



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Boot Camp 10 - 11 a.m. 2 Yoga 11:15 a.m. - 12:15 p.m. Pilates 12:30 - 1:30 p.m. Virtual Breakthrough 16 Parenting 2 - 4 p.m. Eng. Zumba Steps 5 - 6 p.m.	Boot Camp 9 - 10 a.m. 3 The World of Juicing and Salads 12 - 1 p.m. Spa. Healthy Cooking 1:15 - 3:15 p.m. Spa. Managing Debt 4 - 5 p.m. Eng./Spa. Healthy Cooking for Kids 4 - 5 p.m. (Ages 5 - 14)	Boot Camp 10 - 11 a.m. 4 Little One & Me 11:30 a.m. - 12:30 p.m. (Ages 0 - 5) Dance Aerobics 1 - 2 p.m. Ask the Registered Dietician 2:30 -3:30 p.m. Eng./Spa. Tai Chi 4 - 5 p.m. (Adults & Kids 7+) Family Yoga 5 - 6 p.m. (Adults & Kids 5+)	Boot Camp 9 - 10 a.m. 5 Pilates 10:15 - 11:15 a.m. Stretching & Strengthening for Seniors 11:45 a.m. - 12:45 p.m. Low Impact Zumba 1:15 - 2:15 p.m. Virtual Breakthrough 16 Parenting 2 - 4 p.m. Eng. Good Sleep for Emotional Wellbeing 2:45 - 4:15 p.m. Spa.	CPR First Aid & AED (14+ w/Adult) 6 8 - 11 a.m. Eng. Please visit, Freecprla.com to register.	CENTER CLOSED
Boot Camp 10 - 11 a.m. 9 Yoga 11:15 a.m. - 12:15 p.m. Pilates 12:30 - 1:30 p.m. Virtual Breakthrough 16 Parenting 2 - 4 p.m. Eng. Zumba Steps 5 - 6 p.m.	Boot Camp 9 - 10 a.m. 10 The World of Juicing and Salads 12 - 1 p.m. Spa. Healthy Cooking 1:15 - 3:15 p.m. Spa. Learn about Credit 4 - 5 p.m. Eng./Spa. Healthy Cooking for Kids 4 - 5 p.m. (Ages 5 - 14)	Boot Camp 10 - 11 a.m. 11 Little One & Me 11:30 a.m. - 12:30 p.m. (Ages 0 - 5) Dance Aerobics 1 - 2 p.m. Ask the Registered Dietician 2:30 -3:30 p.m. Eng./Spa. Tai Chi 4 - 5 p.m. (Adults & Kids 7+) Family Yoga 5 - 6 p.m. (Adults & Kids 5+)	Boot Camp 9 - 10 a.m. 12 Health Screenings -EPDB 10 a.m. - 1 p.m. Pilates 10:15 - 11:15 a.m. Stretching & Strengthening for Seniors 11:45 a.m. - 12:45 p.m. Low Impact Zumba 1:15 - 2:15 p.m. Virtual Breakthrough 16 Parenting 2 - 4 p.m. Eng. Hoarding 2:45 - 4:15 p.m. Spa.	Diaper Distribution: Size 0 - 6 13 9 a.m. - 2 p.m. *While Supplies Last* Call ahead to confirm size availability Support Group for Parents of Children with Special Needs 9:30 - 11:00 a.m. Spa. How to file your 2025 Tax Return? 10:30 - 11:30 a.m. Eng./Spa.	CPR First Aid & AED (14+ w/Adult) 14 8 - 11 a.m. Spa. Please visit, Freecprla.com to register. CENTER OPEN 8 - 11 AM
Virtual Boot Camp 16 9 - 10 a.m. Virtual Breakthrough 16 Parenting 2 - 4 p.m. Eng. PRESIDENT'S DAY CENTER CLOSED	Boot Camp 9 - 10 a.m. 17 The World of Juicing and Salads 12 - 1 p.m. Spa. Healthy Cooking 1:15 - 3:15 p.m. Spa. Healthy Cooking for Kids 4 - 5 p.m. (Ages 5 - 14)	Boot Camp 10 - 11 a.m. 18 Little One & Me 11:30 a.m. - 12:30 p.m. (Ages 0 - 5) Blood Pressure Management 11:15 a.m. - 12:45 p.m. Spa. Dance Aerobics 1 - 2 p.m. Ask the Registered Dietician 2:30 -3:30 p.m. Eng./Spa. Tai Chi 4 - 5 p.m. (Adults & Kids 7+) Family Yoga 5 - 6 p.m. (Adults & Kids 5+)	Boot Camp 9 - 10 a.m. 19 Pilates 10:15 - 11:15 a.m. Stretching & Strengthening for Seniors 11:45 a.m. - 12:45 p.m. Low Impact Zumba 1:15 - 2:15 p.m. Virtual Breakthrough 16 Parenting 2 - 4 p.m. Eng. How Much is Too Much? 2:45 - 4:15 p.m. Spa.	CPR First Aid & AED (14+ w/Adult) 20 8 - 11 a.m. Spa. Please visit, Freecprla.com to register. How to file your 2025 Tax Return? 10:30 - 11:30 a.m. Eng./Spa.	CENTER CLOSED
Boot Camp 10 - 11 a.m. 23 Yoga 11:15 a.m. - 12:15 p.m. Pilates 12:30 - 1:30 p.m. Virtual Breakthrough 16 Parenting 2 - 4 p.m. Eng. Heart Health -EPDB 2 - 3 p.m. Eng./Spa. Zumba Steps 5 - 6 p.m.	Boot Camp 9 - 10 a.m. 24 Dental Screenings 10 a.m. - 2 p.m. Health Screenings -EPDB 10 a.m. - 1 p.m. The World of Juicing and Salads 12 - 1 p.m. Spa. Healthy Cooking 1:15 - 3:15 p.m. Spa. Healthy Cooking for Kids 4 - 5 p.m. (Ages 5 - 14)	Boot Camp 10 - 11 a.m. 25 Little One & Me 11:30 a.m. - 12:30 p.m. (Ages 0 - 5) Blood Pressure Management 11:15 a.m. - 12:45 p.m. Spa. Dance Aerobics 1 - 2 p.m. Ask the Registered Dietician 2:30 -3:30 p.m. Eng./Spa. Tai Chi 4 - 5 p.m. (Adults & Kids 7+) Family Yoga 5 - 6 p.m. (Adults & Kids 5+)	Boot Camp 9 - 10 a.m. 26 Pilates 10:15 - 11:15 a.m. Stretching & Strengthening for Seniors 11:45 a.m. - 12:45 p.m. Low Impact Zumba 1:15 - 2:15 p.m. Virtual Breakthrough 16 Parenting 2 - 4 p.m. Eng. Managing Your Medication 2:45 - 4:15 p.m. Spa.	Diaper Distribution: Size 0 - 6 27 9 a.m. - 2 p.m. *While Supplies Last* Call ahead to confirm size availability File Your Taxes 9:30 a.m. - 1:30 p.m. Call to schedule an appointment	CENTER CLOSED
Attend our Heart Health class to enter a Raffle for a grocery gift card! *3 winners will be selected*			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



Panorama City FEBRERO 2026

LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO
Boot Camp 10 - 11 a.m. 2 Yoga 11:15 a.m. - 12:15 p.m. Pilates 12:30 - 1:30 p.m. Serie Cultivando Familias Virtual 2 - 4 p.m. Ing. Pasos de Zumba 5 - 6 p.m.	Boot Camp 9 - 10 a.m. 3 El Mundo de Jugos y Ensaladas 12 - 1 p.m. Esp. Cocinando Saludable 1:15 - 3:15 p.m. Esp. Administré su Deuda 4 - 5 p.m. Esp./Ing. Cocinando Saludable para Niños 4 - 5 p.m. (Edades 5 - 14)	Boot Camp 10 - 11 a.m. 4 Mi Pequeño y Yo 11:30 a.m. - 12:30 p.m. (Edades 0 - 5) Baile Aeróbico 1 - 2 p.m. Pregúntale a la Dietista Registrada 2:30 -3:30 p.m. Eng./Spa. Tai Chi 4 - 5 p.m. (Adults & Kids 7+) Yoga en Familia 5 - 6 p.m. (Adults & Kids 5+)	Boot Camp 9 - 10 a.m. 5 Pilates 10:15 - 11:15 a.m. Estiramiento y Fortalecer para Gente Mayor 11:45 a.m. - 12:45 p.m. Zumba Bajo Impacto 1:15 - 2:15 p.m. Serie Cultivando Familias Virtual 2 - 4 p.m. Ing. Dormir para el Bienestar Emocional 2:45 - 4:15 p.m. Spa.	RCP Primeros Auxilios y AED (14+ con Adulto) 6 8 - 11 a.m. Ing. Por favor visite el sito web freecprla.com para registrarse.	CENTRO CERRADO
Boot Camp 10 - 11 a.m. 9 Yoga 11:15 a.m. - 12:15 p.m. Pilates 12:30 - 1:30 p.m. Serie Cultivando Familias Virtual 2 - 4 p.m. Ing. Pasos de Zumba 5 - 6 p.m.	Boot Camp 9 - 10 a.m. 10 El Mundo de Jugos y Ensaladas 12 - 1 p.m. Esp. Cocinando Saludable 1:15 - 3:15 p.m. Esp. Aprenda sobre Crédito 4 - 5 p.m. Esp./Ing. Cocinando Saludable para Niños 4 - 5 p.m. (Edades 5 - 14)	Boot Camp 10 - 11 a.m. 11 Mi Pequeño y Yo 11:30 a.m. - 12:30 p.m. (Edades 0 - 5) Baile Aeróbico 1 - 2 p.m. Pregúntale a la Dietista Registrada 2:30 -3:30 p.m. Eng./Spa. Tai Chi 4 - 5 p.m. (Adults & Kids 7+) Yoga en Familia 5 - 6 p.m. (Adults & Kids 5+)	Boot Camp 9 - 10 a.m. 12 Exámenes de Salud - EPDB 10 a.m. - 1 p.m. Pilates 10:15 - 11:15 a.m. Estiramiento y Fortalecer para Gente Mayor 11:45 a.m. - 12:45 p.m. Zumba Bajo Impacto 1:15 - 2:15 p.m. Serie Cultivando Familias Virtual 2 - 4 p.m. Ing. Acaparamiento 2:45 - 4:15 p.m. Esp.	Distribución de Pañales: Tallas 0 - 6 13 9 a.m. - 2 p.m. *Hasta agotar existencias* Llame para confirmar tallas disponible. Grupo de Apoyo para Padres de Niños con Necesidades Especiales 9:30 - 11:00 a.m. Esp. Cómo registrar su Formulario de Impuestos 2025? 10:30 - 11:30 a.m. Esp./Ing.	RCP Primeros Auxilios y AED (14+ con Adulto) 14 8 - 11 a.m. Esp. Por favor visite el sito web freecprla.com para registrarse. CENTRO ABIERTO DE 8 - 11 AM
Boot Camp Virtual 16 9 - 10 a.m. Serie Cultivando Familias Virtual 2 - 4 p.m. Ing. DÍA DE LOS PRESIDENTES CENTRO CERRADO	Boot Camp 9 - 10 a.m. 17 El Mundo de Jugos y Ensalades 12 - 1 p.m. Esp. Cocinando Saludable 1:15 - 3:15 p.m. Esp. Cocinando Saludable para Niños 4 - 5 p.m.(Edades 5 - 14)	Boot Camp 10 - 11 a.m. 18 Mi Pequeño y Yo 11:30 a.m. - 12:30 p.m. (Edades 0 - 5) Manejando la Presión Arterial 11:15 a.m. - 12:45 p.m. Esp. Baile Aeróbico 1 - 2 p.m. Pregúntale a la Dietista Registrada 2:30 -3:30 p.m. Esp./Ing. Tai Chi 4 - 5 p.m. (Adults & Kids 7+) Yoga en Familia 5 - 6 p.m. (Adults & Kids 5+)	Boot Camp 9 - 10 a.m. 19 Pilates 10:15 - 11:15 a.m. Estiramiento y Fortalecer para Gente Mayor 11:45 a.m. - 12:45 p.m. Zumba Bajo Impacto 1:15 - 2:15 p.m. Serie Cultivando Familias Virtual 2 - 4 p.m. Ing. Cuánto es Demasiado? 2:45 - 4:15 p.m. Spa.	RCP Primeros Auxilios y AED (14+ con Adulto) 20 8 - 11 a.m. Esp. Por favor visite el sito web freecprla.com para registrarse. Cómo registrar su Formulario de Impuestos 2025? 10:30 - 11:30 a.m. Esp./Ing.	CENTRO CERRADO
Boot Camp 10 - 11 a.m. 23 Yoga 11:15 a.m. - 12:15 p.m. Pilates 12:30 - 1:30 p.m. Serie Cultivando Familias Virtual 2 - 4 p.m. Ing. Salud del Corazón -EPDB 2 - 3 p.m. Esp./Ing. Pasos de Zumba 5 - 6 p.m.	Boot Camp 9 - 10 a.m. 24 Exámenes Dentales 10 a.m. - 2 p.m. Exámenes de Salud - EPDB 10 a.m. - 1 p.m. El Mundo de Jugos y Ensaladas 12 - 1 p.m. Esp. Cocinando Saludable 1:15 - 3:15 p.m. Esp. Cocinando Saludable para Niños 4 - 5 p.m. (Edades 5 - 14)	Boot Camp 10 - 11 a.m. 25 Mi Pequeño y Yo 11:30 a.m. - 12:30 p.m. (Edades 0 - 5) Manejando la Presión Arterial 11:15 a.m. - 12:45 p.m. Esp. Baile Aeróbico 1 - 2 p.m. Pregúntale a la Dietista Registrada 2:30 -3:30 p.m. Eng./Spa. Tai Chi 4 - 5 p.m. (Adults & Kids 7+) Yoga en Familia 5 - 6 p.m. (Adults & Kids 5+)	Boot Camp 9 - 10 a.m. 26 Pilates 10:15 - 11:15 a.m. Estiramiento y Fortalecer para Gente Mayor 11:45 a.m. - 12:45 p.m. Zumba Bajo Impacto 1:15 - 2:15 p.m. Serie Cultivando Familias Virtual 2 - 4 p.m. Ing. Cómo Administrar su Medicación 2:45 - 4:15 p.m. Spa.	Distribución de Pañales: Tallas 0 - 6 27 9 a.m. - 2 p.m. *Hasta agotar existencias* Llame para confirmar tallas disponible. Registre su Formulario de Impuestos 9:30 a.m. - 1:30 p.m. Llame para agendar una cita.	CENTRO CERRADO
Atienda nuestra clase: Salud del Corazón para participar en un sorteo para una tarjeta de regalo para comida! *3 ganadores serán seleccionados*			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



7868 Van Nuys Blvd.
Panorama City CA, 91402



HORARIO
Lunes y Miércoles: 10 a.m. - 6 p.m.
Martes y Jueves: 9 a.m. - 5 p.m.
Viernes: 8 a.m. - 4 p.m.
Sábado: Cerrado



213.438.5497
communityresourcecenterla.org