



# Community Resource Center



# Pomona FEBRUARY 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>Zumba</b> 9:30 - 10:30 a.m. <b>Vinyasa Yoga</b> 10:45 - 11:45 a.m. <b>Meditation</b> 12 - 1 p.m. <b>Diabetes Management</b> 1 - 2:30 p.m. ENG/SPA <b>Stretch &amp; Mobility</b> 3 - 4 p.m. <b>Boot Camp</b> 4 - 5 p.m.	<b>2</b> <b>Circuit Training</b> 9:15 - 10:15 a.m. <b>Healthy Cooking</b> 10:30 a.m. - 12 p.m. <b>Healthy Juicing</b> 12:15 - 1:45 p.m. <b>Zumba</b> 3 - 4 p.m. <b>HIIT</b> 4 - 5 p.m.	<b>3</b> <b>Zumba</b> 9:30 - 10:30 a.m. <b>Strong</b> 10:45 - 11:45 a.m. <b>Yoga</b> 12 p.m. - 1 p.m. <b>Kids Fitness</b> 3 - 4 p.m. (ages 6-12) <b>Suicide Prevention</b> 3 - 4 p.m. <b>Boot Camp</b> 4 - 5 p.m.	<b>4</b> <b>Circuit Training</b> 9:15 - 10:15 a.m. <b>Healthy Cooking</b> 10:30 a.m. - 12 p.m. <b>CPR/First Aid</b> 12 - 3 p.m. ENG <b>Mommy Yoga</b> 1 - 2 p.m. <b>Vinyasa Yoga</b> 2:15 - 3:15 p.m. <b>Community Connection</b> 4 - 5 p.m. <b>Kids Fitness</b> 4 - 5 p.m. (ages 6-12)	<b>5</b> <b>Boot Camp</b> 9 - 10 a.m. <b>Zumba</b> 10:15 - 11:15 a.m. <b>Mat Pilates</b> 11:30 - 12:30 p.m. <b>Kids Dance</b> 4 - 5 p.m.	<b>7</b>
<b>Zumba</b> 9:30 - 10:30 a.m. <b>Vinyasa Yoga</b> 10:45 - 11:45 a.m. <b>Meditation</b> 12 - 1 p.m. <b>Diabetes Management</b> 1 - 2:30 p.m. ENG/SPA <b>Stretch &amp; Mobility</b> 3 - 4 p.m. <b>Boot Camp</b> 4 - 5 p.m.	<b>9</b> <b>Circuit Training</b> 9:15 - 10:15 a.m. <b>Healthy Cooking</b> 10:30 a.m. - 12 p.m. <b>New Member Orientation</b> 2 - 3 p.m. ENG <b>Zumba</b> 3 - 4 p.m. <b>HIIT</b> 4 - 5 p.m.	<b>10</b> <b>Zumba</b> 9:30 - 10:30 a.m. <b>Strong</b> 10:45 - 11:45 a.m. <b>Yoga</b> 12 p.m. - 1 p.m. <b>Kids Fitness</b> 3 - 4 p.m. (ages 6-12) <b>Recovery from Depression</b> 3 - 4 p.m. <b>Boot Camp</b> 4 - 5 p.m.	<b>11</b> <b>Circuit Training</b> 9:15 - 10:15 a.m. <b>Healthy Cooking</b> 10:30 a.m. - 12 p.m. <b>Mommy Yoga</b> 1 - 2 p.m. <b>Vinyasa Yoga</b> 2:15 - 3:15 p.m. <b>Community Connection</b> 4 - 5 p.m. <b>Kids Fitness</b> 4 - 5 p.m. (ages 6-12)	<b>12</b> <b>Boot Camp</b> 9 - 10 a.m. <b>Zumba</b> 10:15 - 11:15 a.m. <b>Kids Dance</b> 4 - 5 p.m.	<b>13</b> <b>14</b>
<b>16</b> <b>PRESIDENT'S DAY</b>  <b>CENTER CLOSED</b>	<b>17</b> <b>Circuit Training</b> 9:15 - 10:15 a.m. <b>Healthy Cooking</b> 10:30 a.m. - 12 p.m. <b>Healthy Juicing</b> 12:15 - 1:45 p.m. <b>Zumba</b> 3 - 4 p.m. <b>HIIT</b> 4 - 5 p.m.	<b>18</b> <b>Zumba</b> 9:30 - 10:30 a.m. <b>Strong</b> 10:45 a.m. - 11:45 a.m. <b>Yoga</b> 12 p.m. - 1 p.m. <b>Kids Fitness</b> 3 - 4 p.m. (ages 6-12) <b>Recovery From Anxiety</b> 3 - 4 p.m. <b>Boot Camp</b> 4 - 5 p.m.	<b>19</b> <b>Circuit Training</b> 9:15 - 10:15 a.m. <b>Healthy Cooking</b> 10:30 a.m. - 12 p.m. <b>CPR/First Aid</b> 12 - 3 p.m. ENG <b>Mommy Yoga</b> 1 - 2 p.m. <b>Vinyasa Yoga</b> 2:15 - 3:15 p.m. <b>Community Connection</b> 4 - 5 p.m. <b>Kids Fitness</b> 4 - 5 p.m. (ages 6-12)	<b>20</b> <b>Boot Camp</b> 9 - 10 a.m. <b>Zumba</b> 10:15 - 11:15 a.m. <b>Mat Pilates</b> 3 - 4 p.m. <b>Kids Dance</b> 4 - 5 p.m.	<b>21</b>
<b>Zumba</b> 9:30 - 10:30 a.m. <b>Vinyasa Yoga</b> 10:45 - 11:45 a.m. <b>Meditation</b> 12 - 1 p.m. <b>Diabetes Management</b> 1 - 2:30 p.m. ENG/SPA <b>Stretch &amp; Mobility</b> 3 - 4 p.m. <b>Boot Camp</b> 4 - 5 p.m.	<b>23</b> <b>Circuit Training</b> 9:15 - 10:15 a.m. <b>Healthy Cooking</b> 10:30 a.m. - 12 p.m. <b>New Member Orientation</b> 2 - 3 p.m. SPA <b>Zumba</b> 3 - 4 p.m. <b>HIIT</b> 4 - 5 p.m.	<b>24</b> <b>Zumba</b> 9:30 - 10:30 a.m. <b>Strong</b> 10:45 a.m. - 11:45 a.m. <b>Yoga</b> 12 p.m. - 1 p.m. <b>Kids Fitness</b> 3 - 4 p.m. (ages 6-12) <b>Impact of addiction &amp; Mental Wellness</b> 3 - 4 p.m. <b>Boot Camp</b> 4 - 5 p.m.	<b>25</b> <b>Circuit Training</b> 9:15 - 10:15 a.m. <b>Healthy Cooking</b> 10:30 a.m. - 12 p.m. <b>Mommy Yoga</b> 1 - 2 p.m. <b>Vinyasa Yoga</b> 2:15 - 3:15 p.m. <b>Community Connection</b> 4 - 5 p.m. <b>Kids Fitness</b> 4 - 5 p.m. (ages 6-12)	<b>26</b> <b>Boot Camp</b> 9 - 10 a.m. <b>Zumba</b> 10:15 - 11:15 a.m. <b>Food Pantry</b> 2 - 4 p.m.	<b>27</b> <b>28</b>
			<b>CENTER SERVICES</b> <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> <b>ALL SERVICES AND CLASSES ARE FREE FOR EVERYONE!</b>	<b>BLUE</b> Qualify for the My Rewards for a Healthy Life Program.  <b>GREEN</b> Appointment & Registration required.	 <a href="#">CRC Website</a>

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**



696 W. Holt Ave.  
Pomona CA, 91768



## CENTER HOURS:

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



909.620.1661

[communityresourcecenterla.org](#)



# Community Resource Center



# Pomona FEBRERO 2026

LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO
Zumba 9:30 - 10:30 a.m. <b>Vinyasa Yoga</b> 10:45 - 11:45 a.m. <b>Meditacion</b> 12 -1 p.m. <b>Manejo del Diabetes</b> 1 - 2:30 p.m. ING/ESP <b>Estiramiento y Movilidad</b> 3 - 4 p.m. <b>Boot Camp</b> 4- 5 p.m.	<b>2</b> <b>Entrenamiento Circuito</b> 9:15 - 10:15 a.m. <b>Cocina Saludable</b> 10:30 a.m. - 12 p.m. <b>Jugos Saludables</b> 12:15 -1:45 p.m. <b>Zumba</b> 3 - 4 p.m. <b>HIIT</b> 4- 5 p.m.	<b>3</b> <b>Zumba</b> 9:30 - 10:30 a.m. <b>Strong</b> 10:45 a.m. - 11:45 a.m. <b>Yoga</b> 12 p.m. -1 p.m. <b>Cardio Para Niños</b> 3 - 4 p.m. (ages 6-12) <b>Prevencion del Suicidio</b> 3 - 4 p.m. <b>Boot Camp</b> 4 - 5 p.m.	<b>4</b> <b>Entrenamiento Circuito</b> 9 - 10 a.m. <b>Cocina Saludable</b> 10 a.m. - 12 p.m. <b>RCP/Primeros Auxilios</b> 12 -3 p.m. ING <b>Yoga Para Mamas</b> 1 - 2 p.m. <b>Vinyasa Yoga</b> 4- 5 p.m. <b>Community Connection</b> 4 - 5 p.m. <b>Kids Fitness</b> 4 - 5 p.m. (Edades 6-12)	<b>5</b> <b>Boot Camp</b> 9 - 10 a.m. <b>Zumba</b> 10:15 - 11:15 a.m. <b>Pilates</b> 11:30- 12:30 p.m. <b>Kids Dance</b> 4 - 5 p.m.	<b>7</b>
Zumba 9:30 - 10:30 a.m. <b>Vinyasa Yoga</b> 10:45 - 11:45 a.m. <b>Meditacion</b> 12 -1 p.m. <b>Manejo del Diabetes</b> 1 - 2:30 p.m. ING/ESP <b>Estiramiento y Movilidad</b> 3 - 4 p.m. <b>Boot Camp</b> 4- 5 p.m.	<b>9</b> <b>Entrenamiento Circuito</b> 9:15 - 10:15 a.m. <b>Cocina Saludable</b> 10:30 a.m. - 12 p.m. <b>Orientacion Para Nuevos Miembros</b> 2 - 3 p.m. ING <b>Zumba</b> 3 - 4 p.m. <b>HIIT</b> 4- 5 p.m.	<b>10</b> <b>Zumba</b> 9:30 - 10:30 a.m. <b>Strong</b> 10:45 a.m. - 11:45 a.m. <b>Yoga</b> 12 p.m. -1 p.m. <b>Cardio Para Niños</b> 3 - 4 p.m. (ages 6-12) <b>Tratamiento de la Depresion</b> 3 - 4 p.m. <b>Boot Camp</b> 4 - 5 p.m.	<b>11</b> <b>Entrenamiento Circuito</b> 9 - 10 a.m. <b>Cocina Saludable</b> 10 a.m. - 12 p.m. <b>Yoga Para Mamas</b> 1 - 2 p.m. <b>Vinyasa Yoga</b> 4- 5 p.m. <b>Community Connection</b> 4 - 5 p.m. <b>Kids Fitness</b> 4 - 5 p.m. (Edades 6-12)	<b>12</b> <b>Boot Camp</b> 9 - 10 a.m. <b>Zumba</b> 10:15 - 11:15 a.m. <b>Kids Dance</b> 4 - 5 p.m.	<b>13</b>
<b>16</b> <b>DÍA DE LOS PRESIDENTES</b>  <b>CENTRO CERRADO</b>	<b>17</b> <b>Entrenamiento Circuito</b> 9:15 - 10:15 a.m. <b>Cocina Saludable</b> 10:30 a.m. - 12 p.m. <b>Jugos Saludables</b> 12:15 -1:45 p.m. <b>Zumba</b> 3 - 4 p.m. <b>HIIT</b> 4- 5 p.m.	<b>18</b> <b>Zumba</b> 9:30 - 10:30 a.m. <b>Strong</b> 10:45 a.m. - 11:45 a.m. <b>Yoga</b> 12 p.m. -1 p.m. <b>Cardio Para Niños</b> 3 - 4 p.m. (ages 6-12) <b>Tratamiento de la Ansiedad</b> 3 - 4 p.m. <b>Boot Camp</b> 4 - 5 p.m.	<b>19</b> <b>Entrenamiento Circuito</b> 9 - 10 a.m. <b>Cocina Saludable</b> 10 a.m. - 12 p.m. <b>RCP/Primeros Auxilios</b> 12 -3 p.m. ESP <b>Yoga Para Mamas</b> 1 - 2 p.m. <b>Vinyasa Yoga</b> 4- 5 p.m. <b>Community Connection</b> 4 - 5 p.m. <b>Kids Fitness</b> 4 - 5 p.m. (Edades 6-12)	<b>20</b> <b>Boot Camp</b> 9 - 10 a.m. <b>Zumba</b> 10:15 - 11:15 a.m. <b>Mat Pilates</b> 3 - 4 p.m. <b>Kids Dance</b> 4 - 5 p.m.	<b>21</b>
Zumba 9:30 - 10:30 a.m. <b>Vinyasa Yoga</b> 10:45 - 11:45 a.m. <b>Meditacion</b> 12 -1 p.m. <b>Manejo del Diabetes</b> 1 - 2:30 p.m. ING/ESP <b>Estiramiento y Movilidad</b> 3 - 4 p.m. <b>Boot Camp</b> 4- 5 p.m.	<b>23</b> <b>Entrenamiento Circuito</b> 9:15 - 10:15 a.m. <b>Cocina Saludable</b> 10:30 a.m. - 12 p.m. <b>Orientacion Para Nuevos Miembros</b> 2 - 3 p.m. ESP <b>Zumba</b> 3 - 4 p.m. <b>HIIT</b> 4- 5 p.m.	<b>24</b> <b>Zumba</b> 9:30 - 10:30 a.m. <b>Strong</b> 10:45 a.m. - 11:45 a.m. <b>Yoga</b> 12 p.m. -1 p.m. <b>Cardio Para Niños</b> 3 - 4 p.m. (ages 6-12) <b>Adiccion y el Bienestar Mental</b> 3 - 4 p.m. <b>Boot Camp</b> 4 - 5 p.m.	<b>25</b> <b>Entrenamiento Circuito</b> 9 - 10 a.m. <b>Cocina Saludable</b> 10 a.m. - 12 p.m. <b>Yoga Para Mamas</b> 1 - 2 p.m. <b>Vinyasa Yoga</b> 4- 5 p.m. <b>Community Connection</b> 4 - 5 p.m. <b>Kids Fitness</b> 4 - 5 p.m. (Edades 6-12)	<b>26</b> <b>Boot Camp</b> 9 - 10 a.m. <b>Zumba</b> 10:15 - 11:15 a.m. <b>Food Pantry</b> 2 - 4 p.m.	<b>27</b>
				<div style="border: 1px solid orange; padding: 5px; text-align: center;"> <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> </div> <div style="border: 1px solid orange; padding: 5px; text-align: center;"> <b>AZUL</b>            Califican para el programa mis recompensas para una vida sana.         </div> <div style="border: 1px solid orange; padding: 5px; text-align: center;"> <b>VERDE</b>            Solo con cita previa y registro.         </div> <div style="border: 1px solid orange; padding: 5px; text-align: center;">   <a href="#">CRC Sitio de Web</a> </div>	<b>28</b>

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**



696 W. Holt Ave.  
Pomona CA, 91768



## HORARIO

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



909.620.1661

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