








Community Wellness Center - RIVERSIDE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 <p>SCAN ME! Use your phone to scan the QR code to view our full schedule of FREE classes.</p>	<p>January Medi-Cal packets have been mailed out, not sure what to do? IEHP is here to help. Let us schedule an appointment with our Renewal Specialist every Wednesday.</p>	 <p>MEN'S HEALTH AWARENESS MONTH Join us for men's health programs throughout the month of November and don't forget to wear Blue on the days you see the mustache.</p>	<p>1</p> <p>Bootcamp 9am-10am</p> <p>Tabata Gold 10:30am-11:30am</p> <p>Arts & Crafts (Bilingual) 11:30am-12:30pm</p> <p>Yoga for Seniors & PWD 2pm-3pm</p> <p>24/7 Dads: Cohort 5, Session 2 4pm-6pm</p> <p>Yoga for Kids (ages 4-11) 4pm-4:45pm</p> <p>Strength & Conditioning 5pm-6pm</p>	<p>2</p>  <p>Community Wellness Center CLOSED</p>	
<p>4</p> <p>Strength & Conditioning 9am-10am</p> <p>*Cinnamon-Orange Glazed Sweet Potatoes — Food Demo 10am-11am</p> <p>Meditation 10:30am-11:30am</p> <p>*Cinnamon-Orange Glazed Sweet Potatoes — Food Demo 11:30am-12:30pm</p> <p><i>*Food Demo 30 max capacity</i></p> <p>Pure Strength 12pm-1pm</p> <p>Your Health & Wellness Benefits 1pm-2pm</p> <p>Tabata Dance 1:30pm-2:30pm</p> <p>HIIT & Core Training 3pm-4pm</p> <p>Turkey Basics (Bilingual) 3:30pm-4:30pm</p> <p>Bootcamp for Kids (ages 4-11) 5pm-5:45pm</p>	<p>5</p> <p>Line Dance 9am-10am</p> <p>Living Well in the Community #5 9am-10am</p> <p>Quitting Tobacco 10:30am-11:30am</p> <p>Fitness Training 10:30am-11:30am</p> <p>Body Flow 12pm-1pm</p> <p>Healthy Living: My Best Self #1 (Spanish) 1pm-2pm</p> <p>Yoga for Seniors & PWD 2pm-3pm</p> <p>Chair Fitness 3:30pm-4:30pm</p> <p>Healthy Living: My Best Self #1 4pm-5pm</p> <p>Arts & Crafts for Kids (ages 4-11) 5pm-5:45pm</p> <p>Dance Fitness 5pm-6pm</p>	<p>6</p> <p><i>IEHP Renewal Specialist</i></p> <p>Yoga Flow for Beginners 9am-10am</p> <p>Learn About Free Legal and Citizenship/ Immigration Services (Bilingual) 10am-11am</p> <p>Aerobic Boxing 11:15am-12:15pm</p> <p>Pure Strength 12:30pm-1:30pm</p> <p>Tabata Chair 2pm-3pm</p> <p>Cinnamon-Orange Glazed Sweet Potatoes — Food Demo (Spanish) 2:30pm-3:30pm</p> <p>Boot Camp 3:30pm-4:30pm</p> <p>Kool Kiwi Kabob — Kids Food Demo (ages 4-11) 4pm-4:45pm</p> <p>Body Flow 5pm-6pm</p> <p>Tabata for Kids (ages 4-11) 5:15pm-6pm</p>	<p>7</p> <p>Chair Fitness 9am-10am</p> <p>Hot Cocoa Social (Bilingual) 10am-10:30am</p> <p>Yin Yoga 10:30am-11:30am</p> <p>Line Dance 12pm-1pm</p> <p>Zumba Gold 2pm-3pm</p> <p>Body Sculpting 3:30pm-4:30pm</p> <p>Thankful Thursday Arts & Crafts (Bilingual) 4pm-5pm</p> <p>Cardio Kickboxing 5pm-6pm</p>	<p>8</p> <p>Bootcamp 9am-10am</p> <p>Baby and Me Social (Bilingual) (ages 0-3 and expecting parents) 10am-11am</p> <p>Tabata Gold 10:30am-11:30am</p> <p>Arts & Crafts (Bilingual) 11:30am-12:30pm</p> <p>Yoga for Seniors & PWD 2pm-3pm</p> <p>24/7 Dads: Cohort 5, Session 3 4pm-6pm</p> <p>Yoga for Kids (ages 4-11) 4pm-4:45pm</p> <p>Strength & Conditioning 5pm-6pm</p>	<p>9</p>  <p>CLOSED</p>
<p>11</p>  <p>CLOSED</p>	<p>12</p> <p>Line Dance 9am-10am</p> <p>Reproductive Anatomy & Physiology 9am-10pm</p> <p>Fitness Training 10:30am-11:30am</p> <p>Understanding Diabetes #7 (Spanish) 10:30am-11:30am</p> <p>Body Flow 12pm-1pm</p> <p>Understanding Diabetes #7 12pm-1pm</p> <p>Breast & Cervical Health (Bilingual) 1pm-2pm</p> <p>Yoga for Seniors & PWD 2pm-3pm</p> <p>Breathe Well Live Well #2 2:30pm-3:30pm</p> <p>Chair Fitness 3:30pm-4:30pm</p> <p>Movement & Mobility 5pm-6pm</p>	<p>13</p> <p><i>IEHP Renewal Specialist</i></p> <p>Yoga Flow for Beginners 9am-10am</p> <p>Energy Conservation & Don't Use Cell While Driving (Bilingual) 10am-11am</p> <p>Aerobic Boxing 11:15am-12:15pm</p> <p>Red Beet and Apple Salad — Food Demo (Spanish) 11:30am-12:30pm</p> <p>Pure Strength 12:30pm-1:30pm</p> <p>Tabata Chair 2pm-3pm</p> <p>Caregivers Toolbox: Vision and Aging (Spanish) 2:30pm-4pm</p> <p>Boot Camp 3:30pm-4:30pm</p> <p>Body Flow 5pm-6pm</p> <p>Tabata for Kids (ages 4-11) 5:15pm-6pm</p>	<p>14</p> <p>Chair Fitness 9am-10am</p> <p>*IEHP New Member Orientation 10am-11am</p> <p>Yin Yoga 10:30am-11:30am</p> <p>*IEHP New Member Orientation (Spanish) 11:30am-12:30pm</p> <p>Line Dance 12pm-1pm</p> <p>CPR 2pm-5pm</p> <p>Zumba Gold 2pm-3pm</p> <p>Body Sculpting 3:30pm-4:30pm</p> <p>Thankful Thursday Arts & Crafts for Kids (ages 4-11) 5pm-5:45pm</p> <p>Cardio Kickboxing 5pm-6pm</p> <p><i>*Join a New Member Orientation and receive a FREE Gift</i></p>	<p>15</p> <p>Bootcamp 9am-10am</p> <p>Pamper My Baby (Bilingual) 10am-1pm</p> <p>Tabata Gold Cancelled</p> <p>Yoga for Seniors & PWD 2pm-3pm</p> <p>Healthy Heart #3 2:30pm-3:30pm</p> <p>24/7 Dads: Cohort 5, Session 4 4pm-6pm</p> <p>Yoga for Kids (ages 4-11) 4pm-4:45pm</p> <p>Strength & Conditioning 5pm-6pm</p>	<p>16</p>  <p>Community Wellness Center CLOSED</p>
<p>18</p> <p>Strength & Conditioning 9am-10am</p> <p>*Spinach Yogurt Dip — Food Demo 10am-11am</p> <p>Meditation 10:30am-11:30am</p> <p>*Spinach Yogurt Dip — Food Demo 11:30am-12:30pm</p> <p><i>*Food Demo 30 max capacity</i></p> <p>Pure Strength: 12pm-1pm</p> <p>Your Health & Wellness Benefits (Spanish) 1pm-2pm</p> <p>Tabata Dance 1:30pm-2:30pm</p> <p>HIIT & Core Training 3pm-4pm</p> <p>Arts & Crafts (Bilingual) 4pm-5pm</p> <p>Bootcamp for Kids (ages 4-11) 5pm-5:45pm</p>	<p>19</p> <p><i>IEHP Renewal Specialist</i></p> <p>Line Dance 9am-10am</p> <p>Living Well in the Community #6 9am-10am</p> <p>Breathe Well Live Well #2 (Spanish) 10:30am-11:30am</p> <p>Fitness Training 10:30am-11:30am</p> <p>Body Flow 12pm-1pm</p> <p>Healthy Heart #3 (Spanish) 1pm-2pm</p> <p>Yoga for Seniors & PWD 2pm-3pm</p> <p>Chair Fitness 3:30pm-4:30pm</p> <p>Mindful Living #1 (Spanish) 4pm-5pm</p> <p>Dance Fitness 5pm-6pm</p>	<p>20</p>  <p>Community Wellness Center CLOSED</p>	<p>21</p> <p>Chair Fitness 9am-10am</p> <p>Hot Cocoa Social (Bilingual) 10am-10:30am</p> <p>Yin Yoga 10:30am-11:30am</p> <p>CPR (Spanish) 12pm-3pm</p> <p>Line Dance 12pm-1pm</p> <p>Movement & Mobility 2pm-3pm</p> <p>Body Sculpting 3:30pm-4:30pm</p> <p>Thankful Thursday Arts & Crafts (Bilingual) 4pm-5pm</p> <p>Cardio Kickboxing 5pm-6pm</p>	<p>22</p> <p>Free Mammograms 9am-5pm</p> <p>Join us for self care activities, great info., and more! FREE goodie bags! Call 1-866-226-4347 option 3 for more info.</p> <p>Bootcamp 9am-10am</p> <p>Baby and Me Social (Bilingual) (ages 0-3 and expecting parents) 10am-11am</p> <p>Tabata Gold 10:30am-11:30am</p> <p>Yoga for Seniors & PWD 2pm-3pm</p> <p>24/7 Dads: Cohort 5, Session 5 4pm-6pm</p> <p>Yoga for Kids (ages 4-11) 4pm-4:45pm</p> <p>Strength & Conditioning 5pm-6pm</p>	<p>23</p>  <p>Community Wellness Center CLOSED</p>
<p>25</p> <p>Strength & Conditioning 9am-10am</p> <p>*Chicken Broccoli Casserole — Food Demo 10am-11am</p> <p>Meditation 10:30am-11:30am</p> <p>*Chicken Broccoli Casserole — Food Demo 11:30am-12:30pm</p> <p><i>*Food Demo 30 max capacity</i></p> <p>Pure Strength 12pm-1pm</p> <p>Tabata Dance 1:30pm-2:30pm</p> <p>HIIT & Core Training 3pm-4pm</p> <p>Arts & Crafts (Bilingual) 4pm-5pm</p> <p>Bootcamp for Kids (ages 4-11) 5pm-5:45pm</p>	<p>26</p> <p>Line Dance 9am-10am</p> <p>Reproductive Anatomy & Physiology (Spanish) 9am-10am</p> <p>Fitness Training 10:30am-11:30am</p> <p>Spinach Yogurt Dip — Food Demo (Spanish) 11:30am-12:30pm</p> <p>Body Flow 12pm-1pm</p> <p>Yoga for Seniors & PWD 2pm-3pm</p> <p>Chair Fitness 3:30pm-4:30pm</p> <p>Cute Turkeys — Food Demo for Kids (ages 4-11) 4pm-4:45pm</p> <p>Arts & Crafts for Kids (ages 4-11) 5pm-5:45pm</p> <p>Zumba 5pm-6pm</p>	<p>27</p> <p><i>IEHP Renewal Specialist</i></p> <p>Thanksgiving Day Flow 9am-10am</p> <p>Aerobic Boxing 11:15am-12:15pm</p> <p>Chicken Broccoli Casserole — Food Demo (Spanish) 11:30am-12:30pm</p> <p>Pure Strength 12:30pm-1:30pm</p> <p>Turkey Pancakes — Food Demo for Kids (ages 4-11) 1pm-1:45pm</p> <p>Tabata Chair 2pm-3pm</p> <p>Boot Camp 3:30pm-4:30pm</p> <p>Body Flow 5pm-6pm</p> <p>Tabata for Kids (ages 4-11) 5:15pm-6pm</p>	<p>28</p>  <p>CLOSED</p>	<p>29</p>	<p>30</p>

We heal and inspire the human spirit.

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

 3590 Tyler Street, Suite 101, Riverside, CA 92503
(across from Galleria at Tyler)

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

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

 www.iehp.org/crcClasses