

| MONDAY | | TUESDAY | | WEDNESDAY | | THURSDAY | | FRIDAY | | Saturday | |
|---|--|---|--|--|--|--|--|--|--|--|--|
| <div><p><i>Women's Health Awareness Month</i></p><p>Join us for various events throughout the month. Don't forget to wear something pink on the days you see the ribbon.</p></div> <div><p>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.</p></div> | | | | <div><p>SCAN ME!</p><p>Use your phone to scan the QR code to view our full schedule of FREE classes.</p></div> | | <div><p>1</p><p>Cardio Dance 9am-10am</p><p>Zumbini (ages 0-3) 9am-9:45am</p><p>Knitting & Crochet (Bilingual, Self-led) 10:30am-11:30am</p><p>Yin Yoga 10:30am-11:30am</p><p>Zumba 12pm-1pm</p><p>Balance & Stability 1:30pm-2:30pm</p><p>Arts & Crafts (Bilingual) 2pm-3pm</p><p>Seated Strength for Seniors and People w/disabilities 3pm-4pm</p><p>Family Bootcamp for Kids (ages 4-11) 4pm-4:45pm</p><p>Arts & Crafts for Kids (ages 4-11) 5pm-5:45pm</p><p>Disco Cardio 5pm-6pm</p></div> | | <div><p>2</p><p>Bootcamp 9am-10am</p><p>Understanding Diabetes #1 (Spanish) 9am-10am</p><p>Understanding Diabetes #1 10:30am-11:30am</p><p>Yoga Flow 10:30am-11:30am</p><p>Mindful Living in A Stressful World #1 12pm-1pm</p><p>Fit to Function 12pm-1pm</p><p>Disco Cardio 1:30pm-2:30pm</p><p>Breath Well Live Well #2 (Spanish) 2:30pm-3:30pm</p><p>Stretch & Mobility 3pm-4pm</p><p>Cardio Strength for Kids (ages 4-11) 4pm-4:45pm</p><p>Strength & Conditioning 5pm-6pm</p></div> | | <div><p>Community Wellness Center CLOSED</p></div> | |
| <div><p>5</p><p>Strength & Conditioning 9am-10am</p><p>Baby and Me Social (ages 0-3) 10am-10:45am</p><p>Meditation 10:30am-11:30am</p><p>Arts & Crafts (Bilingual) 11:30am-12:30pm</p><p>Mindful Stretch 12pm-1pm</p><p>Seated Strength for Seniors and People w/disabilities 1:30pm-2:30pm</p><p>Form & Functional 3pm-4pm</p><p>Yoga for Kids (ages 4-11) 4pm-4:45pm</p><p>Zumbini (ages 0-3) 4pm-4:45pm</p><p>Zumba 5pm-6pm</p></div> | | <div><p>6</p><p>Zumba 9am-10am</p><p>Living Well in the Community #5 9am-10am</p><p>Healthy Living: My Best Self #2 (Spanish) 10:30am-11:30am</p><p>Balance & Stability 10:30am-11:30am</p><p>Fit to Function 12pm-1pm</p><p>Mindful Living in A Stressful World #1 (Spanish) 1pm-2pm</p><p>Disco Cardio 1:30pm-2:30pm</p><p>Chair Fitness 3pm-4pm</p><p>Healthy Living: My Best Self #2 4pm-5pm</p><p>Circuit Training for Kids (ages 4-11) 4pm-4:45pm</p><p>Mother's Day Arts & Crafts for Kids (ages 4-11) 5pm-5:45pm</p><p>Yoga 5pm-6pm</p></div> | | <div><p>7</p><p>CLOSED 9am-1pm</p><p>Digital tools for a Healthier You 1pm-2pm</p><p>Strength & Conditioning 1:30pm-2:30pm</p><p>Your Health & Wellness Benefits 2:30pm-3:30pm</p><p>Core Training 3pm-4pm</p><p>Meditation for Kids (ages 4-11) 4pm-4:45pm</p><p>Game Hour for Kids (ages 4-11) 4pm-4:45pm</p><p>Zumba 5pm-6pm</p></div> | | <div><p>8</p><p>Asian Pacific Islander Heritage Month Celebration 9am-11am</p><p>CPR (Spanish) 10am-1pm</p><p>Zumba 12pm-1pm</p><p>CPR 1:30pm-4:30pm</p><p>Balance & Stability 1:30pm-2:30pm</p><p>Seated Strength for Seniors and People w/disabilities 3pm-4pm</p><p>Family Bootcamp for Kids (ages 4-11) 4pm-4:45pm</p><p>Mother's Day Arts & Crafts for Kids (ages 4-11) 5pm-5:45pm</p><p>Disco Cardio 5pm-6pm</p></div> | | <div><p>9</p><p>Bootcamp 9am-10am</p><p>Yoga Flow 10:30am-11:30am</p><p>Fit to Function 12pm-1pm</p><p>Mothers Day Arts & Crafts (Bilingual) 1pm-2pm</p><p>Disco Cardio 1:30pm-2:30pm</p><p>Stretch & Mobility 3pm-4pm</p><p>Cardio Strength for Kids (ages 4-11) 4pm-4:45pm</p><p>24/7 Dads: Cohort 8, Session 1 4pm-6pm</p><p>Strength & Conditioning 5pm-6pm</p></div> | | <div><p>Community Wellness Center CLOSED</p></div> | |
| <div><p>12</p><p>Strength & Conditioning 9am-10am</p><p>Baby and Me Social (ages 0-3) 10am-10:45am</p><p>Meditation 10:30am-11:30am</p><p>Game Hour (Bilingual) 11:30am-12:30pm</p><p>Mindful Stretch 12pm-1pm</p><p>Take Control of Your Health: Enjoy Living Tobacco Free 1pm-2pm</p><p>Seated Strength for Seniors and People w/disabilities 1:30pm-2:30pm</p><p>Form & Functional 3pm-4pm</p><p>Yoga for Kids (ages 4-11) 4pm-4:45pm</p><p>Zumbini (ages 0-3) 4pm-4:45pm</p><p>Zumba 5pm-6pm</p></div> | | <div><p>13</p><p>Zumba 9am-10am</p><p>Pregnancy and Delivery (Bilingual) 9am-10am</p><p>Balance & Stability 10:30am-11:30am</p><p>Fit to Function 12pm-1pm</p><p>Woman's Health Arts & Crafts (Bilingual) 12pm-1pm</p><p>Disco Cardio 1:30pm-2:30pm</p><p>Chair Fitness 3pm-4pm</p><p>Circuit Training for Kids (ages 4-11) 4pm-4:45pm</p><p>Arts & Crafts for Kids (ages 4-11) 4pm-4:45pm</p><p>Yoga 5pm-6pm</p></div> | | <div><p>14</p><p>Form & Functional 9am-10am</p><p>Energy Conservation & Don't Use Cell While Driving (Bilingual) 10am-11am</p><p>*Breast and Cervical Cancer (Bilingual) 11:30am-12:30pm</p><p>*Prize Raffle in Class</p><p>Cardio & Strength Training 10:30am-11:30am</p><p>Yoga for Beginners 12pm-1pm</p><p>Strength & Conditioning 1:30pm-2:30pm</p><p>Game Hour (Bilingual) 2pm-3pm</p><p>Core Training 3pm-4pm</p><p>Meditation for Kids (ages 4-11) 4pm-4:45pm</p><p>Zumba 5pm-6pm</p></div> | | <div><p>15</p><p>Cardio Dance 9am-10am</p><p>Zumbini (ages 0-3) 9am-9:45am</p><p>Knitting & Crochet (Bilingual, Self-led) 10:30am-11:30am</p><p>Yin Yoga 10:30am-11:30am</p><p>Zumba 12pm-1pm</p><p>Balance & Stability 1:30pm-2:30pm</p><p>Woman's Self-Care Activity (Bilingual) 2pm-3pm</p><p>Seated Strength for Seniors and People w/disabilities 3pm-4pm</p><p>Family Bootcamp for Kids (ages 4-11) 4pm-4:45pm</p><p>Game Hour for Kids (ages 4-11) 5pm-5:45pm</p><p>Disco Cardio 5pm-6pm</p></div> | | <div><p>16</p><p>Bootcamp 9am-10am</p><p>Understanding Diabetes #2 (Spanish) 9am-10am</p><p>Understanding Diabetes #2 10:30am-11:30am</p><p>Yoga Flow 10:30am-11:30am</p><p>Fit to Function 12pm-1pm</p><p>Healthy Heart #3 12pm-1pm</p><p>Disco Cardio 1:30pm-2:30pm</p><p>Breath Well Live Well #2 2:30pm-3:30pm</p><p>Stretch & Mobility 3pm-4pm</p><p>Cardio Strength for Kids (ages 4-11) 4pm-4:45pm</p><p>24/7 Dads: Cohort 8, Session 2 4pm-6pm</p><p>Strength & Conditioning 5pm-6pm</p></div> | | <div><p>17</p><p>Well Child and Young Adult Clinic 9am-2pm</p><p>Active IEHP Members ages 3-21</p><p></p><p>Is your child due for a WellCare Visit? Call (866) 228-4347 to verify eligibility and schedule an appointment or walk in to participate.</p><p>Everyone is welcome! Join us for a fun-filled day with the family. 9am-2pm</p></div> | |
| <div><p>19</p><p>CLOSED 12pm-6pm</p><p>Strength & Conditioning 9am-10am</p><p>Baby and Me Social (ages 0-3) 10am-10:45am</p><p>Meditation 10:30am-11:30am</p><p>Woman's Health Arts & Crafts (Bilingual) 11am-11:45am</p></div> | | <div><p>20</p><p>Zumba 9am-10am</p><p>Living Well in The Community #6 9am-10am</p><p>Balance & Stability 10:30am-11:30am</p><p>Healthy Heart #3 (Spanish) 10:30am-11:30am</p><p>Fit to Function 12pm-1pm</p><p>Healthy Living: My Best Self #3 1pm-2pm</p><p>Disco Cardio 1:30pm-2:30pm</p><p>Chair Fitness 3pm-4pm</p><p>Circuit Training for Kids (ages 4-11) 4pm-4:45pm</p><p>Healthy Living #3 4pm-5pm</p><p>Yoga 5pm-6pm</p></div> | | <div><p>21</p><p>Form & Functional 9am-10am</p><p>Know Your Rights/Citizenship (Bilingual) 10am-11am</p><p>Cardio & Strength Training 10:30am-11:30am</p><p>Yoga for Beginners 12pm-1pm</p><p>Digital tools for a Healthier You 1pm-2pm</p><p>Strength & Conditioning 1:30pm-2:30pm</p><p>Your Health</p></div> | | | | | | | |

*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.iehpcrc.org/crcClasses