 10:15 - 10:55 a.m. Ing/Esp <b>Violencia Domestica</b> 10:20 - 11:20 am Spa <b>Prevenir la Diabetes</b> 11:10- 12:10 p.m. Esp <b>Violencia Domestica</b> 11:30 - 12:30 p.m. Ing <b>Cardio</b> 3 - 4 p.m. <b>Zumba Toning</b> 4 - 5 p.m.	<b>9</b> <b>Inscripciones de Medi-Cal y CalFresh</b> 9 - 5 p.m. <b>Zumba</b> 9 - 10 a.m. <b>Jugos Saludables</b> 10:15 - 10:55 a.m. Ing/Esp <b>Prevenir la Diabetes</b> 11:10 - 12:10 p.m. Ing. <b>Zumba Step</b> 3 - 4 p.m. <b>Danza Folklorico para Ninos</b> 4 - 5 p.m.	<b>10</b> <b>Covered California Enrollments</b> 10 - 5 p.m. <b>Zumba Toning</b> 9 - 10 a.m. <b>Opening Doors</b> 10:15 - 11:45 a.m. Eng/Spa <b>Distribución de Pañales</b> 2 - 4 p.m. <b>Boot Camp</b> 4 - 5 p.m.	<b>11</b> <b>CalFresh Enrollments</b> 9 - 5 p.m. <b>Zumba Drumsticks</b> 9 - 10 a.m. <b>Cardio</b> 10 - 11 a.m. <b>Folklorico Dance Class for Adults</b> 11 - 12 p.m. <b>Food Pantry (Obtain a Free Food Bag (Limited to 130 people))</b> 12:30 p.m. <b>Full Body Fitness</b> 3 - 4 p.m. <b>Zumba</b> 4 - 5 p.m.	<b>12</b> <b>Medi-Cal and CalFresh Enrollments</b> 9 - 3 p.m. <b>Zumba</b> 8 - 9 a.m. <b>Body Flexibility</b> 9 - 10 a.m. <b>RCP &amp; Primeros Auxilios</b> Registrar en <a href="http://freecprla.com">freecprla.com</a> 10:15 - 1:15 p.m. <b>Financial Literacy</b> 10:30 - 11:30 a.m. Esp <b>Financial Literacy</b> 11:45 - 12:45 p.m. Ing <b>Boot Camp</b> 4 - 5 p.m.	<b>13</b> <b>14</b>
<b>16</b> <b>DÍA DE LOS PRESIDENTES</b>  <b>CENTRO CERRADO</b>	<b>17</b> <b>Inscripciones de Medi-Cal y CalFresh</b> 9 - 5 p.m. <b>Zumba</b> 9 - 10 a.m. <b>Jugos Saludables</b> 10:15 - 10:55 a.m. Ing/Esp <b>Prevenir la Diabetes</b> 11:10 - 12:10 p.m. Ing. <b>Zumba Step</b> 3 - 4 p.m. <b>Danza Folklorico para Ninos</b> 4 - 5 p.m.	<b>18</b> <b>Covered California Enrollments</b> 10 - 5 p.m. <b>Zumba Toning</b> 9 - 10 a.m. <b>Opening Doors</b> 10:15 - 11:45 a.m. Eng/Spa <b>Boot Camp</b> 4 - 5 p.m.	<b>19</b> <b>CalFresh Enrollments</b> 9 - 5 p.m. <b>Zumba Drumsticks</b> 9 - 10 a.m. <b>Cardio</b> 10 - 11 a.m. <b>Folklorico Dance Class for Adults</b> 11 - 12 p.m. <b>Full Body Fitness</b> 3 - 4 p.m. <b>Zumba</b> 4 - 5 p.m.	<b>20</b> <b>Medi-Cal and CalFresh Enrollments</b> 9 - 5 p.m. <b>Zumba</b> 8 - 9 a.m. <b>Flexibilidad del Cuerpo</b> 9 - 10 a.m. <b>Boot Camp</b> 4 - 5 p.m.	<b>21</b> <b>Preparacion de Impuestos gratis</b> 9 - 2 p.m. 
<b>Zumba</b> 9 - 10 a.m. <b>Jugos Saludables</b> 10:15 - 10:55 a.m. Ing/Esp <b>Urgencias de Salud Mental</b> 10:20 - 11:20 a.m. Spa <b>Prevenir la Diabetes</b> 11:10- 12:10 p.m. Esp <b>Urgencias de Salud Mental</b> 11:30 - 12:30 p.m. Eng. <b>Cardio</b> 3 - 4 p.m. <b>Zumba Toning</b> 4 - 5 p.m.	<b>23</b> <b>Inscripciones de Medi-Cal y CalFresh</b> 9 - 5 p.m. <b>Zumba</b> 9 - 10 a.m. <b>Jugos Saludables</b> 10:15 - 10:55 a.m. Ing/Esp <b>Prevenir la Diabetes</b> 11:10 - 12:10 p.m. Ing. <b>Zumba Step</b> 3 - 4 p.m. <b>Danza Folklorico para Ninos</b> 4 - 5 p.m.	<b>24</b> <b>Covered California Enrollments</b> 10 - 5 p.m. <b>Zumba Toning</b> 9 - 10 a.m. <b>Opening Doors</b> 10:15 - 11:45 a.m. Eng/Spa <b>Boot Camp</b> 4 - 5 p.m.	<b>25</b> <b>CalFresh Enrollments</b> 9 - 5 p.m. <b>Zumba Drumsticks</b> 9 - 10 a.m. <b>Cardio</b> 10 - 11 a.m. <b>Folklorico Dance Class for Adults</b> 11 - 12 p.m. <b>Food Pantry (Obtain a Free Food Bag (Limited to 130 people))</b> 12:30 p.m. <b>Full Body Fitness</b> 3 - 4 p.m. <b>Zumba</b> 4 - 5 p.m.	<b>26</b> <b>Zumba</b> 8 - 9 a.m. <b>Flexibilidad del Cuerpo</b> 9 - 10 a.m. <b>Necesita Dinero para Comida? Informese sobre Calfresh</b> 10:30 - 11:30 a.m. Esp. <b>Distribución de Pañales</b> 11 - 2 p.m. <b>Boot Camp</b> 4 - 5 p.m.	<b>27</b> <b>28</b>
<b>La Semana del 9 al 13 puede usar color rosa o rojo para celebrar el dia de San Valentin.</b>			<b>AZUL</b> Califican para el programa mis recompensas para una vida sana.  <b>VERDE</b> Solo con cita previa y registro.	<b>SERVICIOS DIARIOS</b> Servicios para Miembros y Servicios de Inscripción <ul style="list-style-type: none"> <li>• Medi-Cal, Medicare, Covered California, y CalFresh</li> <li>• Orientación para nuevos miembros de L.A. Care</li> </ul> <b>TODOS LOS SERVICIOS Y LAS CLASES SON ¡GRATIS PARA TODOS!</b>	 CRC Palmdale 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 a clases, SOL O de 4 p. m. a 5 p. m. (Edades 4+). Debe usar zapatos apropiados para las clases de ejercicios.

**SEA ACTIVO,  
SALUDABLE E INFORMADO**



2072 E. Palmdale Blvd.  
Palmdale, CA, 93550



## HORARIO

Lunes a Jueves: 9 a.m. - 5 p.m.  
Viernes: 8 a.m. - 5 p.m.  
Sábado: Cerrado



213.438.5580  
[communityresourcecenterla.org](http://communityresourcecenterla.org)