

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>Zumba Core</b> 9am-10am <b>Energy Education &amp; Budgeting**</b> 9am-10am &amp; 1pm-2pm <b>Playdate Hour (Self Led)</b> 9am-10am &amp; 10am-11am <b>Tone &amp; Sculpt</b> 10am-11am</p> <p><b>Cal Fresh Applications</b> 10am-2pm</p> <p><b>Zumbini</b> 10:15am-11am &amp; 11:15am-12pm <b>Chair Fitness</b> 12pm-1pm <b>Arts &amp; Crafts for Kids</b> 12pm-1pm <b>Chair Yoga</b> 1pm-2pm <b>Zumba for Kids</b> 1pm-2pm <b>Goodwill Orientation</b> 1:30pm-2:30pm <b>Meditation</b> 2pm-3pm <b>Becoming a Mom 1</b> 2:30pm-3:30pm (Spanish) <b>Bootcamp Training</b> 4pm-5pm <b>Fitness for Kids</b> 4pm-5pm <b>My Choice, My Life</b> 4pm-5pm <b>Hatha Yoga</b> 5pm-6pm <b>Dance for Kids</b> 5pm-6pm</p>	<p><b>Medi-Cal Renewal Specialist Medi-Cal Eligibility Worker</b></p> <p><b>Energy Education &amp; Budgeting**</b> 9am-10am &amp; 1pm-2pm <b>Playdate Hour (Self Led)</b> 9am-10am <b>Zumba Toning</b> 10am-11am <b>Resume &amp; Development**</b> 10am-12pm <b>Citizenship Class</b> 10am-11am &amp; 4pm-5pm <b>Reading &amp; Crafts Club for Littles</b> 10:15am-11am <b>Nutrition Fundamentals</b> 11am-12pm <b>Chair Yoga</b> 1pm-2pm <b>Zumba Chair</b> 2pm-3pm <b>Kickboxing</b> 4pm-5pm <b>Zumba Core</b> 5pm-6pm</p> <p><b>Family Summer Camp</b> For kids ages 5-11 with parents Join us for a variety of activities and fun for the family 12pm-2pm &amp; 4pm-6pm</p>	<p><b>Bootcamp Training</b> 9am-10am</p> <p><b>Active Book Club</b> 9am-10:30am</p> <p><b>Energy Education &amp; Budgeting**</b> 9am-10am &amp; 1pm-2pm <b>Playdate Hour (Self Led)</b> 9am-10am <b>A Better Me</b> 10am-11am <b>Job Club**</b> 10am-12pm <b>Family Nutrition</b> 10:15am-11am <b>Understanding Diabetes 3</b> 11am-12pm <b>Grief &amp; Loss Support Group</b> 11am-12pm <b>Chair Fitness</b> 12pm-1pm <b>Kids Eat Well</b> 12pm-1pm <b>Healthy Heart 2</b> 12:30-1:30pm (Spanish) <b>Eat Well with Russell</b> 2pm-3pm <b>Fitness for Kids</b> 1pm-2pm <b>Beginning Zumba</b> 3pm-4pm <b>Family Fun Hour</b> 4pm-5pm <b>Zumba</b> 4pm-5pm <b>Restorative Yoga</b> 5pm-6pm <b>Zumba for Kids</b> 5pm-6pm</p>	<p><b>Strength &amp; Conditioning</b> 9am-10am</p> <p><b>Active Book Club</b> 9am-10:30am</p> <p><b>Mindful Living 1</b> 9am-10am <b>Playdate Hour (Self Led)</b> 9am-10am &amp; 10am-11am <b>Kickboxing</b> 10am-11am <b>Family Nutrition</b> 10:15am-11am <b>Breathe Well, Live Well 1</b> 10:30am-11:30am (Spanish) <b>Zumba Chair</b> 11am-12pm <b>Reading &amp; Crafts Club for Littles</b> 11:15am-12pm <b>Kids Eat Well</b> 12pm-1pm <b>Your Health and Wellness Benefits</b> 1pm-2pm <b>Chair Yoga</b> 1pm-2pm <b>Beginning Zumba</b> 1pm-2pm <b>Eat Well with Russell</b> 2pm-3pm</p> <p><b>Family Movie Night</b> For kids ages 5-11 with parents 3:30pm-5:30pm Light snacks provided. While Supplies last. <b>Zumba for Kids</b> 3:30pm-4pm <b>Movie</b> 4pm-5:30pm</p>	
<p><b>Zumba Core</b> 9am-10am <b>Energy Education &amp; Budgeting**</b> 9am-10am &amp; 1pm-2pm <b>Playdate Hour (Self Led)</b> 9am-10am &amp; 10am-11am <b>Tone &amp; Sculpt</b> 10am-11am</p> <p><b>Cal Fresh Applications</b> 10am-2pm</p> <p><b>Zumbini</b> 10:15am-11am &amp; 11:15am-12pm <b>Chair Fitness</b> 12pm-1pm <b>Arts &amp; Crafts for Kids</b> 12pm-1pm <b>Chair Yoga</b> 1pm-2pm <b>Zumba for Kids</b> 1pm-2pm <b>Goodwill Orientation</b> 1:30pm-2:30pm <b>Meditation</b> 2pm-3pm <b>Understanding Diabetes 4</b> 2:30pm-3:30pm (Spanish) <b>Bootcamp Training</b> 4pm-5pm <b>Fitness for Kids</b> 4pm-5pm <b>Living Well 10</b> 4pm-5pm <b>Creative Arts for Teens</b> 4pm-5:30pm <b>Parent Club</b> 4pm-5:30pm <b>Hatha Yoga</b> 5pm-6pm <b>Dance for Kids</b> 5pm-6pm</p>	<p><b>Energy Education &amp; Budgeting**</b> 9am-10am &amp; 1pm-2pm <b>Playdate Hour (Self Led)</b> 9am-10am <b>Zumba Toning</b> 10am-11am <b>Resume &amp; Development**</b> 10am-12pm <b>Citizenship Class</b> 10am-11am &amp; 4pm-5pm <b>Reading &amp; Crafts Club for Littles</b> 10:15am-11am <b>Nutrition Fundamentals</b> 11am-12pm <b>Sewing Class</b> 1pm-3pm <b>Zumba Chair</b> 2pm-3pm <b>Kickboxing</b> 4pm-5pm <b>Zumba Core</b> 5pm-6pm</p> <p><b>Family Summer Camp</b> For kids ages 5-11 with parents Join us for a variety of activities and fun for the family 12pm-2pm &amp; 4pm-6pm</p>	<p><b>Medi-Cal Eligibility Worker</b></p> <p><b>Bootcamp Training</b> 9am-10am</p> <p><b>Active Book Club</b> 9am-10:30am</p> <p><b>Energy Education &amp; Budgeting**</b> 9am-10am &amp; 1pm-2pm <b>Playdate Hour (Self Led)</b> 9am-10am <b>CPR</b> 9:30am-12:30pm 1:30pm-4:30pm (Spanish) 10am-12pm <b>Lactation New Parent Group</b> 10am-12pm <b>Family Nutrition</b> 10:15am-11am <b>Breathe Well, Live Well 2</b> 11am-12pm <b>Chair Fitness</b> 12pm-1pm <b>Kids Eat Well</b> 12pm-1pm <b>Healthy Living: My Best Self 1</b> 12:30pm-1:30pm (Spanish) <b>Midwifery-Led Prenatal Group</b> 12:30pm-2:30pm <b>Fitness for Kids</b> 1pm-2pm <b>Eat Well with Russell</b> 2pm-3pm <b>Beginning Zumba</b> 3pm-4pm <b>Zumba</b> 4pm-5pm <b>Family Fun Hour</b> 4pm-5pm <b>Creative Arts for Teens</b> 4pm-5:30pm <b>Parent Club</b> 4pm-5:30pm <b>Restorative Yoga</b> 5pm-6pm <b>Zumba for Kids</b> 5pm-6pm</p>	<p><b>Zumba Toning</b> 9am-10am <b>Energy Education &amp; Budgeting**</b> 9am-10am &amp; 1pm-2pm <b>Playdate Hour (Self Led)</b> 9am-10am &amp; 10am-11am <b>Zumba</b> 10am-11am <b>English as a Second Language</b> 10am-11am &amp; 4pm-5pm <b>Zumbini</b> 10:15am-11am &amp; 11:15am-12pm <b>Zumba Gold</b> 12pm-1pm <b>Medicare 101</b> 12pm-1pm &amp; 1pm-2pm (Spanish) <b>Movement &amp; Mobility</b> 1pm-2pm <b>Eat Well with Russell</b> 3pm-4pm <b>Hatha Yoga</b> 4pm-5pm <b>Dance Fitness</b> 5pm-6pm</p> <p><b>Family Summer Camp</b> For kids ages 5-11 with parents Join us for a variety of activities and fun for the family 12pm-2pm &amp; 4pm-6pm</p>	<p><b>Strength &amp; Conditioning</b> 9am-10am</p> <p><b>Active Book Club</b> 9am-10:30am</p> <p><b>Mindful Living 2</b> 9am-10am <b>Playdate Hour (Self Led)</b> 9am-10am &amp; 10am-11am <b>Kickboxing</b> 10am-11am <b>Family Nutrition</b> 10:15am-11am <b>Healthy Heart 3</b> 10:30am-11:30am (Spanish) <b>Zumba Chair</b> 11am-12pm <b>Reading &amp; Crafts Club for Littles</b> 11:15am-12pm <b>Kids Eat Well</b> 12pm-1pm <b>Chair Yoga</b> 1pm-2pm <b>Beginning Zumba</b> 1pm-2pm <b>Eat Well with Russell</b> 2pm-3pm <b>Your Health and Wellness Benefits</b> 2:30pm-3:30pm (Spanish)</p> <p><b>Family Game Night</b> For kids ages 5-11 with parents 3:30pm-5:30pm Light snacks provided. While Supplies last.</p> <p><b>Parent Club</b> 4pm-5:30pm <b>Teen Leadership Club</b> 4pm-5:30pm</p>
<p><b>Zumba Core</b> 9am-10am <b>Energy Education &amp; Budgeting**</b> 9am-10am &amp; 1pm-2pm <b>Playdate Hour (Self Led)</b> 9am-10am &amp; 10am-11am <b>Tone &amp; Sculpt</b> 10am-11am</p> <p><b>Cal Fresh Applications</b> 10am-2pm</p> <p><b>Zumbini</b> 10:15am-11am &amp; 11:15am-12pm <b>Chair Fitness</b> 12pm-1pm <b>Arts &amp; Crafts for Kids</b> 12pm-1pm <b>Community Health Worker Workshop</b> 12pm-12:45pm <b>Chair Yoga</b> 1pm-2pm <b>Zumba for Kids</b> 1pm-2pm <b>Goodwill Orientation</b> 1:30pm-2:30pm <b>Meditation</b> 2pm-3pm <b>Healthy Living: My Best Self 2</b> 2:30pm-3:30pm (Spanish) <b>Becoming a Mom 8</b> 4pm-5pm <b>Fitness for Kids</b> 4pm-5pm <b>Creative Arts for Teens</b> 4pm-5:30pm <b>Parent Club</b> 4pm-5:30pm <b>Hatha Yoga</b> 5pm-6pm <b>Dance for Kids</b> 5pm-6pm</p>	<p><b>Medi-Cal Renewal Specialist Medi-Cal Eligibility Worker</b></p> <p><b>Energy Education &amp; Budgeting**</b> 9am-10am &amp; 1pm-2pm <b>Playdate Hour (Self Led)</b> 9am-10am</p> <p><b>Goodwill Hiring Event</b> 10am-12pm</p> <p><b>Nutrition Fundamentals</b> 10am-11am <b>Citizenship Class</b> 10am-11am &amp; 4pm-5pm <b>Reading &amp; Crafts Club for Littles</b> 10:15am-11am <b>Breast &amp; Cervical Health</b> 11am-12pm <b>Chair Yoga</b> 1pm-2pm <b>Zumba Chair</b> 2pm-3pm <b>Kickboxing</b> 4pm-5pm <b>Zumba Core</b> 5pm-6pm</p> <p><b>Family Summer Camp</b> For kids ages 5-11 with parents Join us for a variety of activities and fun for the family 12pm-2pm &amp; 4pm-6pm</p>	<p><b>Bootcamp Training</b> 9am-10am <b>Energy Education &amp; Budgeting**</b> 9am-10am &amp; 1pm-2pm</p> <p><b>Active Book Club</b> 9am-10:30am</p> <p><b>Playdate Hour (Self Led)</b> 9am-10am <b>A Better Me</b> 10am-11am <b>Family Nutrition</b> 10:15am-11am <b>Lactation New Parent Group</b> 10am-12pm <b>Healthy Living: My Best Self 4</b> 11am-12pm <b>Chair Fitness</b> 12pm-1pm <b>Kids Eat Well</b> 12pm-1pm <b>Understanding Diabetes 5</b> 12:30pm-1:30pm (Spanish) <b>Midwifery-Led Prenatal Group</b> 12:30pm-2:30pm <b>Fitness for Kids</b> 1pm-2pm <b>Eat Well with Russell</b> 2pm-3pm <b>Beginning Zumba</b> 3pm-4pm <b>Zumba</b> 4pm-5pm</p> <p><b>Family Fun Hour</b> For kids ages 5-11 with parents Join us to receive one free book per participating family 4pm-5pm</p> <p><b>Creative Arts for Teens</b> 4pm-5:30pm <b>Parent Club</b> 4pm-5:30pm <b>Restorative Yoga</b> 5pm-6pm <b>Zumba for Kids</b> 5pm-6pm</p>	<p><b>CLOSED</b> 9am-11am</p> <p><b>Zumba Toning</b> 11am-12pm <b>Zumbini</b> 11:15am-12pm <b>Zumba Gold</b> 12pm-1pm <b>Energy Education &amp; Budgeting**</b> 1pm-2pm <b>Movement &amp; Mobility</b> 1pm-2pm <b>Eat Well with Russell</b> 3pm-4pm <b>Hatha Yoga</b> 4pm-5pm <b>Dance Fitness</b> 5pm-6pm</p> <p><b>Family Summer Camp</b> For kids ages 5-11 with parents Join us for a variety of activities and fun for the family 12pm-2pm &amp; 4pm-6pm</p>	<p><b>Strength &amp; Conditioning</b> 9am-10am</p> <p><b>Active Book Club</b> 9am-10:30am</p> <p><b>Understanding Diabetes 4</b> 9am-10am <b>Playdate Hour (Self Led)</b> 9am-10am &amp; 10am-11am <b>Kickboxing</b> 10am-11am <b>Family Nutrition</b> 10:15am-11am <b>My Choice, My Life</b> 10:30-11:30am (Spanish) <b>Zumba Chair</b> 11am-12pm <b>Reading &amp; Crafts Club for Littles</b> 11:15am-12pm <b>Kids Eat Well</b> 12pm-1pm <b>Chair Yoga</b> 1pm-2pm <b>Beginning Zumba</b> 1pm-2pm <b>Eat Well with Russell</b> 2pm-3pm</p> <p><b>Family 4th Game Night</b> For kids ages 5-11 with parents 3:30pm-5:30pm Light snacks provided. While Supplies last.</p> <p><b>Parent Club</b> 4pm-5:30pm <b>Teen Leadership Club</b> 4pm-5:30pm</p>
<p><b>Zumba Core</b> 9am-10am <b>Energy Education &amp; Budgeting**</b> 9am-10am &amp; 1pm-2pm <b>Playdate Hour (Self Led)</b> 9am-10am &amp; 10am-11am <b>Tone &amp; Sculpt</b> 10am-11am</p> <p><b>Cal Fresh Applications</b> 10am-2pm</p> <p><b>Zumbini</b> 10:15am-11am &amp; 11:15am-12pm <b>Chair Fitness</b> 12pm-1pm <b>Arts &amp; Crafts for Kids</b> 12pm-1pm <b>Chair Yoga</b> 1pm-2pm <b>Zumba for Kids</b> 1pm-2pm <b>Goodwill Orientation</b> 1:30pm-2:30pm <b>Meditation</b> 2pm-3pm <b>Breathe Well, Live Well 2</b> 2:30pm-3:30pm (Spanish) <b>Mindful Living 3</b> 4pm-5pm <b>Family Arts &amp; Crafts</b> 4pm-5pm Invite grandparents to the family fun. Snacks &amp; refreshments provided. While supplies last. <b>Creative Arts for Teens</b> 4pm-5:30pm <b>Parent Club</b> 4pm-5:30pm <b>Hatha Yoga</b> 5pm-6pm <b>Dance for Kids</b> 5pm-6pm</p>	<p><b>Medi-Cal Renewal Specialist Medi-Cal Eligibility Worker</b></p> <p><b>Energy Education &amp; Budgeting**</b> 9am-10am &amp; 1pm-2pm <b>Playdate Hour (Self Led)</b> 9am-10am &amp; 10am-11am <b>Zumba Toning</b> 10am-11am <b>Citizenship Class</b> 10am-11am &amp; 4pm-5pm <b>Resume &amp; Development**</b> 10am-12pm <b>Reading &amp; Crafts Club for Littles</b> 10:15am-11am <b>Nutrition Fundamentals</b> 11am-12pm <b>Chair Yoga</b> 1pm-2pm <b>Zumba Chair</b> 2pm-3pm <b>Kickboxing</b> 4pm-5pm <b>Zumba Core</b> 5pm-6pm</p> <p><b>Family Summer Camp</b> For kids ages 5-11 with parents Join us for a variety of activities and fun for the family 12pm-2pm &amp; 4pm-6pm</p>	<p><b>Medi-Cal Eligibility Worker</b></p> <p><b>Energy Education &amp; Budgeting**</b> 9am-10am &amp; 1pm-2pm</p> <p><b>July Birthday Bash</b> Ages 0-5 with parents 10am-12pm Bring your tiny human and celebrate with us!</p> <p><b>A Better Me</b> 10am-11am <b>Lactation New Parent Group</b> 10am-12pm <b>Healthy Heart 2</b> 11am-12pm <b>Grief &amp; Loss Support Group</b> 11am-12pm <b>Chair Fitness</b> 12pm-1pm <b>Kids Eat Well</b> 12pm-1pm <b>Midwifery-Led Prenatal Group</b> 12:30pm-2:30pm <b>Healthy Living: My Best Self 3</b> 12:30pm-1:30pm (Spanish) <b>Fitness for Kids</b> 1pm-2pm <b>Eat Well with Russell</b> 2pm-3pm <b>Beginning Zumba</b> 3pm-4pm <b>Zumba</b> 4pm-5pm <b>Family Fun Hour</b> 4pm-5pm <b>Creative Arts for Teens</b> 4pm-5:30pm <b>Parent Club</b> 4pm-5:30pm <b>Restorative Yoga</b> 5pm-6pm <b>Zumba for Kids</b> 5pm-6pm</p>	<p><b>CLOSED</b></p>	<p><b>Strength &amp; Conditioning</b> 9am-10am</p> <p><b>Active Book Club</b> 9am-10:30am</p> <p><b>Kickboxing</b> 10am-11am <b>Playdate Hour (Self Led)</b> 10am-11am <b>Zumba Chair</b> 11am-12pm <b>Reading &amp; Crafts Club for Littles</b> 11:15am-12pm <b>Living Well 1</b> 1pm-2pm <b>Chair Yoga</b> 1pm-2pm <b>Beginning Zumba</b> 1pm-2pm <b>Understanding Diabetes 6</b> 2:30pm-3:30pm (Spanish)</p> <p><b>Family Movie Night</b> For kids ages 5-11 with parents 3:30pm-5:30pm Light snacks provided. While Supplies last.</p> <p><b>Zumba for Kids</b> 3:30pm-4pm <b>Movie</b> 4pm-5:30pm</p> <p><b>Parent Club</b> 4pm-5:30pm <b>Teen Leadership Club</b> 4pm-5:30pm</p>
<p><b>Zumba Core</b> 9am-10am <b>Energy Education &amp; Budgeting**</b> 9am-10am &amp; 1pm-2pm <b>Playdate Hour (Self Led)</b> 9am-10am &amp; 10am-11am <b>Tone &amp; Sculpt</b> 10am-11am</p> <p><b>Cal Fresh Applications</b> 10am-2pm</p> <p><b>Zumbini</b> 10:15am-11am &amp; 11:15am-12pm <b>Chair Fitness</b> 12pm-1pm <b>Arts &amp; Crafts for Kids</b> 12pm-1pm <b>Chair Yoga</b> 1pm-2pm <b>Zumba for Kids</b> 1pm-2pm <b>Goodwill Orientation</b> 1:30pm-2:30pm <b>Meditation</b> 2pm-3pm <b>Fitness for Kids</b> 4pm-5pm <b>Creative Arts for Teens</b> 4pm-5:30pm <b>Parent Club</b> 4pm-5:30pm <b>Hatha Yoga</b> 5pm-6pm <b>Dance for Kids</b> 5pm-6pm</p>	<p><b>Medi-Cal Renewal Specialist Medi-Cal Eligibility Worker</b></p> <p><b>Back to School**</b> 9am-12pm FREE backpack &amp; goodies for kids ages 4-17 Scan QR code to register</p> <p><b>Energy Education &amp; Budgeting**</b> 9am-10am &amp; 1pm-2pm <b>Citizenship Class</b> 10am-11am &amp; 4pm-5pm <b>Your Health and Wellness Benefits</b> 10am-11am <b>Zumba Chair</b> 2pm-3pm <b>Mindful Living 1</b> 2:30pm-3:30 (Spanish) <b>Kickboxing</b> 4pm-5pm <b>Breathe Well, Live Well 1</b> 4pm-5pm <b>Family Summer Camp</b> 4pm-6pm</p>	<p><b>CLOSED</b> 9am-2pm</p> <p><b>Eat Well with Russell</b> 2pm-3pm <b>Energy Education &amp; Budgeting**</b> 2pm-3pm <b>Healthy Living: My Best Self 1</b> 2pm-3pm <b>Beginning Zumba</b> 3pm-4pm <b>Healthy Heart 1</b> 3:30pm-4:30pm (Spanish) <b>Zumba</b> 4pm-5pm <b>Family Fun Hour</b> 4pm-5pm <b>Creative Arts for Teens</b> 4pm-5:30pm <b>Parent Club</b> 4pm-5:30pm <b>Restorative Yoga</b> 5pm-6pm <b>Zumba for Kids</b> 5pm-6pm</p>	<p><b>DISABILITY PRIDE MONTH</b> Join us all July for fun classes and local resources.</p> <p><b>Legend</b> **Pre-registration Required Blue font color - Infant &amp; toddler classes ages 0-5 with parents Purple font color - Kids classes ages 5-11 with parents Green font color - Teens classes ages 12-17 Black font color - Classes for ages 12 and older</p> <p><b>Medi-Cal Eligibility Worker</b> - Get Medi-Cal application assistance and more from the on-site Medi-Cal worker. Schedule your appointment at the center.</p> <p><b>Do you need assistance filling out your Medi-Cal Renewal?</b> Call us at 1-888-860-1296 or visit our center to make an appointment.</p> <p>Do you need help with benefits, updating demographics, or changing your provider? We have Member Services Representatives on-site Monday-Friday 9am-5:30pm. Ask to speak with them today! ❤️</p> <p>To better serve you, the Community Wellness Center will operate on a revised schedule for a limited time, with closures on Saturdays. We appreciate your understanding and support as we actively enhance our staffing levels to improve service for you.</p>	