

Community Wellness Center - RIVERSIDE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
<p>3</p> <p>Strength & Conditioning 9am-10am</p> <p>Nutrient Dense Powerhouse — Food Demo (Bilingual) 10am-11am </p> <p>Meditation 10:30am-11:30am</p> <p>Pure Strength 12pm-1pm</p> <p>HIIT & Core Training 1:30pm-2:30pm</p> <p>Arts & Crafts (Bilingual) 3:30pm-4:30pm</p> <p>Bootcamp for Kids (ages 4-11) 5:15pm-6pm</p>	<p>4</p> <p>Circuit Training 9am-10am</p> <p>Honey & Tea Social (Bilingual) </p> <p>10am-10:30am</p> <p>Balance & Stability 10:30am-11:30am</p> <p>Fitness Training 12pm-1pm</p> <p>Understanding Diabetes #5 (Spanish) 1pm-2pm</p> <p>Body Flow 1:30pm-2:30pm</p> <p>Mindful Living #1 (Spanish) 2:15pm-3:15pm</p> <p>Chair Fitness 3:30pm-4:30pm</p> <p>Healthy Living My Best Self #2 (Spanish) 3:30pm-4:30pm</p> <p>Healthy Heart #1 5pm-6pm</p>	<p>5</p> <p><i>IEHP Renewal Specialist</i></p> <p>Game Hour (Bilingual) 10am-11am</p> <p>Core Fitness 10:30am-11:30am</p> <p>Aerobic Boxing 12pm-1pm</p> <p>Your Health & Wellness Benefits 1pm-2pm</p> <p>Pure Strength 1:30pm-2:30pm</p> <p>Digital tools for a Healthier You 2:30pm-3:30pm</p> <p>Tabata Chair 3pm-4pm</p> <p>Tabata for Kids (ages 4-11) 4:30pm-5:15pm</p> <p>Pure Stretch 5pm-6pm</p>	<p>6</p> <p>Chair Fitness 9am-10am</p> <p>Knitting & Crochet (Bilingual, Self-led) 10:30am-11:30am</p> <p>Yin Yoga 10:30am-11:30am</p> <p>Balance & Stability 2pm-3pm</p> <p>Body Sculpting 3:30pm-4:30pm</p> <p>Game Hour for Kids (ages 4-11) 5pm-5:45pm</p> <p>Cardio Kickboxing 5pm-6pm</p>	<p>7</p> <p>Bootcamp 9am-10am</p> <p>Zumbini (ages 0-3) 10:30am-11:15am</p> <p>Yoga for Beginners 12:30pm-1:30pm</p> <p>Arts & Crafts (Bilingual) 2pm-3pm</p> <p>Circuit Training 2pm-3pm</p> <p>Balance & Stability 3:30pm-4:30pm</p> <p>Arts & Crafts for Kids (ages 4-11) 4pm-4:45pm</p>	
<p>10</p> <p>Strength & Conditioning 9am-10am</p> <p>Healthy Comfort — Food Demo (Bilingual) </p> <p>10am-11am</p> <p>Meditation 10:30am-11:30am</p> <p>Pure Strength 12pm-1pm</p> <p>HIIT & Core Training 1:30pm-2:30pm</p> <p>Arts & Crafts (Bilingual) 3:30pm-4:30pm</p> <p>Bootcamp for Kids (ages 4-11) 5:15pm-6pm</p>	<p>11</p> <p>Circuit Training 9am-10am</p> <p>Online Safety (Bilingual) 9am-10am</p> <p>Balance & Stability 10:30am-11:30am</p> <p>Arts & Crafts (Bilingual) 11am-12pm</p> <p>Fitness Training 12pm-1pm</p> <p>Body Flow 1:30pm-2:30pm</p> <p>Chair Fitness 3:30pm-4:30pm</p> <p>Arts & Crafts for Kids (ages 4-11) 5pm-5:45pm</p>	<p>12</p> <p><i>IEHP Renewal Specialist</i></p> <p>Avoiding Disconnection/ Payment Options/Billing Cycle (Bilingual) 10am-11am</p> <p>Core Fitness 10:30am-11:30am</p> <p>Aerobic Boxing 12pm-1pm</p> <p>Pure Strength 1:30pm-2:30pm</p> <p>Tabata Chair 3pm-4pm</p> <p>Tabata for Kids (ages 4-11) 4:30pm-5:15pm</p> <p>Pure Stretch 5pm-6pm</p>	<p>13</p> <p>Chair Fitness 9am-10am</p> <p>CPR (Spanish) 10am-1pm</p> <p>Yin Yoga 10:30am-11:30am</p> <p>CPR 1:30pm-4:30pm</p> <p>Balance & Stability 2pm-3pm</p> <p>Body Sculpting 3:30pm-4:30pm</p> <p>Game Hour for Kids (ages 4-11) 5pm-5:45pm</p> <p>Cardio Kickboxing 5pm-6pm</p>	<p>14</p> <p>Bootcamp 9am-10am</p> <p>Living Well in the Community #3 9am-10am</p> <p>Understanding Diabetes #5 10:30am-11:30am</p> <p>Zumbini (ages 0-3) 10:30am-11:15am</p> <p>Mindful Living #1 12pm-1pm</p> <p>Yoga for Beginners 12:30pm-1:30pm</p> <p>Circuit Training 2pm-3pm</p> <p>Becoming a Mom #3 (Spanish) 2:30pm-3:30pm</p> <p>Balance & Stability 3:30pm-4:30pm</p> <p>24/7 Dads: Cohort 7, Session 1 4pm-6pm</p>	
<p>17</p> <p>Strength & Conditioning 9am-10am</p> <p>Breakfast for Champions — Food Demo (Bilingual) </p> <p>10am-11am</p> <p>Meditation 10:30am-11:30am</p> <p>Pure Strength 12pm-1pm</p> <p>HIIT & Core Training 1:30pm-2:30pm</p> <p>Master Your Glucose 2pm-3:30pm</p> <p>Arts & Crafts (Bilingual) 3:30pm-4:30pm</p> <p>Bootcamp for Kids (ages 4-11) 5:15pm-6pm</p>	<p>18</p> <p>Circuit Training 9am-10am</p> <p>Living Well in the Community #4 9am-10am</p> <p>Balance & Stability 10:30am-11:30am</p> <p>Breathe Well, Live Well #2 (Spanish) 10:30am-11:30am</p> <p>Fitness Training 12pm-1pm</p> <p>Healthy Heart #1 (Spanish) 1pm-2pm</p> <p>Body Flow 1:30pm-2:30pm</p> <p>Chair Fitness 3:30pm-4:30pm</p> <p>Understanding Diabetes #6 4pm-5pm</p>	<p>19</p> <p><i>IEHP Renewal Specialist</i></p> <p>Know Your Rights/Citizenship (Bilingual) 10am-11am</p> <p>Core Fitness 10:30am-11:30am</p> <p>Aerobic Boxing 12pm-1pm</p> <p>Your Health & Wellness Benefits (Spanish) 1pm-2pm</p> <p>Pure Strength 1:30pm-2:30pm</p> <p>Digital tools for a Healthier You (Spanish) 2:30pm-3:30pm</p> <p>Tabata Chair 3pm-4pm</p> <p>Tabata for Kids (ages 4-11) 4:30pm-5:15pm</p> <p>Pure Stretch 5pm-6pm</p>	<p>20</p> <p>Chair Fitness 9am-10am</p> <p>Knitting & Crochet (Bilingual, Self-led) 10:30am-11:30am</p> <p>Yin Yoga 10:30am-11:30am</p> <p>Balance & Stability 2pm-3pm</p> <p>Caregivers Toolbox: Home Safety 2pm-3:30pm</p> <p>Body Sculpting 3:30pm-4:30pm</p> <p>Arts & Crafts for Kids (ages 4-11) 4pm-4:45pm</p> <p>Cardio Kickboxing 5pm-6pm</p>	<p>21</p> <p>Bootcamp 9am-10am</p> <p>Zumbini (ages 0-3) 10:30am-11:15am</p> <p>Honey & Tea Social (Bilingual) </p> <p>12pm-12:30pm</p> <p>Yoga for Beginners 12:30pm-1:30pm</p> <p>Circuit Training 2pm-3pm</p> <p>Balance & Stability 3:30pm-4:30pm</p> <p>24/7 Dads: Cohort 7, Session 2 4pm-6pm</p>	
<p>24</p> <p>Strength & Conditioning 9am-10am</p> <p>Nutritious and Delicious — Food Demo (Bilingual) </p> <p>10am-11am</p> <p>Meditation 10:30am-11:30am</p> <p>Pure Strength 12pm-1pm</p> <p>HIIT & Core Training Canceled</p> <p>Arts & Crafts (Bilingual) 3:30pm-4:30pm</p> <p>Bootcamp for Kids (ages 4-11) 5:15pm-6pm</p>	<p>25</p> <p>Circuit Training 9am-10am</p> <p>Honey & Tea Social (Bilingual) </p> <p>10am-10:30am</p> <p>Balance & Stability 10:30am-11:30am</p> <p>Fitness Training 12pm-1pm</p> <p>Body Flow 1:30pm-2:30pm</p> <p>Game Hour (Bilingual) 2pm-3pm</p> <p>Chair Fitness 3:30pm-4:30pm</p> <p>Game Hour for Kids (ages 4-11) 4pm-5pm</p>	<p>26</p> <p><i>IEHP Renewal Specialist</i></p> <p>Well Child and Young Adult Clinic 9am-4pm (Active IEHP Members ages 3-21)</p> <p></p> <p>Join us for a Day Full of Family Friendly Games Activities Fun 9am-5pm Everyone is welcome!</p>	<p>27</p> <p>CLOSED 9am-1pm</p> <p>*Breast and Cervical Cancer (Bilingual) 1:30pm-2:30pm *Prize Raffle in Class</p> <p>Game Hour (Bilingual) 2:45pm-3:45pm</p> <p>Arts & Crafts for Kids (ages 4-11) 4pm-4:45pm</p>	<p>28</p> <p>Bootcamp 9am-10am</p> <p>Understanding Diabetes #6 (Spanish) 9am-10am</p> <p>Breathe Well, Live Well #2 (Spanish) 10:30am-11:30am</p> <p>Zumbini (ages 0-3) 10:30am-11:15am</p> <p>Healthy Living My Best Self #2 12pm-1pm</p> <p>Yoga for Beginners 12:30pm-1:30pm</p> <p>Circuit Training 2pm-3pm</p> <p>Becoming a Mom #3 2:30pm-3:30pm</p> <p>Balance & Stability 3:30pm-4:30pm</p> <p>24/7 Dads: Cohort 7, Session 3 4pm-6pm</p>	
<p>31</p> <p>Strength & Conditioning 9am-10am</p> <p>Spring into Health — Food Demo (Bilingual) </p> <p>10am-11am</p> <p>Meditation 10:30am-11:30am</p> <p>Pure Strength 12pm-1pm</p> <p>HIIT & Core Training 1:30pm-2:30pm</p> <p>Arts & Crafts (Bilingual) 3:30pm-4:30pm</p> <p>Bootcamp for Kids (ages 4-11) 5:15pm-6pm</p>	<p>March is National Nutrition Month. Choose healthy food and set healthy habits for a healthy body.</p> <p>Look for  and join our FREE nutrition classes.</p>			<p>May 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></p> <p>SCAN ME! Use your phone to scan the QR code to view our full schedule of FREE classes.</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