



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Member Monday's2 9 a.m.- 4 p.m. Kickboxing 9 -10 a.m. Little One and Me (Eng.)10:30 - 11:30 a.m. Circuit Training (Biling.)2- 3 p.m. Healthy Cooking (Biling.)3:15 - 4:30 p.m. Picasso Paint Studio for Kids4-5 p.m. (Eng.) (ages 4-18)	Step Exercise3 9 - 10 a.m. Nutrition & Fitness Coaching (Spa.)10 - 11 a.m. DMH: Migration, Adaption, & Resilience (Spa.)11 a.m. -12:30 p.m. Adaptive Senior Yoga (Biling.)11:30 a.m. - 12:30 p.m. Little Chefs (Biling.)3:45- 5 p.m.	Toberman: Case Management4 8:30 a.m. - 12:30 p.m. Parenting Classes (Eng.)9:30 - 11 a.m. BSP: Asthma Management (Biling.)10 - 11:30 a.m. Child Birthing Class (Free Gift)(Eng.)11 a.m. -12 p.m. Abriendo Puertas (Biling.)11 a.m. - 1 p.m. Mind Matters (Spa.)1-3 p.m. Family Fitness4 - 5 p.m. (all ages)	Cardio Mix 9 - 10 a.m.5 Planned Parenthood: Cervical Cancer Prevention (Sp.)10 a.m. - 11 a.m. Family Play Date/ Open Play11 -11:30 a.m. Family Sing (Eng.)11:30 - 12:15 p.m. Wilmington Walks (Biling.)1:15 - 2 p.m. Yoga (Biling.) 2 - 3 p.m. Life Skills (Spa.)3:30 - 4:30 p.m. Little Lego Engineers (Eng.)4 - 5 p.m. (ages 5+)	Cardio Dance Class6 9 - 10 a.m. Stretch Lab10 -11 a.m. Yoga (Biling.)11:15 - 12:15 p.m. The Future of Medi-Cal & Covered CA (Eng.)12:15 - 1:15 p.m. Tax Preperation2-5 p.m.	Metro TAP Enrollment7 9 - 11 a.m. Picasso Paint Studio for Kids9-10 a.m. (Eng.) (ages 4-18)
Member Monday's9 9 a.m. - 4 p.m. Kickboxing 9 - 10 a.m. Social Security Disability Assistance10 a.m. - 12 p.m. Little One and Me (Eng.)10:30 - 11:30 a.m. Circuit Training (Biling.)2 - 3 p.m. Healthy Cooking (Biling.)3:15 - 4:30 p.m. Picasso Paint Studio for Kids (Eng.)4 - 5 p.m. (ages 4-18)	Step Exercise10 9 - 10 a.m. Nutrition & Fitness Coaching (Spa.)10 - 11 a.m. Lap Read (Spa.)10:30 - 11:30 a.m. (ages 0-5) DMH: Health, Wellness, and Wholeness (Spa.)11 a.m. - 12:30 p.m. Adaptive Senior Yoga (Biling.)11:30 a.m. - 12:30 p.m. Chronic Obstructive Pulmonary Disease (Spa.)1:30 - 2:30 p.m. Little Chefs (Biling.)3:45 - 5 p.m.	Parenting Classes (Eng.)11 9:30 - 11 a.m. BSP: Asthma Management (Biling.)10 - 11:30 a.m. Lactation Class (Free Gift)(Eng.)11 a.m. - 12 p.m. Abriendo Puertas (Biling.)11 a.m. - 1 p.m. Mind Matters (Spa.)1 - 3 p.m. Family Fitness Class4 - 5 p.m. (all ages)	Cardio Mix 9 - 10 a.m.12 Planned Parenthood: Domestic Violence (Spa.)10 - 11 a.m. Family Play Date/ Open Play11 - 11:30 a.m. (all ages) Family Sing (Eng.)11:30 a.m. - 12:15 p.m. Sound Bath (Biling.) 1:15 - 2 p.m. Yoga (Biling.) 2 - 3 p.m. Life Skills (Spa.)3:30 - 4:30 p.m. Little Lego Engineers (Eng.)4 - 5 p.m. (ages 5+)	Cardio Dance Class13 9 - 10 a.m. Stretch Lab10 - 11 a.m. New Member Orientation11 - 11:30 a.m. Yoga (Biling.)11:15 a.m. - 12:15 p.m. Salads & Juicing (Biling.)1 - 2 p.m. Medi-Cal Enrollment8:30 a.m. - 3:30 p.m.	CENTER CLOSED
16 PRESIDENT'S DAY CENTER CLOSED	Step Exercise17 9 - 10 a.m. Nutrition & Fitness Coaching (Spa.)10 - 11 a.m. DMH: Depression and Anxiety (Spa.)11 a.m. - 12:30 p.m. Adaptive Senior Yoga (Biling.)11:30 a.m. - 12:30 p.m. H.E.L.P- Emergency Alert System (Eng.)2 - 3 p.m. Little Chefs (Biling.)3:45 - 5 p.m.	Parenting Classes (Eng.)18 9:30 - 11 a.m. BSP: Asthma Management (Biling.)10 - 11:30 a.m. Child Birthing Class (Free Gift)(Eng.)11 a.m. - 12 p.m. Abriendo Puertas (Biling.)11 a.m. - 1 p.m. Mind Matters (Spa.)1 - 3 p.m. Family Fitness Class4 - 5 p.m. (all ages)	Cardio Mix 9 - 10 a.m.19 Planned Parenthood: Stress Management (Spa.)10 - 11 a.m. Family Play Date/ Open Play11 - 11:30 a.m. (all ages) Family Sing (Eng.)11:30 a.m. - 12:15 p.m. Wilmington Walks (Biling.)1:15 - 2 p.m. Yoga (Biling.) 2 - 3 p.m. Life Skills (Spa.)3:30 - 4:30 p.m. Little Lego Engineers (Eng.)4 - 5 p.m. (ages 5+)	Cardio Dance Class20 9 - 10 a.m. Stretch Lab10 - 11 a.m. Yoga (Biling.)11:15 a.m. - 12:15 p.m. Salads & Juicing (Biling.)1 - 2 p.m. Medi-Cal Enrollment8:30 a.m. - 3:30 p.m.	CENTER CLOSED
Member Monday's23 9 a.m. - 4 p.m. Kickboxing 9 - 10 a.m. Social Security Disability Assistance10 a.m. - 12 p.m. Regional Community Advisory Committee Meeting10:30 a.m. - 1 p.m. Little One and Me (Eng.)10:30 - 11:30 a.m. Circuit Training (Biling.)2 - 3 p.m. Healthy Cooking (Biling.)3:15 - 4:30 p.m. Picasso Paint Studio for Kids (Eng.)4 - 5 p.m. (ages 4-18)	Step Exercise24 9 - 10 a.m. Nutrition & Fitness Coaching (Spa.)10 - 11 a.m. Lap Read (Spa.)10:30 - 11:30 a.m. (ages 0-5) DMH: Preserving your Memory (Spa.)11 a.m. - 12:30 p.m. Adaptive Senior Yoga (Biling.)11:30 a.m. - 12:30 p.m. Autism in Adults (Spa.)1:30 - 2:30 p.m. Little Chefs (Biling.)3:45 - 5 p.m.	Parenting Classes (Eng.)25 9:30- 11 a.m. BSP: Asthma Management (Biling.)10 - 11:30 a.m. Lactation Class (Free Gift)(Eng.)11 a.m. - 12 p.m. Abriendo Puertas (Biling.)11 a.m. - 1 p.m. Mind Matters (Spa.)1 - 3 p.m. Family Fitness Class4 - 5 p.m. (all ages) Toberman: Case Management1 - 5 p.m.	Cardio Mix 9 - 10 a.m.26 Planned Parenthood: Substance Abuse in Youth (Spa.)10 - 11 a.m. Family Play Date/ Open Play11 - 11:30 a.m. (all ages) Family Sing (Eng.)11:30 a.m. - 12:15 p.m. CalFresh Orientations (Spa.)1 - 2 p.m. Sound Bath (Biling.) 1:15 - 2 p.m. Yoga (Biling.) 2 - 3 p.m. Life Skills (Spa.)3:30 - 4:30 p.m. Little Lego Engineers (Eng.)4 - 5 p.m. (ages 5+)	Cardio Dance Class27 9 - 10 a.m. Stretch Lab10 - 11 a.m. Yoga (Biling.)11:15 a.m. - 12:15 p.m. Salads & Juicing (Biling.)1 - 2 p.m. Medi-Cal Enrollment8:30 a.m. - 3:30 p.m.	CENTER CLOSED
			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 Wilmington Instagram

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



911 North Avalon Blvd
Wilmington, CA 90744



CENTER HOURS:
Monday - Friday: 8 a.m. - 5 p.m.
One Saturday of the month:
9 a.m. - 12 p.m



213.428.1490
communityresourcecenterla.org



LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO
Lunes de Miembros2 9 a.m. - 4 p.m. Kickboxing 9 - 10 a.m. Pequeño y Yo (Eng.) 10:30 - 11:30 a.m. Entrenamiento de Circuito (Biling.) 2 - 3 p.m. Cocina Saludable (Biling.) 3:15 - 4:30 p.m. Picasso Estudio de Pintura Para Niños (Eng.) 4 - 5 p.m. (ages 4-18)	Ejercicio Step3 9 - 10 a.m. Consejos de Nutricion y Fitness (Spa.) 10 - 11 a.m. DMH: Migracion, Adaptacion, y Resiliencia (Spa.) 11 a.m. - 12:30 p.m. Yoga Adaptativo Para Personas Mayores (Biling.) 11:30 a.m. - 12:30 p.m. Pequeños Chefs (Biling.) 3:45 - 5 p.m.	Toberman: Manejo de Casos4 8:30 a.m. - 12:30 p.m. Clase de Padres (Eng.) 9:30 - 11 a.m. BSP: Manejo del Asma (Biling.) 10 - 11:30 a.m. Clase de Parto (Premio Gratis)(Eng.) 11 a.m. - 12 p.m. Abriendo Puertas (Biling.) 11 a.m. - 1 p.m. La Mente Importa (Spa.) 1 - 3 p.m. Fitness en Familia 4 - 5 p.m. (toda las edades)	Cardio Mix 9 - 10 a.m. Planned Parenthood: Prevencion del Cancer Cervical (Spa.) 10 - 11 a.m. Cita de Juego Familiar 11 - 11:30 a.m. (toda las edades) Cantar en Familia (Eng.) 11:30 a.m. - 12:15 p.m. Paseo por Wilmington (Biling.) 1:15 - 2 p.m. Yoga (Biling.) 2 -3 p.m. Habilidades para la Vida (Spa.) 3:30 - 4:30 p.m. Pequeños Ingenieros de Lego (Eng.) 4 - 5 p.m. (edades 5+)	Baile de Cardio6 9 - 10 a.m. Clase de Estiramiento 10 - 11 a.m. Yoga (Biling.) 11:15 a.m. - 12:15 p.m. El Futuro del Medi-Cal y Covered CA (Eng.) 12:15 - 1:15 p.m. Preparacion de Impuestos 2-5 p.m.	Inscripciones de Metro TAP7 9 - 11 a.m. Picasso Estudio de Pintura Para Niños (Eng.) 9 - 10 a.m. (ages 4-18)
Lunes de Miembros9 9 a.m. - 4 p.m. Kickboxing 9 - 10 a.m. Asistencia con Seguro Social 10 a.m. - 12 p.m. Pequeño y Yo (Eng.) 10:30 - 11:30 a.m. Entrenamiento de Circuito (Biling.) 2 - 3 p.m. Cocina Saludable (Biling.) 3:15 - 4:30 p.m. Picasso Estudio de Pintura Para Niños (Eng.) 4 - 5 p.m. (ages 4-18)	Ejercicio Step 9 - 10 a.m. Consejos de Nutricion y Fitness 10 - 11 a.m. (Spa.) Clase de Lectura para Niños (Spa.) 10:30 - 11:30 a.m. (edades 0-5) DMH: Salud, Bienestar y Plenitud 11 a.m. - 12:30 p.m. (Spa.) Yoga Adaptativo Para Personas Mayores (Biling.) 11:30 a.m.- 12:30 p.m. Pulmonar Obstructiva Cronica 1:30- 2:30 p.m. (Spa.) Pequeños Chefs (Biling.) 3:45 - 5 p.m.	Clase de Padres (Eng.) 9:30 - 11 a.m. BSP: Manejo del Asma (Biling.) 10 - 11:30 a.m. Clase de Lactancia (Premio Gratis)(Eng.) 11 a.m. - 12 p.m. Abriendo Puertas (Biling.) 11 a.m. - 1 p.m. La Mente Importa (Spa.) 1 - 3 p.m. Fitness en Familia 4 - 5 p.m. (toda las edades)	Cardio Mix 9 - 10 a.m. Planned Parenthood: Violencia Domestica (Spa.) 10 - 11 a.m. Cita de Juego Familiar 11 - 11:30 a.m. (toda las edades) Cantar en Familia (Eng.) 11:30 a.m. - 12:15 p.m. Baño de Sonido (Biling.) 1:15 - 2 p.m. Yoga (Biling.) 2 -3 p.m. Habilidades para la Vida (Spa.) 3:30 - 4:30 p.m. Pequeños Ingenieros de Lego (Eng.) 4 - 5 p.m. (edades 5+)	Baile de Cardio13 9 - 10 a.m. Clase de Estiramiento 10 - 11 a.m. Orientacion Para Nuevos Miembros 11 - 11:30 a.m. Yoga (Biling.) 11:15 a.m. - 12:15 p.m. Ensaladas y Jugos (Biling.) 1 - 2 p.m. Inscripciones de Medi-Cal 8:30 a.m. - 3:30 p.m.	CENTRO CERRADO
16 	Ejercicio Step 9 - 10 a.m. Consejos de Nutricion y Fitness 10 - 11 a.m. (Spa.) DMH: Depresion y Ansiedad 11 a.m. - 12:30 p.m. (Spa.) Yoga Adaptativo Para Personas Mayores (Biling.) 11:30 a.m. - 12:30 p.m. H.E.L.P- Sistema de Alerta de Emergencia 2 - 3 p.m. (Eng.) Pequeños Chefs (Biling.) 3:45 - 5 p.m.	Clase de Padres (Eng.) 9:30 - 11 a.m. BSP: Manejo del Asma (Biling.) 10 - 11:30 a.m. Clase de Parto (Premio Gratis)(Eng.) 11 a.m. - 12 p.m. Abriendo Puertas (Biling.) 11 a.m. - 1 p.m. La Mente Importa (Spa.) 1 - 3 p.m. Fitness en Familia 4 - 5 p.m. (toda las edades)	Cardio Mix 9 - 10 a.m. Planned Parenthood: Manejo del Estres (Spa.) 10 - 11 a.m. Cita de Juego Familiar 11 - 11:30 a.m. (toda las edades) Cantar en Familia (Eng.) 11:30 a.m. - 12:15 p.m. Paseo por Wilmington (Biling.) 1:15 - 2 p.m. Yoga (Biling.) 2 - 3 p.m. Habilidades para la Vida (Spa.) 3:30 - 4:30 p.m. Pequeños Ingenieros de Lego (Eng.) 4 - 5 p.m. (edades 5+)	Baile de Cardio20 9 - 10 a.m. Clase de Estiramiento 10 - 11 a.m. Yoga (Biling.) 11:15 a.m. - 12:15 p.m. Ensaladas y Jugos (Biling.) 1 - 2 p.m Inscripciones de Medi-Cal 8:30 a.m. - 3:30 p.m.	CENTRO CERRADO
Lunes de Miembros23 9 a.m. - 4 p.m. Kickboxing 9 - 10 a.m. Asistencia con Seguro Social 10 a.m. - 12 p.m. Reunion del Comite Asesor Comunitario Regional 10:30 a.m. - 1 p.m. Pequeño y Yo (Eng.) 10:30 - 11:30 a.m. Entrenamiento de Circuito (Biling.) 2 - 3 p.m. Cocina Saludable (Biling.) 3:15 - 4:30 p.m. Picasso Estudio de Pintura Para Niños 4 - 5 p.m. (Eng.) (ages 4-18)	Ejercicio Step 9 - 10 a.m. Consejos de Nutricion y Fitness (Spa.) 10 - 11 a.m. Clase de Lectura para Niños (Spa.) 10:30 - 11:30 a.m. (edades 0-5) DMH: Preservando su Memoria(Spa.) 11 a.m. - 12:30 p.m. Yoga Adaptativo Para Personas Mayores (Biling.) 11:30 a.m. - 12:30 p.m. Autismo en Adultos (Biling.) 1:30 - 2:30 p.m. Pequeños Chefs (Biling.) 3:45 - 5 p.m.	Clase de Padres (Eng.) 9:30 - 11 a.m. BSP: Manejo del Asma (Biling.) 10 - 11:30 a.m. Clase de Lactancia (Premio Gratis)(Eng.) 11 a.m. - 12 p.m. Abriendo Puertas (Biling.) 11 a.m. - 1 p.m. La Mente Importa (Spa.) 1 - 3 p.m. Fitness en Familia 4 - 5 p.m. (toda las edades) Toberman: Manejo de Casos 1 - 5 p.m.	Cardio Mix 9 - 10 a.m. Planned Parenthood: Abuso de Sustancias en Jovenes (Spa.) 10 - 11 a.m. Cita de Juego Familiar 11 - 11:30 a.m. (toda las edades) Cantar en Familia (Eng.) 11:30 a.m. - 12:15 p.m. Orientaciones de CalFresh (Spa.) 1 - 2 p.m. Baño en Sonido (Biling.) 1:15 - 2 p.m. Yoga (Biling.) 2 - 3 p.m. Habilidades para la Vida (Spa.) 3:30 - 4:30 p.m. Pequeños Ingenieros de Lego (Eng.) 4 - 5 p.m. (edades 5+)	Baile de Cardio27 9 - 10 a.m. Clase de Estiramiento 10 - 11 a.m. Yoga (Biling.) 11:15 a.m. - 12:15 p.m. Ensaladas y Jugos (Biling.) 1 - 2 p.m Inscripciones de Medi-Cal 8:30 a.m. - 3:30 p.m.	CENTRO CERRADO
			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 Wilmington 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 durante las clases. (Edades 4+). Debe usar zapatos apropiados para las clases de ejercicios.

SEA ACTIVO, SALUDABLE E INFORMADO