











## **CLASS CALENDAR April 2025**

Jumba Chair 9am-10am Kickboxing 9:30am-10:30am Chapter Chats & Activities 10am-11am

child **Zumbini** 11:15am-12pm

Strength & Conditioning

Strength & Conditioning
10:30am-11:30am
Circuit Training 11am-12om
Zumba Gold 11:30am-12:30pm
Healthy Habits with Lizette
12:30pm-1:30pm
Beginning Zumba
1pm-2pm
Chair Yoga 2pm-3pm
Power Yoga
4pm-5pm
Teen Leadership 4pm-5:30pm

4pm-5pm Teen Leadership 4pm-5:30pm Parent Club 4pm-5:30pm Family Fitness Hour 4:15pm-5pm Bootcamp Kids 5pm-545pm

5pm-5:45pm HIIT 5pm-6pm Bump & Balance 5pm-6pm Prenatal Yoga. Significant others welcome. First time participants receive a free gift. While supplies last.

Zumba Chair

**FRIDAY** 

Little Explorers

10:30am-12pm

Little Learners 10:30am-11:15am Educational stations for parents to teach their

**MONDAY** 

## Week of the **Young Child**

A fun-filled week celebrating early learning, young children, families, & communities.



and join our FREE week of the young child workshops.

Cal Fresh Applications

VITA Free Tax Preparation\*\* 10am-3pm Call to schedule your appointment 909-723-1566

Giggles & Games 10:15am-11am Strength & Conditioning 10:30am-11:30am HillT 11am-12pm Movement & Mobility 11:30am-12:30mm

11:30am-12:30pm **Chair Fitness** 12pm-1pm

1:30pm-2:30pm Tea Meditation 2pm-3pm Tone & Sculpt 4pm-5pm

4pm-5:30pm Dance Kids 5pm-5:45pm

Circuit Training 9am-10am Energy Education & Budgeting\*\* 9am-10am & 1pm-2pm Playdate Hour (Self Led) 9am-10am & 10am-11am Kickboxing 9:30am-10:30am Nutrition Fundamentals 10am-11am

Giggles & Games 10:15am-11am Strength & Conditioning

4pm-5pm Creative Arts for Teens 4pm-5:30pm Parent Club 4pm-5:30pm

Circuit Training 9am-10am Energy Education & Budgeting\*\* 9am-10am & 1pm-2pm Playdate Hour (Self Led) 9am-10am & 10am-11am Kickboxing 9:30am-10:30am Nutrition Fundamentals 10am-11am

Cal Fresh Applications

Arts & Crafts 4:15pm-5pm Bootcamp Training 5pm-6pm Dance Kids 5pm-5:45pm

10:30am-11:30am HIIT 11am-12pm Movement & Mobility

Yoga 1pm-2pm Goodwill Orientation 1:30pm-2:30pm **Tea Meditation** 2pm-3pm

Tone & Sculpt 4pm-5pm

Giggles & Games

10:15am-11am Strength & Conditioning 10:30am-11:30am

HIIT
11am-12pm
Movement & Mobility
11:30am-12:30pm
Chair Fitness
12pm-1pm
Yoga 1pm-2pm
Goodwill Orientation
1:30pm-2:30pm

1:30pm-2:30pm Tea Meditation 2pm-3pm Tone & Sculpt 4pm-5pm Creative Arts for Teens

4pm-5:30pm Parent Club 4pm-5:30pm

Arts & Crafts 4:15pm-Bootcamp Training 5pm-6pm Dance Kids 5pm-5:45pm

11:30am-12:30pm Chair Fitness 12pm-1pm

Cal Fresh Applications 10am-2pm

VITA Free Tax Preparation\*\* 10am-3pm Call to schedule your appointment 909-723-1566

Yoga 1pm-2pm Goodwill Orientation

**Bootcamp Training** pm-6pm creative Arts for Teens

Parent Club

Circuit Training 9am-10am Energy Education & Budgeting\*\* 9am-10am & 1pm-2pm Kickboxing 9:30am-10:30am Rise & Shine 9:30am-10am Nutrition Fundamentals 10am-11am

Medi-Cal Renewal Specialist
Zumba Toning
9am-10am
Play Time for Little Minds
9am-10am

**TUESDAY** 

Play 1116 Class
Sam-10am
Energy Education & Budgeting\*\*
9am-10am & 1pm-2pm
Bootcamp Training
9.30am-10.30am
Zumba
10am-11am
Citizenship Class
10am-11am & 4pm-5pm
Resume & Development\*\*
10am-12pm

Zumbini
10:15am-11am & 11:15am-12pm
Dance Fitness
10:30am-11:30am
Circuit Training
11am-12pm
Computer Basics
12pm-1:30pm 12pm-1:3upri Low-Impact

1pm-2pm Word Fundamentals 1:30pm-2:30pm Self Care & Crafts 2pm-3pm Intro to Artificial Intelligence z:30pm-3:30pm Belly Dancing

4pm-5pm Tasty Eats for Kids with Alex 4:15pm-5pm Family Fitness Hour 5pm-5:45pm Pound Fitness 5pm-6pm

Medi-Cal Renewal Specialist

Well Child & Young Adult Clinic Active IEHP members ages 3-21

Join us for Family Friendly

Games | Activities | Fun

9am-5pm

Is your child due for a WellCare Visit? Call 951-444-0467 to verify eligibility and

participate.

Zumba Toning 9am-10am
Energy Education & Budgeting\*\*
9am-10am & 1pm-2pm
Blue Smoothie Tuesday 9:15am-10am
9:30ant-10:30am
2,umba 10am-11am
2,umba 10am-12pm
2,umba 10am-11am
2,umba 10am-12pm
2,umba 11am-12pm
2,umba 11am-12pm
2,umba 11am-12pm
2,umba 12am-11am-12pm
2,umba 11am-12pm
2,umba 12am-11am-12pm
2,umba 11am-12pm
2,umba 12am-11am-12pm
2,umba 12am-12pm
2,umba 12am-

3pm-4pm (Spahish)
Belly Dancing 4pm-5pm
Tasty Easts for Kids with Alex 4:15pm-5pm
Family Fitness Hour 5pm-5:45pm
Pound Fitness 5pm-6pm

Medi-Cal Renewal Specialist
Zumba Toning
9am-10am
Playdate Hour (Self Led)
9am-10am & 10am-11am
Energy Education & Budgeting\*\*
9am-10am & 10m-2om

2:30pm-3:30pm Understanding Diabetes #8

citergy Education & Budg gam-10am & 1pm-2pm Bootcamp Training 9:30am-10:30am Zumba 10am-11am Citizenship Class 10am-11am & 4pm-5pm Resume & Development\*\* 10am-12pm Zumbini

Zumbini 10:15am-11am & 11:15am-12pm Dance Fitness 10:30am-11:30am Circuit Training 11am-12pm

11am-12pm Healthy Habits with Lizette

12pm-1:30pm Low-Impact 1pm-2pm Word Fundamentals 1:30pm-2:30pm Self Care & Crafts 2pm-3pm Intro to Artificial Intelligence 2:30pm-3:30pm

2:30pm-3:30pm Belly Dancing 4pm-5pm Tasty Eats for Kids with Alex

Family Fitness Hour 5pm-5:45pm Pound Fitness 5pm-6pm

Medi-Cal Renewal Specialist
Zumba Toning 9am-10am
Playdate Hour (Self Led)
9am-10am & 10am-11am
Energy Education & Budgeting\*\*
9am-10am & 1pm-2pm
Bootcamp Training
9:30am-10:30am
Zumba 10am-11am
Citizenship Class
10am-11am & 4pm-5pm
Resume & Development\*\*
10am-12pm

Toam-12pm
Zumbini
10:15am-11am & 11:15am-12pm
Dance Fitness 10:30am-11:30am
Circuit Training 11am-12pm
Healthy Habits with Lizette

12pm-1pm Computer Basics 12pm-1:30pm Low-Impact 1pm-2pm Your Health and Wellness Benefits

1pm-2pm Word Fundamentals

1:30pm-2:30pm Self Care & Crafts 2pm-3pm Intro to Artificial Intelligence 2:30pm-3:30pm Digital Health Literacy 2:30pm-3:30pm

2:30pm-3:30pm Belly Dancing 4pm-5pm Tasty Eats for Kids with Alex

Family Fitness Hour 5pm-5:45pm Pound Fitness 5pm-6pm

12pm-1pm Computer Basics 12pm-1:30pm

schedule an appointment or walk-in to

**WEDNESDAY** 

Medi-Cal Eligibility Worker HIIT 9am-10am
Energy Education & Budgeting\*\*
9am-10am & Ipm-2pm
Playdate Hour (Self Led) 10am-11am
Zumba Chair 9:30am-10:30am
Healthy Living My Best Self #3
9:30am-10:30am

9:30am-10:30am / Chapter Chats & Activities 10am-11am Grief & Loss Support Group 10am-11am (Spanish) Job Club\*\* 10am-12pm A Better Me 11am-12pm Understanding Diabetes #6 11am-12pm Circules & Connec 1415cm 12pm Giggles & Games 11:15am-12pm
Healthy Habits with Alex 12pm-1pm
Express Exercise 1pm-1:30pm
Quick full body workout
Healthy Living My Best Self #4
1:30pm-2:30pm (Spanish)
Tea Meditation 3pm-4pm
Understanding Diabetes #7
3pm-4pm (Spanish)

Great Futures Start Here!\* After School Program

Power Hour (homework support) 3pm-4pm Healthy Habits 4pm-4:30pm Triple Play 4:30pm-5:30pm Youth for Unity, Torch Club, Smart Moves 5:30pm-6pm

Art Class 3:30pm-4:30pm Flex & Move 4pm-5pm Creative Arts for Teens 4pm-5:30pm Parent Club 4pm-5:30pm Zumba Kids 4/15pm-5pm Zumba Kids 4:15pm-5pm Kidfit Sports Training 5pm-5:45pm Beginning Zumba 5pm-6pm

Medi-Cal Eligibility Worker
HIIT 9am-10am
Energy Education & Budgeting\*\*
9am-10am & 1pm-2pm
Playdate & 1pm-2pm
10am-11am
Zumba Chair 9:30am-10:30am
CPR

CPK 9:30am-12:30pm 1:30pm-4:30pm (Spanish) Your Health and Wellness Benefits 10om 14om (Spanish)

Tour Healtin and Weliness Benefits

10am-11am (Spanish)

Job Club\*\* 10am-12pm

Giggles & Games 11:15am-12pm

11:30am-12:30pm (Spanish)

Healthy Habits with Alex 12pm-1pm

Express Exercise 1pm-1:30pm

Quick full body workout

Tea Meditation 3pm-4pm

Great Futures Start Here!\*\*

Power Hour (homework support)

Flex & Move 4pm-5pm Creative Arts for Teens 4pm-5:30pm Parent Club 4pm-5:30pm Zumba Kids 4:15pm-5pm Kidfit Sports Training 5pm-5:45pm

Medi-Cal Eligibility Worker
HIT 9am-10am
Energy Education & Budgeting\*\*
9am-10am & Ipm-2pm
Playdate Hour (Self Led) 10am-11am
Zumba Chair 9:30am-10:30am
Quitting Tobacco 9:30am-10:30am
Chapter Chats & Activities 10am-11am
Job Club\*\* 10am-12pm
Understanding Diabetes #8
11am-12pm
Giggles & Games 11:15am-12pm
Healthy Habits with Alex 12pm-1pm
Express Exercise 1pm-1:30pm
Quick full body workout
Quitting Tobacco
1:30pm-2:30pm (Spanish)
Tea Weditation 3:pm-4:pm

**Great Futures Start Here!\*** 

3pm-4pm Healthy Habits 4pm-4:30pm Triple Play 4:30pm-5:30pm Youth for Unity, Torch Club, Smart Moves 5:30pm-6pm

Power Hour (homework support)

3pm-4pm(Spañish)
Flex & Move 4pm-5pm
Creative Arts for Teens 4pm-5:30pm
Parent Club 4pm-5:30pm
Zumba Kids 4:15pm-5pm

Kidfit Sports Training 5pm-5:45pm Beginning Zumba 5pm-6pm

HIIT 9am-10am
Energy Education & Budgeting\*\*
9am-10am
Playdate Hour (Self Led)

1pm-1:30pm Quick full body workout Tea Meditation 2pm-3pm

Understanding Diabetes #9

3pm-4pm Flex & Move 4pm-5pm

Medi-Cal Eligibility Worker

Playdate Hour (serf Led)
10am-11am
Job Club\*\* 10am-12pm
Zumba Chair
9:30am-10:30am
Breathe Well, Live Well #1
9:30am-10:30am (Spanish)
Chapter Chats & Activities 10am-11am
Understanding Diabetes #9 11am-12pm
Giggles & Games 11:15am-12pm
Healthy Habits with Alex 12pm-1pm
Express Exercise
1nm-1:30m

Great Futures Start Here!\*\*
After School Program

3pm-4pm Healthy Habits 4pm-4:30pm Triple Play 4:30pm-5:30pm Youth for Unity, Torch Club, Smart Moves 5:30pm-6pm

Power Hour (homework support)

Understanding Diabetes #9

**Beginning Zumba** 5pm-6pm

After School Program

3pm-4pm Healthy Habits 4pm-4:30pm Triple Play 4:30pm-5:30pm Youth for Unity, Torch Club, Smart Moves 5:30pm-6pm

**THURSDAY** 

Power Yoga Power Toga 9am-10am Energy Education & Budgeting\*\* 9am-10am & Ipm-2pm Playdate Hour (Self Led) 9am-10am & 10am-11am Zumba Toning 220am 10-30am

9:30am-10:30am Nutrition Fundamentals 10am-11am English as a Second Language 10am-11am & 4pm-5pm Lactation New Parent Group

10am-12pm Zumba 10:30am-11:30am Stories & Crafts for Littles 11:15-12pm Belly Dancing 11:30am-12:30pm Excel Fundamentals\*\*

12pm-1:30pm **Healthy Habits with Lizette** 12:30pm-1:30pm Midwifery-Led Prenatal Group 12:30pm-2:30pm Chair Fitness 1pm-2pm **PowerPoint Fundamentals\***\* 1:30pm-2:30pm **Yin Yoga** 

2m-3pm Intro to Artificial Intelligence 2:30pm-3:30pm Zumba Chair 4pm-5pm Arts & Crafts for Kids 4:15pm-5pm **Family Fitness Hour** 

Pound Fitness 5pm-6pm

Power Yoga 9am-10am Energy Education & Budgeting\*\* 9am-10am & 1pm-2pm

10am-11am Stories & Crafts for Littles 11am-12pm

Zumba Toning 9:30am-10:30am Nutrition Fundamentals 10am-11am

1pm-2pm PowerPoint Fundamentals\*\* 1:30pm-2:30pm Yin Yoga 2pm-3pm Intro to Artificial Intelligence

2:30pm-3:30pm Zumba Chair 4pm-5pm Arts & Crafts for Kids

Giggles & Games 9am-10am

Smile with Potter the Otter

Nutrition Fundamentals
10am-11am
English as a Second Language
10am-11am & 4pm-5pm
Zumba
10.30am-11:30am
Belly Dancing
11:30am-12:30pm struck
Excel Fundamentals\*\* 12pm-1:30pm
Healthy Habits with Lizette
12:30pm-1:30pm
Chair Fitness
1pm-2pm

4:15pm-5pm Family Fitness Hour 5pm-5:45pm Pound Fitness 5pm-6pm

Energy Education & Budgeting\*\*

Pam-10am
English as a Second Language
10am-11am & 4pm-5pm
Stories & Crafts for Littles
11:15-12pm
Belly Dancing 11:30am-12:30pm
Excel Fundamentals\*\* 12pm-1:30pm
Healthy Habits with Lizette
12:30pm-1:30pm
Chair Fitness
1pm-20m

1pm-2pm **PowerPoint Fundamentals\***\*

1:30pm-2:30pm 1:30pm-2:30pm 1:30pm-2:30pm 1ntro to Artificial Intelligence 2:30pm-3:30pm Zumba Chair

4pm-5pm Arts & Crafts for Kids

4:15pm-5pm **Family Fitness Hour** 

Pound Fitness 5pm-6pm

**CLOSED** 

9am-11am

16

Zumba Chair 9am-10am Playdate Hour (Self Led) Sam-10am
Kickboxing 9:30am-10:30am
Chapter Chats & Activities
10am-11am 10am-11am Strength & Conditioning 10:30am-11:30am Circuit Training 11am-12pm

**Family Fun Block 10am-12pm** 

Join us for a block of games, snack & dancing to celebrate the littles.

11

18

25

Zumba Gold 11:30am-12:30pm Healthy Habits with Lizette 12:30pm-1:30pm Beginning Zumba

1pm-2pm Chair Yoga 2pm-3pm Power Yoga 4pm-5pm

Apm-5:30pm
Parent Club
4pm-5:30pm
Family Fitness Hour 4:15pm-5pm
Bootcamp Kids 5pm-5:45pm
HIIT 5pm-6pm
Bump & Balance
5pm-6pm
Prenatal Yoga. Significant others
welcome. First time participants receive a free gift. While supplies last.

17

24

Zumba Chair 9am-10am Kickboxing 9:30am-10:30am Chapter Chats & Activities 10am-11am

Little Explorers

Tiny Tots Nutrition 10am-10:30am Little Learners 10:30am-11:15am Educational stations for parents to teach their

**Zumbini** 11:15am-12pm Strength & Conditioning 10:30ām-11:30am Circuit Training 11am-12pm Breast & Cervical Health

11am-12pm Zumba Gold 11:30am-12:30pm Healthy Habits with Lizette Healthy Habits with Lizette
12:30pm-1:30pm
Beginning Zumba 1pm-2pm
Chair Yoga Zpm-3pm
Power Yoga 4pm-5pm
Teen Leadership 4pm-5:30pm
Parent Club 4pm-5:30pm
Family Fitness Hour 4:15pm-5pm
Bootcamp Kids 5pm-5:45pm
HIIT 5pm-6pm
Bump & Balance 5pm-6pm
Prenatal Yoga. Significant others
welcome. First time participants receive a free gift. While supplies last.

Chair fitness 9am-10am Kickboxing 9:30am-10:30am Chapter Chats & Activities 10am-11am

Little Explorers 10am-12pm

Tiny Tots Nutrition 10am-10:30am Little Learners 10:30am-11:15am Educational stations for parents to teach their

**Zumbini** 11:15am-12pm

Strength & Conditioning 10:30am-11:30am Circuit Training 11am-12pm Healthy Habits with Lizette 12:30pm-1:30pm 12:30pm-1:30pm Chair Yoga 2pm-3pm Power Yoga 4pm-5pm 45m-5:30pm Parent Club 4pm-5:30pm Family Fitness Hour 4:15pm-5pm Bootcamp Kids 5pm-5:45pm

HIIT
Spm-6pm
Bump & Balance 5pm-6pm
Prenatal Yoga. Significant others
welcome. First time participants receive a
free gift. While supplies last.

Circuit Training 9am-10am Energy Education & Budgeting\*\* 9am-10am & 1pm-2pm Playdate Hour (Self Led) 9am-10am & 10am-11am 9am-10am & 10am-11am Kickboxing 9:30am-10:30am Nutrition Fundamentals 10am-11am

Cal Fresh Applications

VITA Free Tax Preparation\*\*

Call to schedule your appointment 909-723-1566

Giggles & Games 10:15am-11am Strength & Conditioning 10:30am-11:30am HIIT 11am-12pm Movement & Mobility 11:30am-12:30pm Chair Fitness 12pm-1pm Yoga 1pm-2pm Goodwill Orientation 1:30pm-2:30pm Tea Meditation 2pm-3pm
Tone & Sculpt 4pm-5pm
Creative Arts for Teens 4pm-5:30pm
Parent Club

4pm-5:30pm Arts & Crafts **Bootcamp Training** 5pm-6pm Dance Kids 5pm-5:45pm

Medi-Cal Renewal Specialist
Zumba Toning
9am-10am
Playdate Hour (Self Led) 9am-10am
Energy Education & Budgeting\*\*
9am-10am & 1pm-2pm
Bootcamp Training
9:30am-10:30am
Zumba 10am-11am
Citizenship Class
10am-11am & 4pm-5pm
Family Playtime 10am-11am
Resume & Development\*\*
10am-12pm 10am-12pm Dance Fitness 10:30am-11:30am Circuit Training 11am-12pm Stories & Crafts for Littles

Healthy Habits with Lizette 12pm-1pm Excel Fundamentals\*\* 12pm-1:30pm Low-Impact 1pm-2pm PowerPoint Fundamentals™ 1:30pm-2:30pm Self Care & Crafts 2pm-3pm Intro to Artificial Intelligence 2:30pm-3:30pm Belly Dancing 4pm-5pm Tasky Eats for Kids with Alex 4:15pm-5pm Family Fitness Hour 5pm-5:45pm Pound Fitness 5pm-6pm

Medi-Cal Eligibility Worker Wedi-Cal Eligibility Worker
HIIT 9am-10am
Energy Education & Budgeting\*\*
9am-10am & 1pm-2pm
Playdate Hour (Self Led) 10am-11am
Zumba Chair 9:30am-10:30am
Breathe Well, Live Well #1 930am-10:30am
Grief & Loss Support Group 10am-11am
Job Club\*\* 10am-12pm
Chapter Chairs & Activities 10am-11am
A Better Me 11 am-12pm
A Better Me 11 am-12pm
Jonathy Chairs 4 Activities 10am-12pm

Kidfit Sports Training 5pm-5:45pm Beginning Zumba 5pm-6pm

Giggles & Games 11:15anf-12pm Healthy Habits with Alex 12pm-1pm Express Exercise 1pm-1:30pm Oulck full body workout Mindful Living #3 1:30pm-2:30pm (Spanish) Tea Meditation 3pm-4pm Healthy Heart #2 3pm-4pm (Spanish) Great Futures Start Here!\*

After School Program

Power Hour (homework support) 3pm-4pm Healthy Habits 4pm-4:30pm Triple Play 4:30pm-5:30pm Youth for Unity, Torch Club, Smart Moves 5:30pm-6pm

Flex & Move 4pm-5pm Creative Arts for Teens 4pm-5:30pm Parent Club 4pm-5:30pm Zumpa Kids 4,15pm-5pm rudfit Sports Training 5pm-5:45pm Beginning Zumba 5pm-6pm

o better serve you, the Community Wellne Center will operate on a revised schedule for a imited time, with closures on Saturdays, We appreciate your understanding and support as we actively enhance our staffing levels to improve

**Community** 

Wellness

Center

**CLOSED** 

Do you need assistance renewing your Medi-Cal or applying for IEHP health coverage? Call us at 1-866-294-4347 or visit our center to make a appointment

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!

Legend

\*\*Pre-registration Required

Blue font color - Infant & toddler classes ages 0-5 with parents

urple 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



**Great Futures Start Here!\*** 

Boys & Girls Club has arrived to the High Desert. They are offering after school programming for children ages 6-12. Pre-registration is required. For more information on how to register scan the QR code or call 888-822-6535.



12353 Mariposa Suites C-2 & C-3, Victorville, CA 92395 (near Vallarta Supermarket) \* Monday-Friday, 9am-6pm 1-866-228-4347 TTY users should call 711 \* www.iehp.org/crcClasses \* All classes are first come first serve. Classes are subject to change.