


Community Wellness Center - SAN BERNARDINO

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<div>Week of the Young Child</div> <div>Look for  and join our FREE WOYC classes.</div> <div>A fun-filled week celebrating early learning, young children, families, & communities.</div>	<div>Medi-Cal Eligibility Worker1</div> <div>Aerobic Boxing9am-10am</div> <div>Medicare 10110am-10:30am (Spanish)10:30am-11am</div> <div>Chair Yoga -10:30am-11:30am</div> <div>Pure Stretch1pm-2pm</div> <div>Movement & Mobility2:30pm-3:30pm</div> <div>Pure Strength4pm-5pm</div> <div>Yin Yoga5pm-6pm</div> <div>HIIT5:30pm-6pm</div>	<div>IEHP Renewal Specialist2</div> <div>Tabata Dance: 9am-10am</div> <div>Cal Fresh (Resource Table)10am-1pm</div> <div>Energy Flow: 10:30am-11:30am</div> <div>Zumbini (ages 0-3)10:30am-11:15am</div> <div>Arts & Crafts* (Bilingual)*Snacks provided12pm-1pm</div> <div>Movement & Mobility: 12pm-1pm</div> <div>Chair Fitness: 1:30pm-2:30pm</div> <div>Game Hour for Kids (bilingual)2:30pm-3:30pm</div> <div>Strength & Conditioning3pm-4pm</div> <div>Pure Stretch: 4:30pm-5:30pm</div> <div>Tabata for Kids (Ages 4-11)4:30pm-5:15pm</div>	<div>3</div> <div>Well Child and Young Adult Clinic9am-4pm</div> <div>Active IEHP Members ages 3-21</div> <div>Is your child due for a Well Care Visit? Call 951-444-0467 to verify eligibility and schedule an appointment or walk in to participate.</div> <div>Everyone is welcome!</div> <div>Join us for a fun-filled day with the family.9am-5pm</div> <div></div>	<div>4</div> <div>Bootcamp9am-10am</div> <div>Baby and Me Social (Bilingual) (ages 0-3 and expecting parents)9am-9:45am</div> <div>Body Sculpting10:30am-11:30am</div> <div>Zumbini (ages 0-3)12pm-12:45pm</div> <div>Chair Fitness Gold1:30pm-2:30pm</div> <div>Arts & Crafts for Kids - (Ages 4-11)3pm-4pm</div> <div>Fitness Training4:30pm-5:30pm</div> <div>Boot Camp for Kids (Ages 4-11)4:30pm-5:15pm</div>
<div>7</div> <div>Bootcamp: 9am-10am</div> <div>Body Sculpting10:30am-11:30am</div> <div>Healthy Living My Best Self #111:30am-12:30pm</div> <div>Body Flow12pm-1pm</div> <div>Fitness Training1:30pm-2:30pm</div> <div>Mindful Living #21:30pm-2:30pm</div> <div>Healthy Heart #3 (Spanish)2:30pm-3:30pm</div> <div>Tabata Chair3:30pm-4:30pm</div> <div>Arts & Crafts for Kids (ages 4-11)4:30pm-5:15pm</div> <div></div>	<div>Medi-Cal Eligibility Worker8</div> <div>Aerobic Boxing: 9am-10am</div> <div>Your Teen's Development & New Ways of Communicating10:30am-11:30am (Spanish)</div> <div>Chair Yoga10:30am-11:30am</div> <div>Your Teen's Development & New Ways of Communicating11:30am-12:30pm</div> <div>Pure Stretch1pm-2pm</div> <div>Movement & Mobility2:30pm-3:30pm</div> <div>Pure Strength4pm-5pm</div> <div>Yin Yoga: 5pm-6pm</div> <div>HIIT: 5:30pm-6pm</div> <div></div>	<div>IEHP Renewal Specialist9</div> <div>Tabata Dance: 9am-10am</div> <div>Energy Flow: 10:30am-11:30am</div> <div>Zumbini (ages 0-3)10:30am-11:15am</div> <div>Arts & Crafts* (Bilingual)*Snacks provided12pm-1pm</div> <div>Movement & Mobility: 12pm-1pm</div> <div>Chair Fitness: 1:30pm-2:30pm</div> <div>Stress Management2:30pm-3:30pm</div> <div>Strength & Conditioning3pm-4pm</div> <div>Pure Stretch4:30pm-5:30pm</div> <div>Tabata for Kids (Ages 4-11)4:30pm-5:15pm</div> <div></div>	<div>10</div> <div>Yoga Flow: 9am-10am</div> <div>Honey & Tea Social (Bilingual)10am-10:30am</div> <div>Chair Kickboxing10:30am-11:30am</div> <div>Stress Management (Spanish)11:30am-12:30pm</div> <div>Arts & Crafts for Seniors (ages 60+, Bilingual)1pm-3pm</div> <div>Aerobic Boxing: 1:30pm-2:30pm</div> <div>Strength & Conditioning3pm-4pm</div> <div>Game Hour for Kids (Ages 4-11)4pm-5pm</div> <div>Tabata Dance5pm-6pm</div> <div></div>	<div>11</div> <div>CLOSED</div> <div>9am-1pm</div> <div>Bootcamp: Cancelled</div> <div>Body Sculpting: Cancelled</div> <div>Zumbini: Cancelled</div> <div>Chair Fitness Gold1:30pm-2:30pm</div> <div>Game Hour3pm-4pm</div> <div>Fitness Training4:30pm-5:30pm</div> <div>Boot Camp for Kids (Ages 4-11)4:30pm-5:15pm</div> <div></div>
<div>14</div> <div>Bootcamp9am-10am</div> <div>Body Sculpting10:30am-11:30am</div> <div>Understanding Diabetes #411:30am-12:30pm</div> <div>My Life My Choice1:30pm-2:30pm</div> <div>Fitness Training2pm-3pm</div> <div>Understanding Diabetes #3 (Spanish)2:30pm-3:30pm</div> <div>Tabata Chair3:30pm-4:30pm</div> <div>Arts & Crafts for Kids (ages 4-11)4:30pm-5:15pm</div>	<div>15</div> <div>Aerobic Boxing9am-10am</div> <div>Chair Yoga10:30am-11:30am</div> <div>Knitting & Crochet (self-led)10:30am-11:30am</div> <div>Know Your Rights/ Citizenship (Bilingual)12pm-1pm</div> <div>Pure Stretch1pm-2pm</div> <div>Digital Tools for a Healthier You (Spanish)2pm-3pm</div> <div>Movement & Mobility2:30pm-3:30pm</div> <div>Your Health & Wellness Benefits (Spanish)3pm-4pm</div> <div>Family Game Hour4pm-5pm</div> <div>Yin Yoga: 5pm-6pm</div>	<div>IEHP Renewal Specialist16</div> <div>Tabata Dance: 9am-10am</div> <div>PIYO: 9am-10am</div> <div>Cal Fresh (Resource Table)10am-1pm</div> <div>Energy Flow: 10:30am-11:30am</div> <div>Zumbini (ages 0-3)10:30am-11:15am</div> <div>Childhood Lead Poisoning Prevention (Bilingual)11:30am-12:30pm</div> <div>Movement & Mobility: 12pm-1pm</div> <div>Short Stories for Adults1:30pm-2:30pm</div> <div>Tabata Gold: 1:30pm-2:30 pm</div> <div>Listening Skills for Talking About Sensitive Topics2:30pm-3:30pm</div> <div>Strength & Conditioning: 3pm-4pm</div> <div>Tabata Chair: 4:30pm-5:30pm</div> <div>Reading Club for 4th-6th Graders4:30pm-5:30pm</div> <div></div>	<div>17</div> <div>Yoga Flow9am-10am</div> <div>HIIT/Core: 9am-10am</div> <div>Chair Kickboxing10:30am-11:30am</div> <div>Honey & Tea Social (bilingual)11am-11:30am</div> <div>Body Sculpting12pm-1pm</div> <div>Arts & Crafts (Bilingual)12pm-1pm</div> <div>Understanding Your Edison Bill & Collection Agency (Bilingual)1:30pm-2:30pm</div> <div>Aerobic Boxing: 1:30pm-2:30pm</div> <div>Breast & Cervical Health (Bilingual)*Prize raffle in class2:30pm-3:30pm</div> <div>Strength & Conditioning3pm-4pm</div> <div>Tabata Dance5pm-6pm</div> <div></div>	<div>18</div> <div>Bootcamp: 9am-10am</div> <div>Baby and Me Social (Bilingual) (ages 0-3 and expecting parents)9am-9:45am</div> <div>*Lactation-Led New Parent Group*Open to all New Parents (Bilingual)10am-12pm</div> <div>Body Sculpting: 10:30am-11:30am</div> <div>Zumbini (ages 0-3)12pm-12:45pm</div> <div>*Midwifery-Led Prenatal Group*Open to all Expecting Parents (Bilingual)12:30pm-2:30pm</div> <div>Chat with the Coach2pm-3pm</div> <div>Game Hour3pm-4pm</div> <div>Fitness Training4:30pm-5:30pm</div> <div>Family Game Hour (Snacks provided)4:30pm-5:30pm</div>
<div>21</div> <div>Bootcamp: 9am-10am</div> <div>Healthy Heart #210am-11am</div> <div>Body Sculpting10:30am-11:30am</div> <div>Breathe Well Live Well #2 (Spanish)11am-12pm</div> <div>Quitting Tobacco1pm-2pm</div> <div>Fitness Training2pm-3pm</div> <div>Quitting Tobacco (Spanish)2:30pm-3:30pm</div> <div>Tabata Chair3:30pm-4:30pm</div> <div>Arts & Crafts for Kids (ages 4-11)4:30pm-5:15pm</div>	<div>22</div> <div>Aerobic Boxing: 9am-10am</div> <div>CPR10am-1pm</div> <div>Chair Yoga10:30am-11:30am</div> <div>Pure Stretch: 1pm-2pm</div> <div>Digital Tools for a Healthier You2pm-3pm</div> <div>Movement & Mobility2:30pm-3:30pm</div> <div>Your Health & Wellness Benefits3pm-4pm</div> <div>CWC Bingo4pm-5pm</div> <div>Yin Yoga5pm-6pm</div>	<div>IEHP Renewal Specialist23</div> <div>Tabata Dance: 9am-10am</div> <div>PIYO: 9am-10am</div> <div>Energy Flow: 10:30am-11:30am</div> <div>Zumbini (ages 0-3)10:30am-11:15am</div> <div>Arts & Crafts* (Bilingual)*Snacks provided12pm-1pm</div> <div>Movement & Mobility: 12pm-1pm</div> <div>Short Stories for Adults1:30pm-2:30pm</div> <div>Tabata Gold: 1:30pm-2:30 pm</div> <div>Strength & Conditioning3pm-4pm</div> <div>Tabata Chair: 4:30pm-5:30pm</div> <div>Reading Club for 4th-6th Graders4:30pm-5:30pm</div> <div></div>	<div>24</div> <div></div> <div>Community Wellness Center</div> <div>CLOSED</div>	<div>25</div> <div>Bootcamp: 9am-10am</div> <div>Baby and Me Social (Bilingual) (ages 0-3 and expecting parents)9am-9:45am</div> <div>Body Sculpting10:30am-11:30am</div> <div>Zumbini (ages 0-3)12pm-12:45pm</div> <div>Chat with the Coach2pm-3pm</div> <div>Game Hour (bilingual)3pm-4pm</div> <div>Fitness Training4:30pm-5:30pm</div> <div>Game Hour for Kids (Ages 4-11)4:30pm-5:15pm</div>
<div>28</div> <div>Bootcamp: 9am-10am</div> <div>My Life My Choice (Spanish)10am-11am</div> <div>Body Sculpting: 10:30am-11:30am</div> <div>Healthy Living My Best Self #4 (Spanish)11am-12pm</div> <div>Understanding Diabetes #51:30pm-2:30pm</div> <div>Fitness Training2pm-3pm</div> <div>Living Well in the Community #42:30pm-3:30pm</div> <div>Tabata Chair : 3:30pm-4:30pm</div> <div>Arts & Crafts for Kids (ages 4-11)4:30pm-5:15pm</div>	<div>29</div> <div>Aerobic Boxing: 9am-10am</div> <div>CPR (Spanish)10am-1pm</div> <div>Chair Yoga10:30am-11:30am</div> <div>Pure Stretch1pm-2pm</div> <div>Listening Skills for Talking About Sensitive Topics (Spanish)2pm-3pm</div> <div>Movement & Mobility2:30pm-3:30pm</div> <div>CWC Bingo4pm-5pm</div> <div>Yin Yoga</div>	<div>IEHP Renewal Specialist30</div> <div>Tabata Dance: 9am-10am</div> <div>PIYO: 9am-10am</div> <div>Energy Flow: 10:30am-11:30am</div> <div>Zumbini (ages 0-3)10:30am-11:15am</div> <div>Arts & Crafts* (Bilingual)*Snacks provided12pm-1pm</div> <div>Movement & Mobility: 12pm-1pm</div> <div>Short Stories for Adults1:30pm-2:30pm</div> <div>Tabata Gold: 1:30pm-2:30 pm</div> <div>Strength & Conditioning3pm-4pm</div> <div>Reading Club for 4th-6th Graders4:30pm-5:30pm</div> <div></div>	<div>June 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.</div>	<div></div> <div>SCAN ME!</div> <div>Use your phone to scan the QR code to view our full schedule of FREE classes.</div>

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