



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><i>We heal and inspire the human spirit.</i></p> <p>Classes are subject to change. All classes are first come first serve.</p> <p>12353 Mariposa Road, Suites C-2 & C-3, Victorville, CA 92395 (near Vallarta Supermarkets)</p> <p>Monday-Friday, 9am-6pm • Saturday, 8:30am-1pm</p> <p>1-866-228-4347 • TTY users should call 711</p> <p>www.iehp.org/crcClasses</p>					
<p>6</p> <p>Meditation 9am-10am Energy Education & Budgeting** 9:30am-10:30am & 1:30pm-2:30pm Power Yoga 10am-11am Zumbini (ages 0-5 with parents) 10:15am-11am Kickboxing 11am-12pm Mise En Place with Chef Mario 12pm-1pm Zumba Chair 1pm-2pm Living Well 1pm-2pm Nutrition with Letha 2pm-3pm Healthy Heart 2:30pm-3:30pm Tai Chi 3pm-4pm U-Jam 4pm-5pm My Life, My Choice 4pm-5pm Parent Club 4pm-5:30pm Creative Arts for Teens (ages 12-17 years) 4pm-5:30pm Zumba Kids (ages 5-11 with parents) 4pm-5pm Yo-Chi 5pm-6pm</p>	<p>7</p> <p>Strong Nation 9am-10am Energy Education & Budgeting** 9:30am-10:30am & 1:30pm-2:30pm Zumba 10am-11am Nutrition with Veronica 10am-11am 11:15am-12:15pm (Spanish) Goodwill Orientation 10am-11:30am & 1:30pm-3pm Citizenship Class 10am-11am & 4pm-5pm Pilates 11am-12pm Yin Yoga 12pm-1pm Computer Basics 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 Low Impact Training 4pm-5pm Zumba 5pm-6pm</p>	<p>1</p> <p>Strength & Conditioning 9am-10am Energy Education & Budgeting** 9:30am-10:30am & 1:30pm-2:30pm Eat Healthy, Be Active (Spanish) 9:30am-10:30am Tabata Training 10am-11am Professional Development 10am-11:30am & 1:30pm-3pm Yoga Flow 11am-12pm Family Asthma 11am-12pm Zumba Gold 12pm-1pm Tai Chi 1pm-2pm Understanding Diabetes 1:30pm-2:30pm Yoga for Seniors & People with Disabilities 2pm-3pm Nutrition with Letha 3pm-4pm WERQ 4pm-5pm Parent Club 4pm-5:30pm Creative Arts for Teens (ages 12-17 years) 4pm-5:30pm Dance Kids (ages 5-11 with parents) 4:30pm-5:30pm Hatha Yoga 5pm-6pm</p>	<p>2</p> <p>Zumba Toning 9am-10am Zumbini (ages 0-5 with parents) 9:30am-10:15am Energy Education & Budgeting** 9:30am-10:30am & 1:30pm-2:30pm HIIT 10am-11am Resume Building 10am-12pm English as a Second Language 10am-11am & 4pm-5pm Nutrition with Chef Mario 11am-12pm Yoga for Seniors & People with Disabilities 12pm-1pm Microsoft Word Fundamentals** 1pm-2pm Tai Chi for Arthritis & Fall Prevention 1pm-2pm Nutrition with Letha 2pm-3pm Sit & Fit 3pm-4pm Strong Nation 4pm-5pm Zumba Kids (ages 5-11 with parents) 4pm-5pm U-Jam 5pm-6pm</p>	<p>3</p> <p>Kickboxing 9am-10am A Better Me 10am-11am Family Nutrition (ages 0-5 with parents) 10am-11am Yoga for Seniors & People with Disabilities 11am-12pm Nutrition with Chef Mario 12pm-1pm Tai Chi 1pm-2pm Zumba Chair 2pm-3pm Nutrition with Letha 3pm-4pm Parent Club 4pm-5:30pm Teen Leadership Club (ages 12-17 years) 4pm-5:30pm Yoga Kids (ages 5-11 with parents) 4pm-5pm Zumba 4pm-5pm Restorative Yoga 5pm-6pm</p>	<p>4</p> <p>Zumba Toning 9am-10am Zumba 10am-11am Yoga Kids (ages 5-11 with parents) 10am-11am Yoga for Seniors & People with Disabilities 10:30am-11:30am Low Impact Training 11am-12pm Zumba Kids (ages 5-11 with parents) 11am-12pm Tai Chi 12pm-1pm Dance Kids (ages 5-11 with parents) 12pm-1pm</p>
<p>13</p> <p>Meditation 9am-10am Family Story Time (ages 0-5 with parents) 9am-10am Energy Education & Budgeting** 9:30am-10:30am & 1:30pm-2:30pm Power Yoga 10am-11am Being Self Sufficient 10am-11am Zumbini (ages 0-5 with parents) 10:15am-11am Kickboxing 11am-12pm Mise En Place with Chef Mario 12pm-1pm Zumba Chair 1pm-2pm Becoming a Mom (Spanish) 1pm-2pm Nutrition with Letha 2pm-3pm Healthy Heart (Spanish) 2:30pm-3:30pm Tai Chi 3pm-4pm U-Jam 4pm-5pm Living Well 4pm-5pm Parent Club 4pm-5:30pm Creative Arts for Teens (ages 12-17 years) 4pm-5:30pm Zumba Kids (ages 5-11 with parents) 4pm-5pm Yo-Chi 5pm-6pm</p>	<p>14</p> <p>OSHA 10** 9am-4:30pm A Better Me 9am-10am Medicare 101 10am-11am & 12:30pm-1:30pm (Spanish) Your Medicine Matters 11am-12:30pm Energy Education & Budgeting** 9:30am-10:30am & 1:30pm-2:30pm Nutrition with Veronica 10am-11am 11:15am-12:15pm (Spanish) Goodwill Orientation 10am-11:30am & 1:30pm-3pm Citizenship Class 10am-11am & 4pm-5pm Yin Yoga 12pm-1pm Computer Basics 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 Training 4pm-5pm Zumba 5pm-6pm</p>	<p>15</p> <p>OSHA 10** 9am-4:30pm Strength & Conditioning 9am-10am Playtime for Little Minds (ages 0-5 with parents) 9am-10am Energy Education & Budgeting** 9:30am-10:30am & 1:30pm-2:30pm Eat Healthy, Be Active (Spanish) 9:30am-10:30am Tabata Training 10am-11am Professional Development 10am-11:30am & 1:30pm-3pm Yoga Flow 11am-12pm Understanding Diabetes (Spanish) 11am-12pm Zumba Gold 12pm-1pm Tai Chi 1pm-2pm Family Asthma 1:30pm-2:30pm Yoga for Seniors & People with Disabilities 2pm-3pm Nutrition with Letha 3pm-4pm WERQ 4pm-5pm Parent Club 4pm-5:30pm Creative Arts for Teens (ages 12-17 years) 4pm-5:30pm Dance Kids (ages 5-11 with parents) 4:30pm-5:30pm Hatha Yoga 5pm-6pm</p>	<p>16</p> <p>CLOSED 9am-1pm</p> <p>Nutrition with Chef Mario 1pm-2pm Microsoft Word Fundamentals** 1pm-2pm Energy Education & Budgeting** 1:30pm-2:30pm Yoga for Seniors & People with Disabilities 2pm-3pm Nutrition with Letha 3pm-4pm Breast & Cervical Health 3:30pm-4:30pm 5pm-6pm (Spanish) English as a Second Language 4pm-5pm Strong Nation 4pm-5pm Zumba Kids (ages 5-11 with parents) 4pm-5pm U-Jam 5pm-6pm</p>	<p>17</p> <p>Kickboxing 9am-10am A Better Me 10am-11am Family Nutrition (ages 0-5 with parents) 10am-11am Yoga for Seniors & People with Disabilities 11am-12pm Nutrition with Chef Mario 12pm-1pm Tai Chi 1pm-2pm Zumba Chair 2pm-3pm Nutrition with Letha 3pm-4pm Parent Club 4pm-5:30pm Teen Leadership Club (ages 12-17 years) 4pm-5:30pm Yoga Kids (ages 5-11 with parents) 4pm-5pm Diversity Club (18+) 4:30pm-5:30pm Restorative Yoga 5pm-6pm</p>	<p>18</p> <p>VITA Free Tax Preparation** 9:30am-12pm Call to schedule your appointment 909-421-4091 or 909-421-4093</p> <p>Rico Eats A Rainbow Day Ages 0-11 with parents Free Books & More</p> <p>Zumba Kids (ages 5-11 with parents) 9am-10am Family Nutrition - Fruit Edition 10:15am-10:45am Meet the Author: Rico Eats a Rainbow 10:45am-11:30am Family Nutrition - Veggie Edition 11:30am-12pm</p> <p>PIYO 9am-10am Zumba 10am-11am Yoga for Seniors & People with Disabilities 11am-12pm</p>
<p>20</p> <p>Meditation 9am-10am Energy Education & Budgeting** 9:30am-10:30am & 1:30pm-2:30pm Power Yoga 10am-11am Zumbini (ages 0-5 with parents) 10:15am-11am Kickboxing 11am-12pm PiYo 12pm-1pm Zumba Chair 1pm-2pm My Life, My Choice (Spanish) 1pm-2pm Nutrition with Letha 2pm-3pm Healthy Heart 2:30pm-3:30pm Tai Chi 3pm-4pm Art Class (ages 5-11 with parents) 3:30pm-4:30pm U-Jam 4pm-5pm Eat Healthy, Be Active 4pm-5pm Parent Club 4pm-5:30pm Creative Arts for Teens (ages 12-17 years) 4pm-5:30pm Zumba Kids (ages 5-11 with parents) 4:30pm-5:30pm Strong Nation 5pm-6pm</p>	<p>21</p> <p>Strong Nation 9am-10am Energy Education & Budgeting** 9:30am-10:30am & 1:30pm-2:30pm Zumba 10am-11am Nutrition with Veronica 10am-11am 11:15am-12:15pm (Spanish) Goodwill Orientation 10am-11:30am & 1:30pm-3pm Citizenship Class 10am-11am & 4pm-5pm Pilates 11am-12pm Caregiver's Toolbox: Normal Aging or Dementia 12pm-1pm & 1:30pm-2:30pm (Spanish) Yin Yoga 12pm-1pm IEHP Benefits Class (Spanish) 1pm-2pm Computer Basics 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 Training 4pm-5pm Zumba 5pm-6pm</p>	<p>22</p> <p>Strength & Conditioning 9am-10am Housing Resources 9am-10am Energy Education & Budgeting** 9:30am-10:30am & 1:30pm-2:30pm Becoming A Mom 9:30am-10:30am Tabata Training 10am-11am Professional Development 10am-11:30am & 1:30pm-3pm Yoga Flow 11am-12pm Living Well 11am-12pm Zumba Gold 12pm-1pm Tai Chi 1pm-2pm Eat Healthy, Be Active (Spanish) 1:30pm-2:30pm Yoga for Seniors & People with Disabilities 2pm-3pm Nutrition with Letha 3pm-4pm WERQ 4pm-5pm Healthy Heart 4pm-5pm Parent Club 4pm-5:30pm Creative Arts for Teens (ages 12-17 years) 4pm-5:30pm Dance Kids (ages 5-11 with parents) 4:30pm-5:30pm Hatha Yoga 5pm-6pm</p>	<p>23</p> <p>Zumba Toning 9am-10am Zumbini (ages 0-5 with parents) 9:30am-10:15am Energy Education & Budgeting** 9:30am-10:30am & 1:30pm-2:30pm HIIT 10am-11am Resume Building 10am-12pm English as a Second Language 10am-11am & 4pm-5pm Nutrition with Veronica 10am-11am 11:15am-12:15pm (Spanish) Yoga for Seniors & People with Disabilities 12pm-1pm Tai Chi 1pm-2pm Microsoft Word Fundamentals** 1pm-2pm Zumba Chair 2pm-3pm Nutrition with Letha 3pm-4pm Strong Nation 4pm-5pm Zumba Kids (ages 5-11 with parents) 4pm-5pm U-Jam 5pm-6pm</p>	<p>24</p> <p>Kickboxing 9am-10am Grief & Loss Support Group 10am-11am Family Yoga (ages 0-5 with parents) 10:15am-11:15am Yoga for Seniors & People with Disabilities 11am-12pm Tai Chi 12pm-1pm Zumba Gold 1pm-2pm Zumba Chair 2pm-3pm Nutrition with Letha 3pm-4pm Parent Club 4pm-5:30pm Teen Leadership Club (ages 12-17 years) 4pm-5:30pm Yoga Kids (ages 5-11 with parents) 4pm-5pm Zumba 4pm-5pm Diversity Club (18+) 4:30pm-5:30pm Restorative Yoga 5pm-6pm</p>	<p>25</p> <p>Zumba Toning 9am-10am Zumba 10am-11am Yoga Kids (ages 5-11 with parents) 10am-11am Yoga for Seniors & People with Disabilities 10:30am-11:30am Low Impact Training 11am-12pm Zumba Kids (ages 5-11 with parents) 11am-12pm Tai Chi 12pm-1pm Dance Kids (ages 5-11 with parents) 12pm-1pm</p>
<p>27</p> <p>Meditation 9am-10am Energy Education & Budgeting** 9:30am-10:30am & 1:30pm-2:30pm Power Yoga 10am-11am Zumbini (ages 0-5 with parents) 10:15am-11am Kickboxing 11am-12pm Mise En Place with Chef Mario 12pm-1pm Zumba Chair 1pm-2pm Understanding Diabetes 1pm-2pm Nutrition with Letha 2pm-3pm Family Asthma (Spanish) 2:30pm-3:30pm Tai Chi 3pm-4pm U-Jam 4pm-5pm Healthy Heart (Spanish) 4pm-5pm Parent Club 4pm-5:30pm Creative Arts for Teens (ages 12-17 years) 4pm-5:30pm Zumba Kids (ages 5-11 with parents) 4pm-5pm Yo-Chi 5pm-6pm</p>	<p>28</p> <p>OSHA 10** 9am-4:30pm Strong Nation 9am-10am Energy Education & Budgeting** 9:30am-10:30am & 1:30pm-2:30pm Zumba 10am-11am Nutrition with Veronica 10am-11am 11:15am-12:15pm (Spanish) Goodwill Orientation 10am-11:30am & 1:30pm-3pm Citizenship Class 10am-11am & 4pm-5pm Pilates 11am-12pm Yin Yoga 12pm-1pm Computer Basics 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 Training 4pm-5pm Zumba 5pm-6pm</p>	<p>29</p> <p>CLOSED 9am-1pm</p> <p>OSHA 10** 9am-4:30pm Tai Chi 1pm-2pm My Life, My Choice 1pm-2pm Energy Education & Budgeting** 1:30pm-2:30pm Professional Development 1:30pm-3pm Yoga for Seniors & People with Disabilities 2pm-3pm Living Well 2:30pm-3:30pm Nutrition with Letha 3pm-4pm Understanding Diabetes (Spanish) 4pm-5pm WERQ 4pm-5pm Parent Club 4pm-5:30pm Creative Arts for Teens (ages 12-17 years) 4pm-5:30pm Dance Kids (ages 5-11 with parents) 4:30pm-5:30pm Hatha Yoga 5pm-6pm</p>	<p>30</p> <p>Zumba Toning 9am-10am Zumbini (ages 0-5 with parents) 9:30am-10:15am Energy Education & Budgeting** 9:30am-10:30am & 1:30pm-2:30pm HIIT 10am-11am Resume Building 10am-11:30am English as a Second Language 10am-11am & 4pm-5pm Nutrition with Chef Mario 11am-12pm Yoga for Seniors & People with Disabilities 12pm-1pm Tai Chi 1pm-2pm Microsoft Word Fundamentals** 1pm-2pm Nutrition with Letha 2pm-3pm Medicare 101 2pm-3pm 3pm-4pm (Spanish) Sit & Fit 3pm-4pm Strong Nation 4pm-5pm Zumba Kids (ages 5-11 with parents) 4pm-5pm U-Jam 5pm-6pm</p>	<p>31</p> <p>Kickboxing 9am-10am Grief & Loss Support Group 10am-11am Smile with Potter the Otter (ages 0-5 with parents) 10am-11am Family Nutrition (ages 0-5 with parents) 11am-12pm Yoga for Seniors & People with Disabilities 11am-12pm Tai Chi 12pm-1pm Nutrition with Chef Mario 1pm-2pm Zumba Chair 2pm-3pm Nutrition with Letha 3pm-4pm Parent Club 4pm-5:30pm Teen Leadership Club (ages 12-17 years) 4pm-5:30pm Yoga Kids (ages 5-11 with parents) 4pm-5pm Zumba 4pm-5pm Diversity Club (18+) 4:30pm-5:30pm Restorative Yoga 5pm-6pm</p>	<p>March is National Nutrition Month</p> <p>SCAN ME! Use your phone to scan the QR code to view our full schedule of FREE classes.</p> <p>**Pre-registration Required</p> <p>Infant & toddler classes ages 0-5 with parents Kids classes ages 5-11 with parents Teens ages 12-17</p>