








Community Wellness Center - SAN BERNARDINO

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
<p>Early Detection Saves Lives! Onsite mobile screening.</p>  <p>Schedule online: www.alineamed.com/iehp-sb Or call: 909-622-3166</p> 		<p>School is back in session!</p>  <p>Check out our fun after-school programming in green.</p>		<p>1</p> <p>Body Sculpting: 9am-10am Medicare 101 10am-10:30am (Spanish) 10:30am-11am Cardio Dance: 10:30am-11:30am Apple Cookies — Food Demo (Bilingual): 11:45am-12:45pm Core Training: 12:45pm-1:45pm Knitting & Crochet (Self-led): 2pm-3pm Line Dance: 2pm-3pm Aerobic Boxing: 3:30pm-4:30pm Roasted Stone Fruit with Ice Cream — Food Demo for Kids (ages 4-11): 4:30pm-5:15pm Chair Fitness: 5pm-6pm</p>	<p>2</p> <p>Yoga Flow: 9am-10am *Lactation-Led New Parent Group *Open to all New Parents (Bilingual) 10am-12pm Strength and Conditioning 10:30am-11:30am *Midwifery-Led Prenatal Group *Open to all Expecting Parents (Bilingual) 12:30pm-2:30pm HIIT & Core Training: 1:30pm-2:30pm Body Flow: 3pm-4pm *Spa Water Social *Refreshments provided 3pm-4pm Fitness Training: 4:30pm-5:30pm Zumba for Kids (ages 4-11): 4:30pm-5:15pm</p>	<p>3</p>  <p>Community Wellness Center CLOSED</p>
<p>5</p> <p>Zumba: 9am-10am Building Your Relationship w/Your Child 10:15am-11:15am Body Sculpting 10:30am-11:30am Line Dance: 12pm-1pm Knitting & Crochet (Self-led): 1pm-2pm Yoga for Seniors & PWD 1:30pm-2:30pm Chair Fitness: 3:30pm-4:30pm *Ice Cream Social *Refreshments provided 4:45pm-5:45pm Cardio Dance: 5pm-6pm</p>	<p>6</p> <p>Medi-Cal Eligibility Worker Your Health & Wellness Benefits 10am-11am *Spa Water Social *Refreshments provided 12pm-1pm Meditation: 1pm-2pm Zumba Gold 2:30pm-3:30pm Community Health Worker (CHW) Workshop 3pm-4pm Pure Strength: 4pm-5pm HIIT: 5:30pm-6pm</p>	<p>7</p> <p>IEHP Renewal Specialist Zumba: 9am-10am Healthy Living: My Best Self #4 (Spanish) 10am-11am Understanding Diabetes #3 11:30am-12:30pm Yoga for Seniors & PWD 12:30pm-1:30pm Living Well in the Community #8 1:30pm-2:30pm Fitness Training 2:15pm-3:15pm Mindful Living #1 (Spanish) 3pm-4pm Strength & Conditioning 3:30pm-4:30pm Yin Yoga Flow 5pm-6pm</p>	<p>8</p> <p>Body Sculpting: 9am-10am Caregivers Toolbox: What is Dementia (Spanish) 10am-11:30am Cardio Dance: Cancelled Marinated Cucumber Salad— Food Demo (Bilingual) 11:45am-12:45pm Core Training: 12:45pm-1:45pm Your Teen's Development & New Ways of Communicating 1pm-2pm Line Dance: 2pm-3pm *Spa Water Social *Refreshments provided 3pm-4pm Aerobic Boxing: 3:30pm-4:30pm Arts & Crafts for Kids (Ages 4-17) 4:30pm-5:30pm Chair Fitness: 5pm-6pm</p>	<p>9</p> <p>Yoga Flow: 9am-10am *Lactation-Led New Parent Group *Open to all New Parents (Bilingual) 10am-12pm Strength and Conditioning 10:30am-11:30am *Midwifery-Led Prenatal Group *Open to all Expecting Parents (Bilingual) 12:30pm-2:30pm HIIT & Core Training 1:30pm-2:30pm Body Flow: 3pm-4pm Fitness Training: 4:30pm-5:30pm Zumba for Kids (ages 4-11) 4:30pm-5:15pm</p>	<p>10</p>  <p>Community Wellness Center CLOSED</p>	
<p>12</p> <p>Zumba: 9am-10am Building your Relationship w/Your Child (Spanish) 10:15am-11:15am Body Sculpting: 10:30am-11:30am Line Dance: 12pm-1pm *Lactation-Led New Parent Group *Open to all New Parents (Bilingual) 12pm-2pm Yoga for Seniors & PWD 1:30pm-2:30pm *Midwifery-Led Prenatal Group *Open to all Expecting Parents (Bilingual) 2:30pm-4:30pm Chair Fitness: 3:30pm-4:30pm *Ice Cream Social *Refreshments provided 4:45pm-5:45pm Cardio Dance: 5pm-6pm</p>	<p>13</p> <p>CLOSED 9am-2pm Meditation: Cancelled Activity & Eating for Adults (Bilingual) 2:30pm-3:30pm Zumba Gold 2:30pm-3:30pm CARE, FERA, & Ca. Lifeline, ACP Plan (Bilingual) 4pm-5pm Pure Strength: 4pm-5pm HIIT: 5:30pm-6pm</p>	<p>14</p> <p>IEHP Renewal Specialist Zumba: 9am-10am Healthy Living: My Best Self #2 10am-11am Understanding Diabetes #3 (Spanish) 11:30am-12:30pm Yoga for Seniors & PWD 12:30pm-1:30pm My Life My Choice 1:30pm-2:30pm Fitness Training 2:15pm-3:15pm Healthy Heart #1 3pm-4pm Strength & Conditioning 3:30pm-4:30pm *Spa Water Social *Refreshments provided 4:30pm-5:30pm Yin Yoga Flow: 5pm-6pm</p>	<p>15</p> <p>CLOSED 3pm-6pm Body Sculpting: 9am-10am Knitting & Crochet (Self-led) 10am-11am Cardio Dance: 10:30am-11:30am Banana Oatmeal Breakfast Bites— Food Demo (Bilingual) 11:45am-12:45pm Core Training 12:45pm-1:45pm Breast & Cervical Health (Bilingual) 1:30pm-2:30pm Line Dance: 2pm-3pm Aerobic Boxing: Cancelled Chair Fitness: Cancelled</p>	<p>16</p>  <p>Community Wellness Center CLOSED</p>	<p>17</p>  <p>Community Wellness Center CLOSED</p>	
<p>19</p> <p>IEHP Renewal Specialist Zumba: 9am-10am Alcohol and Drug Use 10am-11am 11am-12pm (Spanish) Body Sculpting 10:30am-11:30am Line Dance: 12pm-1pm Yoga for Seniors & PWD 1:30pm-2:30pm Your Health & Wellness Benefits (Spanish) 3pm-4pm Chair Fitness: 3:30pm-4:30pm *Ice Cream Social *Refreshments provided 4:45pm-5:45pm Cardio Dance: 5pm-6pm</p>	<p>20</p> <p>Medi-Cal Eligibility Worker Know Your Rights as a Documented or Undocumented Person (Bilingual) 10am-11am Healthy Heart #1 (Spanish) 11:30am-12:30pm Meditation: 1pm-2pm Understanding Diabetes #4 1:30pm-2:30pm Zumba Gold 2:30pm-3:30pm Breathe Well Live Well #1 3pm-4pm Pure Strength: 4pm-5pm HIIT: 5:30pm-6pm</p>	<p>21</p> <p>CLOSED 9am-10am Zumba: Cancelled *Spa Water Social *Refreshments provided 11am-12pm Yoga for Seniors & PWD 12:30pm-1:30pm Pamper My Baby (Bilingual) 1pm-4pm Fitness Training 2:15pm-3:15pm Strength & Conditioning 3:30pm-4:30pm Yin Yoga Flow: 5pm-6pm</p>	<p>22</p> <p>Body Sculpting: 9am-10am Knitting & Crochet (Self-led) 10am-11am Cardio Dance: 10:30am-11:30am Red and Yellow Bell Pepper Omelets — Food Demo (Bilingual) 11:45am-12:45pm Core Training: 12:45pm-1:45pm Your Teen's Development & New Ways of Communicating (Spanish) 1pm-2pm Line Dance: 2pm-3pm *Spa Water Social *Refreshments provided 3pm-4pm Aerobic Boxing: 3:30pm-4:30pm Pita Pizzas — Food Demo for Kids (ages 4-11) 4:30pm-5:15pm Chair Fitness: 5pm-6pm</p>	<p>23</p> <p>Yoga Flow: 9am-10am *Lactation-Led New Parent Group *Open to all New Parents (Bilingual) 10am-12pm Strength and Conditioning 10:30am-11:30am *Midwifery-Led Prenatal Group *Open to all Expecting Parents (Bilingual) 12:30pm-2:30pm HIIT & Core Training 1:30pm-2:30pm Body Flow: 3pm-4pm Fitness Training: 4:30pm-5:30pm Zumba for Kids (ages 4-11) 4:30pm-5:15pm</p>	<p>24</p> <p>Aerobic Boxing 8am-9am Strength & Conditioning (Bilingual) 9:30am-10:30am Bootcamp for New Dads (Bilingual) 10am-1pm Zumba for Kids (ages 4-11) 11am-11:45am Line Dance 12pm-1pm</p>	
<p>26</p> <p>IEHP Renewal Specialist Zumba: 9am-10am Healthy Heart #2: 10am-11am Body Sculpting 10:30am-11:30am Understanding Diabetes #4 (Spanish) 11:30am-12:30pm Line Dance: 12pm-1pm Mindful Living #1 1:30pm-2:30pm Yoga for Seniors & PWD 1:30pm-2:30pm Healthy Heart #2 (Spanish) 3pm-4pm Chair Fitness: 3:30pm-4:30pm Know Your Blood Pressure Medications 4:30pm-6pm Cardio Dance: 5pm-6pm</p>	<p>27</p> <p>Medi-Cal Eligibility Worker CPR 9:30am-12:30pm Meditation 1pm-2pm Zumba Gold 2:30pm-3:30pm CPR (Spanish) 1pm-4pm Pure Strength 4pm-5pm HIIT: 5:30pm-6pm</p>	<p>28</p> <p>Zumba: 9am-10am Community Health Worker (CHW) Workshop (Spanish) 10:30am-11:30am Yoga for Seniors & PWD 12:30pm-1:30pm Fitness Training 2:15pm-3:15pm Knitting & Crochet (Self-led) 3:30pm-4:30pm Strength & Conditioning 3:30pm-4:30pm *Ice Cream Social *Refreshments provided 4:45pm-5:45pm Yin Yoga Flow: 5pm-6pm</p>	<p>29</p> <p>Body Sculpting: 9am-10am Cardio Dance: 10:30am-11:30am Cheesy Broccoli Fritters — Food Demo (Bilingual) 11:45am-12:45pm Core Training 12:45pm-1:45pm Line Dance: 2pm-3pm *Spa Water Social *Refreshments provided 3pm-4pm Aerobic Boxing: 3:30pm-4:30pm Pico de Gallo Fruit Salad — Food Demo for Kids (ages 4-11) 4:30pm-5:15pm Chair Fitness: 5pm-6pm</p>	<p>30</p> <p>Free Mammograms 9am-5pm Join us for self care activities, great info, and more! Plus, free goodie bags! Yoga Flow: 9am-10am *Lactation-Led New Parent Group *Open to all New Parents (Bilingual) 10am-12pm Strength and Conditioning 10:30am-11:30am *Midwifery-Led Prenatal Group *Open to all Expecting Parents (Bilingual) 12:30pm-2:30pm HIIT & Core Training: 1:30pm-2:30pm Body Flow: 3pm-4pm Self Care Activity: 3pm-4pm *Refreshments provided Fitness Training: 4:30pm-5:30pm Zumba for Kids (ages 4-11) 4:30pm-5:15pm</p>	<p>31</p>  <p>CLOSED</p>	

We heal and inspire the human spirit.

Classes are subject to change.
All classes are first come first serve.

 805 West 2nd Street, Suite C, San Bernardino, CA 92410 (at the Marshalls Plaza)

 Monday-Friday, 9am-6pm • Saturday, 8:30am-1pm

 1-866-228-4347 • TTY users should call 711

 www.iehp.org/crcClasses