



L.A. Care.

Community Resource Center



Pomona

FEBRUARY 2026

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

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



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



L.A. Care.

Community Resource Center



Pomona FEBRERO 2026

LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO
<div><div>2</div><div>Zumba 9:30 - 10:30 a.m. Vinyasa Yoga 10:45 - 11:45 a.m. Meditacion 12 -1 p.m. Manejo del Diabetes 1 - 2:30 p.m. ING/ESP Estiramiento y Movilidad 3 - 4 p.m. Boot Camp 4 - 5 p.m.</div></div>	<div><div>3</div><div>Entrenamiento Circuito 9:15 - 10:15 a.m. Cocina Saludable 10:30 a.m. - 12 p.m. Jugos Saludables 12:15 -1:45 p.m. Zumba 3 - 4 p.m. HIIT 4 - 5 p.m.</div></div>	<div><div>4</div><div>Zumba 9:30 - 10:30 a.m. Strong 10:45 a.m. - 11:45 a.m. Yoga 12 p.m. -1 p.m. Cardio Para Niños 3 - 4 p.m. (ages 6-12) Prevencion del Suicidio 3 - 4 p.m. Boot Camp 4 - 5 p.m.</div></div>	<div><div>5</div><div>Entrenamiento Circuito 9 - 10 a.m. Cocina Saludable 10 a.m. - 12 p.m. RCP/Primeros Auxilios 12 -3 p.m. ING Yoga Para Mamas 1 - 2 p.m. Vinyasa Yoga 4- 5 p.m. Community Connection 4 - 5 p.m. Kids Fitness 4 - 5 p.m. (Edades 6-12)</div></div>	<div><div>6</div><div>Boot Camp 9 - 10 a.m. Zumba 10:15 - 11:15 a.m. Pilates 11:30- 12:30 p.m. Kids Dance 4 - 5 p.m.</div></div>	<div><div>7</div><div></div></div>
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			<div><div>SERVICIOS DIARIOS</div><div>Servicios para Miembros y Servicios de Inscripción<ul style="list-style-type: none">Medi-Cal, Medicare, Covered California, y CalFreshOrientación para nuevos miembros de L.A. Care</div><div><div>TODOS LOS SERVICIOS Y LAS CLASES SON ¡GRATIS PARA TODOS!</div></div></div>	<div><div>AZUL</div><div>Califican para el programa mis recompensas para una vida sana.</div><div><div>VERDE</div><div>Solo con cita previa y registro.</div></div></div>	<div><div></div><div>CRC Sitio de Web</div></div>

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



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