

EPHP Class Calendar - May 2025

Community Wellness Center - RIVERSIDE

MONDAY

Women's Health awareness Month

Join us for various events throughout the month. Don't forget to wear something pink on the days you see the ribbon.

July Medi-Cal packets have been mailed out, not sure what to do? IEHP is here to help. For more information call (888) 860-1296.



WEDNESDAY

SCAN ME!

Use your phone to scan the QR code to view our full schedule of FREE classes.

Cardio Dance 9am-10am

Zumbini (ages 0-3) 9am-9:45am

Knitting & Crochet (Bilingual, Self-led) 10:30am-11:30am

THURSDAY

Yin Yoga 10:30am-11:30am

Zumba 12pm-1pm

Balance & Stability 1:30pm-2:30pm

Arts & Crafts (Bilingual)

Seated Strength for Seniors and People w/disabilities 3pm-4pm

Family Bootcamp for Kids (ages 4-11) Arts & Crafts for Kids (ages 4-11)

Disco Cardio 5pm-6pm

FRIDAY

Understanding Diabetes #1 (Spanish)

Understanding Diabetes #1 10:30am-11:30am

Yoga Flow 10:30am-11:30am

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Mindful Living in A Stressful World #1

Fit to Function 12pm-1pm Disco Cardio 1:30pm-2:30pr

Bootcamp 9am-10am

(Bilingual) 1pm-2pm

Disco Cardio 1:30pm-2:30pr

(ages 4-11) 4pm-4:45pm

Session 1 4pm-6pm

Bootcamp 9am-10am

Stretch & Mobility

24/7 Dads: Cohort 8.

Yoga Flow 10:30am-11:30am

Fit to Function

Breath Well Live Well #2 (Spanish)

Stretch & Mobility 3pm-4pm Cardio Strength for Kids (ages 4-11)

Mothers Day Arts & Crafts

Cardio Strength for Kids

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Strength & Conditioning 5pm-6pm



Saturday

3

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Strength & Conditioning 9am-10am

Baby and Me Social (ages 0-3) 10am-10:45am

Meditation 10:30am-11:30am Arts & Crafts (Bilingual) 11:30am-12:30pm

Mindful Stretch

Seated Strength for Seniors and People w/disabilities 1:30pm-2:30pm

Form & Functional 3pm-4pm Yoga for Kids (ages 4-11) 4pm-4:45pm

Zumbini (ages0-3) 4pm-4:45pm

Zumba 5pm-6pm

Zumba 9am-10am

Living Well in the Community #5

Healthy Living: My Best Self #2 (Spanish) 10:30am-11:30am

TUESDAY

Balance & Stability 10:30am-11:30am

Fit to Function 12pm-1pm

Mindful Living in A Stressful World #1

Disco Cardio 1:30pm-2:30pm

Chair Fitness

Healthy Living: My Best Self #2

Circuit Training for Kids (ages 4-11) 4pm-4:45pm

Mother's Day Arts & Crafts for Kids (ages 4-11) 5pm-5:45pm

Yoga 5pm-6pm

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9am-1pm

Digital tools for a Healthier You

1pm-2pm Strength & Conditioning

1:30pm-2:30pm Your Health & Wellness

Benefits 2:30pm-3:30pm

Core Training 3pm-4pm

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Meditation for Kids (ages 4-11) 4pm-4:45pm

Game Hour for Kids (ages 4-11) 5pm-5:45pm

Energy Conservation & Don't Use Cell While Driving (Bilingual) 10am-11am

*Breast and Cervical Cancer (Bilingual) 11:30am-12:30pm *Prize Raffle in Class

Cardio & Strength Training 10:30am-11:30am

Zumba 5pm-6pm

Form & Functional 9am-10am

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Asian Pacific Islander Heritage Month Celebration 9am-11am

CPR (Spanish) 10am-1pm

Zumba 12pm-1pm

Cardio Dance

Zumbini (ages 0-3) 9am-9:45am

Yin Yoga 10:30am-11:30am

Balance & Stability 1:30pm-2:30pm

Zumba 12pm-1pm

Disco Cardio

1:30pm-4:30pm

Balance & Stability 1:30pm-2:30pm

Seated Strength for Seniors and People w/disabilities

Family Bootcamp for Kids

(ages 4-11) 4pm-4:45pm Mother's Day Arts & Crafts for Kids (ages 4-11) 5pm-5:45pm

Disco Cardio 5pm-6pm

Knitting & Crochet (Bilingual, Self-led) 10:30am-11:30am

Woman's Self-Care Activity (Bilingual) 2pm-3pm

Family Bootcamp for Kids (ages 4-11) 4pm-4:45pm

Community

Wellness

Center

CLOSED

Seated Strength for Seniors and People w/disabilities

Game Hour for Kids (ages 4-11) 5pm-5:45pm

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Strength & Conditioning 5pm-6pm

Understanding Diabetes #2 (Spanish) 9am-10am

Understanding Diabetes #2 10:30am-11:30am

Yoga Flow 10:30am-11:30am

Fit to Function 12pm-1pm

Healthy Heart #3 12pm-1pm

Disco Cardio 1:30pm-2:30pm

Stretch & Mobility

Breath Well Live Well #2 2:30pm-3:30pm

Strength & Conditioning 5pm-6pm

Well Child and Young **Adult Clinic**

ages 3-21



Is your child due for a participate.

Everyone is welcome!
Join us for a fun-filled day with the family. 9am-2pm

Strength & Conditioning 9am-10am

Baby and Me Social (ages 0-3)

Meditation 10:30am-11:30am Game Hour (Bilingual) 11:30am-12:30pm Mindful Stretch

Take Control of Your Health: Enjoy Living Tobacco Free 1pm-2pm

Seated Strength for Seniors and People w/disabilities 1:30pm-2:30pm Form & Functional

Yoga for Kids (ages 4-11)

Zumbini (ages 0-3) 4pm-4:45pm

Zumba 5pm-6pm

Zumba 9am-10am Pregnancy and Delivery (Bilingual)

Balance & Stability 10:30am-11:30am Fit to Function

Woman's Health Arts & Crafts (Bilingual) 12pm-1pm

Disco Cardio 1:30pm-2:30pm

Chair Fitness

Circuit Training for Kids (ages 4-11) 4pm-4:45pm

Arts & Crafts for Kids (ages 4-11)

Yoga 5pm-6pm

Core Training

Form & Functional 9am-10am

Yoga for Beginners

(Bilingual) 10am-11am

Core Training

Zumba

Yoga for Beginners 12pm-1pm

Strength & Conditioning 1:30pm-2:30pm

Game Hour (Bilingual) 2pm-3pm

Meditation for Kids (ages 4-11) 4pm-4:45pm

Zumba 5pm-6pm

Know Your Rights/Citizenship

Digital tools for a Healthier You

Your Health & Wellness Benefits 2:30pm-3:30pm

Meditation for Kids (ages 4-11)

Cardio & Strength Training 10:30am-11:30am

Strength & Conditioning

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Bootcamp **Yoga Flow** 10:30am-11:30am

Woman's Health Game Hour (Bilingual) 11:30am-12:30pm

Cardio Strength for Kids (ages 4-11)

24/7 Dads: Cohort 8, Session 2

Fit to Function

Disco Cardio 1:30pm-2:30pm Stretch & Mobility 3pm-4pm

Cardio Strength for Kids (ages 4-11) 4pm-4:45pm 24/7 Dads: Cohort 8, Session 3

Strength & Conditioning

Bootcamp 9am-10am

Fit to Function 12pm-1pm

Healthy Heart #1 2:30pm-3:30pm

24/7 Dads: Cohort 8, Session 4

Strength & Conditioning

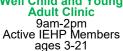
Monday-Friday, 9am-6pm • Saturday, 8:30am-1pm

CLOSED 17

Community

Wellness

Center





WellCare Visit?
Call (866) 228-4347 to verify eligibility and schedule an appointment or walk in to

Community

Wellness

Center

CLOSED

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CLOSED¹⁹ 12pm-6pm

Strength & Conditioning 9am-10am

(ages 0-3) 10am-10:45am Meditation

10:30am-11:30am Crafts (Bilingual)

11am-11:45am

Zumba 9am-10am Living Well in The Community #6

Baby and Me Social

Woman's Health Arts &

Balance & Stability 10:30am-11:30am

Healthy Heart #3 (Spanish) 10:30am-11:30am Fit to Function 12pm-1pm Healthy Living: My Best Self #3

Spanisn₎ 1pm-2pm Disco Cardio 1:30pm-2:30pm Chair Fitness

Circuit Training for Kids (ages 4-11) 4pm-4:45pm

Healthy Living #3 Yoga 5pm-6pm

9am-10am

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Zumba

Balance & Stability 10:30am-11:30am Fit to Function 12pm-1pm

Disco Cardio 1:30pm-2:30pm **Chair Fitness**

Circuit Training for Kids (ages 4-11) 4pm-4:45pm AAPI Heritage Month Arts & Crafts for Kids (ages 4-11) 5pm-5:45pm

Yoga 5pm-6pm

Form & Functional 9am-10am

Honey & Tea Social (Bilingual) 10am-10:30am Cardio & Strength Training

Woman's Health Self-Care Activity (Bilingual) 11am-12pm Yoga for Beginners

10:30am-11:30am

12pm-1pm Strength & Conditioning 1:30pm-2:30pm Core Training

Meditation for Kids (ages 4-11) 4pm-4:45pm Zumba

Well Child and Young **Adult Clinic** 9am-4pm Active IEHP Members



Is your child due for a WellCare Visit? Call (866) 228-4347 to verify eligibility and schedule an appointment or walk in to participate.

Everyone is welcome! Join us for a fun-filled day with the family. 9am-4pm

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My Life My Choice (Spanish)

My Life My Choice 10:30am-11:30am Yoga Flow 10:30am-11:30am

Healthy Heart #1 (Spanish) 12pm-1pm Disco Cardio

Cardio Strength for Kids (ages 4-11)

Community Wellness Center **CLOSED**



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)

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

www.iehp.org/crcClasses