



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>June is PRIDE month. Join us to learn more about the LGBTQ community.</p> <p>Do you need assistance filling out your Medi-Cal Renewal? IEHP is here to help. Call us at 1-888-860-1296 or visit our center to make an appointment.</p>	<p><i>We heal and inspire the human spirit.</i></p> <p>12353 Mariposa Road, Suites C-2 & C-3, Victorville, CA 92395 (near Vallarta Supermarkets)</p> <p>Monday-Friday, 9am-6pm • Saturday, 9am-1pm</p> <p>1-866-228-4347 • TTY users should call 711</p> <p>www.iehp.org/crcClasses</p> <p><i>Classes are subject to change. All classes are first come first serve.</i></p>		<p>IEHP Renewal Specialist 1</p> <p>Zumba Toning 9am-10am Energy Education & Budgeting** 9am-10am & 1pm-2pm Zumbini (ages 0-5 with parents) 9:15am-10am PIYo 10am-11am Resume Building 10am-12pm & 1:30pm-3pm (Spanish) English as a Second Language 10am-11am & 4pm-5pm Suicide Prevention & Awareness 11am-12pm Fitness Kids (ages 5-11 with parents) 11am-12pm Nutrition with Chef Mario 12pm-1pm Yoga for Seniors & People with Disabilities 1pm-2pm Microsoft Excel Fundamentals** 1pm-2pm Nutrition with Chef 2pm-3pm Tai Chi 3pm-4pm Low Impact Training 4pm-5pm Zumba Kids (ages 5-11 with parents) 4pm-5pm Diversity Club (18+) 4:30pm-5:30pm U-Jam 5pm-6pm</p>	<p>2</p> <p>Kickboxing 9am-10am A Better Me 10am-11am Family Nutrition (ages 0-11 with parents) 10am-11am IEHP Benefits Class (Spanish) 10am-11am Tabata Training 11am-12pm Nutrition with Chef Mario 12pm-1pm Zumba Chair 1pm-2pm Yoga for Seniors & People with Disabilities 2pm-3pm Tai Chi 3pm-4pm Yoga Kids (ages 5-11 with parents) 4pm-5pm Zumba 4pm-5pm Teen Leadership Club (ages 12-17 years) 4pm-5:30pm</p>	<p>3</p> <p>Zumba 9am-10am Brunch with Chef 10am-11am Zumba Kids (ages 5-11 with parents) 10am-11am Yoga Flow 11am-12pm Family Brunch with Chef (ages 5-11 with parents) 11am-12pm Tai Chi 12pm-1pm Yoga Kids (ages 5-11 with parents) 12pm-1pm</p>
<p>5</p> <p>Belly Core 9am-10am Energy Education & Budgeting** 9am-10am & 1pm-2pm Tone & Sculpt 10am-11am Mommy Time (ages 0-5 with parents) 9am-10am Nutrition for Kids (ages 5-11 with parents) 10am-11am Zumbini (ages 0-5 with parents) 10:15am-11am Mise En Place with Chef Mario 11am-12pm Zumba Chair 12pm-1pm Living Well #1 1pm-2pm Nutrition with Letha 2pm-3pm Healthy Heart #1 (Spanish) 2:30pm-3:30pm Tai Chi 3pm-4pm Low Impact Training 4pm-5pm My Life, My Choice 4pm-5pm Dance Kids (ages 5-11 with parents) 4pm-5pm Creative Arts for Teens (ages 12-17 years) 4pm-5:30pm Strong Nation 5pm-6pm</p>	<p>6</p> <p>IEHP Renewal Specialist</p> <p>Strong Nation 9am-10am Energy Education & Budgeting** 9am-10am & 1pm-2pm Zumbini (ages 0-5 with parents) 9:15am-10am Zumba 10am-11am Nutrition for Kids (ages 5-11 with parents) 10am-11am Goodwill Orientation 10am-11:30am & 1:30pm-3pm (Spanish) Citizenship Class 10am-11am & 4pm-5pm Bootcamp Training 11am-12pm Nutrition with Veronica 12pm-1pm & 1:15pm-2:15pm (Spanish) Microsoft Word Fundamentals** 1pm-2pm Sewing Class 1pm-3pm Yoga for Seniors & People with Disabilities 2pm-3pm Tai Chi 3pm-4pm Yoga Kids (ages 5-11 with parents) 4pm-5pm U-Jam 4pm-5pm Fun with Dad (Father figures with kids 4+) 4:30pm-5:30pm Zumba Toning 5pm-6pm</p>	<p>7</p> <p>IEHP Renewal Specialist</p> <p>Dance Fitness 9am-10am Energy Education & Budgeting** 9am-10am & 1pm-2pm Eat Healthy, Be Active #3 (Spanish) 9:30am-10:30am Tone & Sculpt 10am-11am Professional Development 10am-11:30am & 1:30pm-3pm (Spanish) Live Well, Breathe Well #1 11am-12pm Zumba Gold 12pm-1pm Nutrition with Chef Mario 1pm-2pm Understanding Diabetes #2 (Spanish) 1:30pm-2:30pm Yoga for Seniors & People with Disabilities 2pm-3pm Nutrition with Letha 3pm-4pm Low Impact Training 4pm-5pm Creative Arts for Teens (ages 12-17 years) 4pm-5:30pm Fitness Kids (ages 5-11 with parents) 4:30pm-5:30pm Zumba 5pm-6pm</p>	<p>8</p> <p>IEHP Renewal Specialist</p> <p>Zumba Toning 9am-10am Energy Education & Budgeting** 9am-10am & 1pm-2pm Zumbini (ages 0-5 with parents) 9:15am-10am Zumba 10am-11am Resume Building 10am-12pm & 1:30pm-3pm (Spanish) English as a Second Language 10am-11am & 4pm-5pm Bootcamp Training 11am-12pm Fitness Kids (ages 5-11 with parents) 11am-12pm Nutrition with Chef Mario 12pm-1pm Yoga for Seniors & People with Disabilities 1pm-2pm Microsoft Excel Fundamentals** 1pm-2pm Nutrition with Letha 2pm-3pm Tai Chi 3pm-4pm Low Impact Training 4pm-5pm Zumba Kids (ages 5-11 with parents) 4pm-5pm Diversity Club (18+) 4:30pm-5:30pm U-Jam 5pm-6pm</p>	<p>9</p> <p>Black Infant Health Resource Fair 11am-2pm</p> <p>Dance Fitness 9am-10am Family Play Time (ages 0-5 with parents) 9am-10am A Better Me 10am-11am Family Nutrition (ages 0-11 with parents) 10am-11am Zumba Gold 11am-12pm Nutrition with Chef Mario 12pm-1pm Zumba Chair 1pm-2pm Nutrition with Letha 2pm-3pm Yoga for Seniors & People with Disabilities 3pm-4pm Yoga Kids (ages 5-11 with parents) 4pm-5pm Zumba 4pm-5pm Teen Leadership Club (ages 12-17 years) 4pm-5:30pm</p>	<p>10</p> <p>Zumba 9am-10am Nutrition with Letha 10am-11am Zumba Kids (ages 5-11 with parents) 10am-11am Yoga for Seniors & People with Disabilities 11am-12pm Fitness Kids (ages 5-11 with parents) 11am-12pm Zumba Chair 1pm-2pm Nutrition with Letha 2pm-3pm Tai Chi 12pm-1pm Dance Kids (ages 5-11 with parents) 12pm-1pm</p>
<p>12</p> <p>Belly Core 9am-10am Family Story Time (ages 0-5 with parents) 9am-10am Energy Education & Budgeting** 9am-10am & 1pm-2pm Power Yoga 10am-11am Being Self Sufficient 10am-11am Nutrition for Kids (ages 5-11 with parents) 10am-11am Zumbini (ages 0-5 with parents) 10:15am-11am Mise En Place with Chef Mario 11am-12pm Zumba Chair 12pm-1pm Yoga for Seniors & People with Disabilities 1pm-2pm Breast & Cervical Health 1pm-2pm & 2pm-3pm (Spanish) Nutrition with Letha 2pm-3pm Kickboxing 3pm-4pm Art Class (ages 5-11 with parents) 3:30pm-4:30pm Low Impact Training 4pm-5pm Creative Arts for Teens (ages 12-17 years) 4pm-5:30pm Dance Kids (ages 5-11 with parents) 4:30pm-5:30pm Strong Nation 5pm-6pm</p>	<p>13</p> <p>IEHP Renewal Specialist</p> <p>Zumba 9am-10am Energy Education & Budgeting** 9am-10am & 1pm-2pm Zumbini (ages 0-5 with parents) 9:15am-10am PIYo 10am-11am Zumba Kids (ages 5-11 with parents) 10am-11am Goodwill Orientation 10am-11:30am & 1:30pm-3pm (Spanish) Citizenship Class 10am-11am & 4pm-5pm Fentanyl Awareness 11am-12pm Nutrition with Veronica 12pm-1pm 1pm-2pm (Spanish) Tone & Sculpt 1pm-2pm Microsoft Word Fundamentals** 1pm-3pm Yoga for Seniors & People with Disabilities 2pm-3pm Tai Chi 3pm-4pm Yoga Kids (ages 5-11 with parents) 4pm-5pm Zumba Toning 4pm-5pm Hatha Yoga 5pm-6pm</p>	<p>14</p> <p>IEHP Renewal Specialist</p> <p>Strength & Conditioning 9am-10am Energy Education & Budgeting** 9am-10am & 1pm-2pm CPR 9:30am-12:30pm (Spanish) & 1:30pm-4:30pm Tabata Training 10am-11am Personal Power for Kids (ages 5-11 with parents) 10am-11am Empowering Parents 10am-11am Professional Development 10am-11:30am & 1:30pm-3pm (Spanish) Yoga Flow 11am-12pm Zumba Chair 12pm-1pm Zumba Gold 1pm-2pm Becoming a Mom #5 1pm-2pm Microsoft PowerPoint Fundamentals** 1pm-3pm Yoga for Seniors & People with Disabilities 2pm-3pm Breathe Well, Live Well #2 (Spanish) 2:30pm-3:30pm Nutrition with Letha 3pm-4pm Eat Healthy, Be Active #3 4pm-5pm Creative Arts for Teens (ages 12-17 years) 4pm-5:30pm Fitness Kids (ages 5-11 with parents) 4:30pm-5:30pm Zumba 5pm-6pm</p>	<p>15</p> <p>CLOSED 9am-11am</p> <p>Zumba Toning 11am-12pm Fitness Kids (ages 5-11 with parents) 11am-12pm Nutrition with Chef Mario 12pm-1pm Energy Education & Budgeting** 1pm-2pm Yoga for Seniors & People with Disabilities 1pm-2pm Microsoft Excel Fundamentals** 1pm-3pm Resume Building (Spanish) 1:30pm-3pm Nutrition with Letha 2pm-3pm Tai Chi 3pm-4pm Low Impact Training 4pm-5pm English as a Second Language 4pm-5pm Zumba Kids (ages 5-11 with parents) 4pm-5pm Diversity Club (18+) 4:30pm-5:30pm U-Jam 5pm-6pm</p>	<p>16</p> <p>Kickboxing 9am-10am Grief & Loss Support Group 10am-11am Family Nutrition (ages 0-11 with parents) 10am-11am Tabata Training 11am-12pm Nutrition with Chef Mario 12pm-1pm Zumba Chair 1pm-2pm Nutrition with Letha 2pm-3pm Yoga for Seniors & People with Disabilities 3pm-4pm Yoga Kids (ages 5-11 with parents) 4pm-5pm Zumba 4pm-5pm Teen Leadership Club (ages 12-17 years) 4pm-5:30pm</p>	<p>17</p> <p>CLOSED in observance of Juneteenth</p>
<p>19</p> <p>CLOSED in observance of Juneteenth</p>	<p>20</p> <p>IEHP Renewal Specialist</p> <p>Zumba 9am-10am Energy Education & Budgeting** 9am-10am & 1pm-2pm Zumbini (ages 0-5 with parents) 9:15am-10am PIYo 10am-11am Zumba Kids (ages 5-11 with parents) 10am-11am Citizenship Class 10am-11am & 4pm-5pm Yin Yoga 11am-12pm Caregiver's Toolbox: Cognitive Stimulation 12pm-1pm & 1pm-2pm (Spanish) Mise En Place with Chef Mario 12pm-1pm Nutrition with Chef Mario 1pm-2pm Microsoft Word Fundamentals** 1pm-3pm Yoga for Seniors & People with Disabilities 2pm-3pm Tai Chi 3pm-4pm Yoga Kids (ages 5-11 with parents) 4pm-5pm Zumba Toning 4pm-5pm Fun with Dad (Father figures with kids 4+) 4:30pm-5:30pm Hatha Yoga 5pm-6pm</p>	<p>21</p> <p>IEHP Renewal Specialist</p> <p>Strength & Conditioning 9am-10am Housing Resources 9am-10am Energy Education & Budgeting** 9am-10am & 1pm-2pm Understanding Diabetes #2 (Spanish) 9:30am-10:30am Tabata Training 10am-11am Personal Power for Kids (ages 5-11 with parents) 10am-11am Empowering Parents 10am-11am Professional Development 10am-11:30am & 1:30pm-3pm (Spanish) Living Well #2 11am-12pm Nutrition with Chef Mario 12pm-1pm Zumba Gold 1pm-2pm Microsoft PowerPoint Fundamentals** 1pm-3pm My Life, My Choice (Spanish) 1:30pm-2:30pm Yoga for Seniors & People with Disabilities 2pm-3pm Nutrition with Letha 3pm-4pm Pilates 4pm-5pm Creative Arts for Teens (ages 12-17 years) 4pm-5:30pm Fitness Kids (ages 5-11 with parents) 4:30pm-5:30pm Zumba 5pm-6pm</p>	<p>22</p> <p>IEHP Renewal Specialist</p> <p>Zumba Toning 9am-10am Energy Education & Budgeting** 9am-10am & 1pm-2pm Zumbini (ages 0-5 with parents) 9:15am-10am PIYo 10am-11am Resume Building 10am-12pm & 1:30pm-3pm (Spanish) English as a Second Language 10am-11am & 4pm-5pm Community Safety 11am-12pm Fitness Kids (ages 5-11 with parents) 11am-12pm Nutrition with Chef Mario 12pm-1pm Yoga for Seniors & People with Disabilities 1pm-2pm Microsoft Excel Fundamentals** 1pm-3pm Nutrition with Letha 2pm-3pm Medicare 101 2pm-3pm & 3pm-4pm (Spanish) Tai Chi 3pm-4pm Pilates 4pm-5pm Low Impact Training 4pm-5pm Zumba Kids (ages 5-11 with parents) 4pm-5pm Diversity Club (18+) 4:30pm-5:30pm U-Jam 5pm-6pm</p>	<p>23</p> <p>CLOSED 9am-1pm</p> <p>Zumba Chair 1pm-2pm IEHP Benefits Class 1pm-2pm Nutrition with Chef 2pm-3pm Yoga for Seniors & People with Disabilities 3pm-4pm Yoga Kids (ages 5-11 with parents) 4pm-5pm Zumba 4pm-5pm Teen Leadership Club (ages 12-17 years) 4pm-5:30pm</p>	<p>24</p> <p>IEHP Renewal Specialist</p> <p>Zumba 9am-10am Brunch with Chef 10am-11am Zumba Kids (ages 5-11 with parents) 10am-11am Strong Nation 11am-12pm Family Brunch (ages 0-11 with parents) 11am-12pm Tai Chi 12pm-1pm Fitness Kids (ages 5-11 with parents) 12pm-1pm</p>
<p>26</p> <p>Belly Core 9am-10am Energy Education & Budgeting** 9am-10am & 1pm-2pm Mommy Time (ages 0-5 with parents) 9am-10am Power Yoga 10am-11am Being Self Sufficient 10am-11am Nutrition for Kids (ages 5-11 with parents) 10am-11am Zumbini (ages 0-5 with parents) 10:15am-11am Mise En Place with Chef Mario 11am-12pm Zumba Chair 12pm-1pm Understanding Diabetes #1 1pm-2pm Nutrition with Letha 2pm-3pm Breathe Well, Live Well #1 (Spanish) 2:30pm-3:30pm Kickboxing 3pm-4pm Healthy Heart #4 4pm-5pm Dance Kids (ages 5-11 with parents) 4pm-5pm Creative Arts for Teens (ages 12-17 years) 4pm-5:30pm Strong Nation 5pm-6pm</p>	<p>27</p> <p>IEHP Renewal Specialist</p> <p>Zumba 9am-10am Energy Education & Budgeting** 9am-10am & 1pm-2pm Zumbini (ages 0-5 with parents) 9:15am-10am PIYo 10am-11am Zumba Kids (ages 5-11 with parents) 10am-11am Goodwill Orientation 10am-11:30am & 1:30pm-3pm (Spanish) Citizenship Class 10am-11am & 4pm-5pm Yin Yoga 11am-12pm Nutrition with Chef Mario 12pm-1pm Zumba Toning 1pm-2pm Microsoft Word Fundamentals** 1pm-2pm Yoga for Seniors & People with Disabilities 2pm-3pm Tai Chi 3pm-4pm Yoga Kids (ages 5-11 with parents) 4pm-5pm Low Impact 4pm-5pm Hatha Yoga 5pm-6pm</p>	<p>28</p> <p>IEHP Renewal Specialist</p> <p>Strength & Conditioning 9am-10am Energy Education & Budgeting** 9am-10am & 1pm-2pm Tabata Training 10am-11am Personal Power for Kids (ages 5-11 with parents) 10am-11am Empowering Parents 10am-11am Professional Development 10am-11:30am & 1:30pm-3pm (Spanish) Yoga Flow 11am-12pm Nutrition with Chef Mario 12pm-1pm Zumba Gold 1pm-2pm Eat Healthy, Be Active #4 (Spanish) 1pm-2pm Microsoft PowerPoint Fundamentals** 1pm-3pm Understanding Diabetes #2 2:30pm-3:30pm Yoga for Seniors & People with Disabilities 2pm-3pm Nutrition with Letha 3pm-4pm Pilates 4pm-5pm Becoming a Mom #6 (Spanish) 4pm-5pm Creative Arts for Teens (ages 12-17 years) 4pm-5:30pm Fitness Kids (ages 5-11 with parents) 4:30pm-5:30pm Zumba 5pm-6pm</p>	<p>29</p> <p>IEHP Renewal Specialist</p> <p>Zumba Toning 9am-10am Energy Education & Budgeting** 9am-10am & 1pm-2pm Zumbini (ages 0-5 with parents) 9:15am-10am PIYo 10am-11am Resume Building 10am-12pm & 1:30pm-3pm (Spanish) English as a Second Language 10am-11am & 4pm-5pm Fitness Kids (ages 5-11 with parents) 11am-12pm Zumba 11am-12pm Nutrition with Chef Mario 12pm-1pm Yoga for Seniors & People with Disabilities 1pm-2pm Microsoft Excel Fundamentals** 1pm-2pm Nutrition with Letha 2pm-3pm</p> <p>Diversity Dance Party Celebrate PRIDE month with us! 3pm-5pm</p>	<p>30</p> <p>CLOSED 9am-6pm</p>	<p>**Pre-registration Required Infant & toddler classes ages 0-5 with parents Kids classes ages 5-11 with parents Teens ages 12-17</p>