



POMONA
JANUARY
2026

Community Resource Center

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Medi-Cal Enrollment Monday-Friday 9am-4pm CalFresh Enrollment Monday-Friday 9am-4pm CPR/First Aid Register at freecprla.com	CRC Website	BLUE Qualify for the My Rewards for a Healthy Life Program. GREEN Appointment & Registration required.	HAPPY NEW YEAR CENTER CLOSED	CENTER CLOSED	CENTER CLOSED
CENTER CLOSED	CENTER CLOSED	CENTER CLOSED	Circuit Training 9:15-10:15am Healthy Cooking 10:30am-12pm Emotional Well Being & Awareness12-1pm ENG CPR/First Aid 12-3pm ENG Mommy Yoga 1-2pm Vinyasa Yoga 2:15-3:15pm Community Connection 4-5pm Kids Fitness 4-5pm (ages 6-12)	Boot Camp 9-10am Zumba 10:15-11:15am Mat Pilates 11:30am-12:30pm Kids Dance 4-5pm	CENTER CLOSED
Zumba 9:30-10:30am Vinyasa Yoga 10:45-11:45am Meditation 12-1pm Stretch & Mobility 3-4pm Boot Camp 4-5pm	Circuit Training 9:15-10:15am Healthy Cooking 10:30am-12pm Zumba 3-4pm HIIT 4-5pm	Zumba 9:30-10:30am Strong 10:45-11:45am Yoga 12-1pm Kids Fitness 3-4pm (ages 6-12) Family Violence Awareness 3-4pm SPA Boot Camp 4-5pm Kids Health Education 4-5pm (ages 6-12)	Circuit Training 9:15-10:15am Healthy Cooking 10:30am-12pm CPR/First Aid 12-3pm SPA Mommy Yoga 1-2pm Vinyasa Yoga 2:15-3:15pm Community Connection 4-5pm Kids Fitness 4-5pm (ages 6-12)	Boot Camp 9-10am Zumba 10:15-11:15am Kids Dance 4-5pm	CENTER CLOSED
MLK DAY CENTER CLOSED	Circuit Training 9:15-10:15am Healthy Cooking 10:30am-12pm Healthy Juicing 12:15-1:45pm Zumba 3-4pm HIIT 4-5pm	RCAC Meeting 9am-1pm Yoga 12-1pm Kids Fitness 3-4pm (ages 6-12) Child Abuse Prevention 3-4pm SPA Boot Camp 4-5pm Kids Health Education 4-5pm (ages 6-12)	Circuit Training 9:15-10:15am Healthy Cooking 10:30am-12pm Mommy Yoga 1-2pm Vinyasa Yoga 2:15-3:15pm Community Connection 4-5pm Kids Fitness 4-5pm (ages 6-12)	Boot Camp 9-10am Zumba 10:15-11:15am Mat Pilates 3pm-4pm Kids Dance 4-5pm	CENTER CLOSED
Zumba 9:30-10:30am Vinyasa Yoga 10:45-11:45am Meditation 12-1pm Stretch & Mobility 3-4pm Boot Camp 4-5pm	Circuit Training 9:15-10:15am Healthy Cooking 10:30am-12pm Zumba 3-4pm HIIT 4-5pm	Zumba 9:30-10:30am Strong 10:45-11:45am Yoga 12-1pm Kids Fitness 3-4pm (ages 6-12) Understanding Childhood Behaviors and Disorders 3-4pm SPA Boot Camp 4-5pm Kids Health Education 4-5pm (ages 6-12)	Circuit Training 9:15-10:15am Healthy Cooking 10:30am-12pm Mommy Yoga 1-2pm Vinyasa Yoga 2:15-3:15pm Community Connection 4-5pm Kids Fitness 4-5pm (ages 6-12)	Boot Camp 9-10am Zumba 10:15-11:15am Food Pantry 2-4pm	CENTER CLOSED

Class space is limited (first come, first served). Classes are subject to change, rescheduling or cancellation without notice. Child care is provided while you attend a class. (Ages 4+)

BE ACTIVE,
HEALTHY & INFORMED



696 W. Holt Ave.
Pomona, CA 91768



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



909.620.1661
CommunityResourceCenterLA.org



Community Resource Center

LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO
Inscripcion Medi-Cal Lunes a Viernes 9am-4pm Inscripcion Cal Fresh Lunes a Viernes 9am-4pm RCP/Primeros Auxilios Registrese en freecprla.com	CRC Sitio de Web	AZUL Califican para el programa mis recompensas para una vida sana. VERDE Por cita y registro solamente.	1 FELIZ AÑO NUEVO CENTRO CERRADO	2 CENTRO CERRADO	3 CENTRO CERRADO
5 CENTRO CERRADO	6 CENTRO CERRADO	7 CENTRO CERRADO	8 Entrenamiento Circuito 9:15-10:15am Cocina Saludable 10:30am-12pm Bienestar Emocional y Estres Familiar 12-1pm ING RCP/Primeros Auxilios 12-3pm ING Yoga Para Mamas 1-2pm Vinyasa Yoga 2:15-3:15pm Conexion Comunitaria 4-5pm Cardio Para Niños 4-5pm (ages 6-12)	9 Boot Camp 9-10am Zumba 10:15-11:15am Pilates 11:30am-12:30pm Clase de Baile para Niños 4-5pm	10 CENTRO CERRADO
12 Zumba 9:30-10:30am Vinyasa Yoga 10:45-11:45am Meditacion 12-1pm Estiramiento y Movilidad 3-4pm Boot Camp 4-5pm	13 Entrenamiento Circuito 9:15-10:15am Cocina Saludable 10:30am-12pm Zumba 3-4pm HIIT 4-5pm	14 Zumba 9:30-10:30am Strong 10:45-11:45am Yoga 12-1pm Cardio Para Niños 3-4pm (ages 6-12) Violencia Familiar 3-4pm ESP Boot Camp 4-5pm Educacion de Salud para Niños 4-5pm (ages 6-12)	15 Entrenamiento Circuito 9:15-10:15am Cocina Saludable 10:30am-12pm RCP/Primeros Auxilios 12-3pm ESP Yoga Para Mamas 1-2pm Vinyasa Yoga 2:15-3:15pm Conexion Comunitaria 4-5pm Cardio Para Niños 4-5pm (ages 6-12)	16 Boot Camp 9-10am Zumba 10:15-11:15am Clase de Baile para Niños 4-5pm	17 CENTRO CERRADO
19 CENTRO CERRADO	20 Entrenamiento Circuito 9:15-10:15am Cocina Saludable 10:30am-12pm Jugos Saludables 12:15-1:45pm Zumba 3-4pm HIIT 4-5pm	21 Junta de RCAC 9am-1pm Yoga 12-1pm Cardio Para Niños 3-4pm (ages 6-12) Prevencion del Abuso Infantile 3-4pm ESP Boot Camp 4-5pm Educacion de Salud para Niños 4-5pm (ages 6-12)	22 Entrenamiento Circuito 9:15-10:15am Cocina Saludable 10:30am-12pm Yoga Para Mama 1-2pm Vinyasa Yoga 2:15-3:15pm Conexion Comunitaria 4-5pm Cardio Para Niños 4-5pm (ages 6-12)	23 Boot Camp 9-10am Zumba 10:15-11:15am Mat Pilates 3pm-4pm Clase de Baile para Niños 4-5pm	24 CENTRO CERRADO
26 Zumba 9:30-10:30am Vinyasa Yoga 10:45-11:45am Meditacion 12-1pm Estiramiento y Movilidad 3-4pm Boot Camp 4-5pm	27 Entrenamiento Circuito 9:15-10:15am Cocina Saludable 10:30am-12pm Zumba 3-4pm HIIT 4-5pm	28 Zumba 9:30-10:30am Strong 10:45-11:45am Yoga 12-1pm Cardio Para Niños 3-4pm (ages 6-12) Trastornos de Menores 3-4pm ESP Boot Camp 4-5pm Educacion de Salud para Niños 4-5pm (ages 6-12)	29 Entrenamiento Circuito 9:15-10:15am Cocina Saludable 10:30am-12pm Manejo del asma 12-1pm Yoga Para Mama 1-2pm Vinyasa Yoga 2:15-3:15pm Conexion Comunitaria 4-5pm Cardio Para Niños 4-5pm (ages 6-12)	30 Boot Camp 9-10am Zumba 10:15-11:15am Despensa de Alimentos 2-4pm	31 CENTRO CERRADO

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. Cuidado de niños está disponible durante las clases. (Edades 4+)

SEA ACTIVO,
SALUDABLE E INFORMADO



696 W. Holt Ave.
Pomona, CA 91768



HORARIO DEL CENTRO:
Lunes a Viernes: 9 a.m. - 5 p.m.
Sábado: CERRADO



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