**MONDAY** 

**WEDNESDAY** 

**FRIDAY** 

9

16

23

30

Legend

Blue font color - Infant & toddler classes ages 0-3 with parents Purple font color - Kids classes ages 4-11 with parents

**TUESDAY** 

Black font color - Classes for ages 12 and older

Asian Pacific Islander Month. Look for classes that have

Women's Health Awareness Month. Wear PINK on the days you see to show your support for Women's Health Awareness.

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

Do you need assistance renewing your IEHP health coverage? Call us at 1-866-294-4347 or visit our center to make an appointment.

to celebrate this month.

Yoga Flow: 9am-10am Chair Kickboxing 10:30am-11:30am Medicare 101

**THURSDAY** 

10am-10:30am (Spanish) 10:30am-11am

Tabata Gold 11am-12pm

Chair Fitness: 12:30pm-1:30pm Arts & Crafts for Seniors

(ages 60+) 1pm-3pm (Bilingual) Aerobic Boxing: 1:30pm-2:30pm

Strength & Conditioning 3pm-4pm

Tabata Cardio: 3:30pm-4pm Arts & Crafts for Kids

**Bootcamp for Kids** 4pm-4:45pm

**Body Sculpting** 

12pm-12:45pm

10:30am-11:30am

**Knitting & Crochet** 

12:30pm-1:30pm

**Bootcamp** 

9am-10am

Zumbini

(Self-Led)

2:30pm-3:30pm

**Aerobic Boxing** 4pm-5pm

**Bootcamp** 

9am-10am **Body Sculpting** 

Zumbini

1pm-2pm Fitness Training

10:30am-11:30am

Knitting & Crochet (Self-Led)

Chair Fitness Gold

12:30pm-1:30pm

12pm-12:45pm

**Bootcamp** 9am-10am Healthy Living My Best Self #2

9am-10am **Body Sculpting** 10:30am-11:30am Mindful Living #3 10:30am-11:30am Tabata Gold 12pm-1pm Healthy Heart #1

1pm-2pm (Spanish) **Fitness Training** 1:30pm-2:30pm **Understanding Diabetes #6** 

2pm-3pm **Body Flow** 3pm-4pm **Tabata Chair** 

4pm-5pm HIIT 4:30pm-5pm

IEHP Renewal Specialist Aerobic Boxing

9am-10am Chair Yoga 10:30am-11:30am

**Talking About Sex: Getting Past** Roadblocks

10:30am-11:30am (Spanish) 11:30am-12:30pm Strength & Conditioning

12pm-1pm **Pure Stretch** 1pm-2pm **Movement & Mobility** 

2:30pm-3:30pm Arts & Crafts 2:30pm-3:30pm Yoga for Kids

4pm-4:45pm HIIT: 4:30pm-5pm **CLOSED** 

9am-1pm

**Movement & Mobility** 

1:30pm-2:30pm Let's Talk About Fitness 2pm-2:30pm

**Strength & Conditioning** 2:30pm-3:30pm Short Stories for Adults

3pm-4pm **Pure Stretch** 

4pm-5pm **Tabata for Kids** 4:15pm-5pm

Yoga Flow 9am-10am Let's Talk About Fitness

4:15pm-5pm

9:30am-10am (Bilingual) Chair Kickboxing 10:30am-11:30am Tabata Gold

11am-12pm **Chair Fitness** 

12:30pm-1:30pm Tabata Cardio 12:30pm-1pm Aerobic Boxing

1:30pm-2:30pm Arts & Crafts

2pm-3pm Strength & Conditioning 3pm-4pm Self Esteem

4pm-5pm Arts & Crafts for Kids 4:15pm-5pm

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**Chair Fitness Gold** 1pm-2pm **Fitness Training** 2:30pm-3:30pm Self Esteem

2:30pm-3:30pm (Spanish) **Aerobic Boxing** 

4pm-5pm **Bootcamp for Kids** 4pm-4:45pm

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**Bootcamp** 

9am-10am My Life My Choice 9am-10am **Body Sculpting** 

10:30am-11:30am **Understanding Diabetes #3** 10:30am-11:30am (Spanish) **Tabata Gold** 

12pm-1pm

Breathe Well Live Well #1 1pm-2pm Fitness Training 1:30pm-2:30pm Mindful Living #1

2pm-3pm (Spanish) Body Flow 3pm-4pm **Tabata Chair** 4pm-5pm HIIT

IEHP Renewal Specialist

Aerobic Boxing 9am-10am Chair Yoga 10:30am-11:30am Helping Your Child Make

Decisions 10am-11am (Spanish)

Rethink Your Drink: Choose Healthy Beverages

11:30am-12:30pm (Bilingual)
Strength & Conditioning 12pm-1pm

Pure Stretch: 1pm-2pm Digital Tools for a Healthier You 2pm-3pm (Spanish)

2:30pm-3:30pm Your Health & Wellness **Benefits** 3pm-4pm (Spanish)

**Movement & Mobility** 

Yoga for Kids 4:15pm-5pm HIIT: 4:30pm-5pm **Tabata Dance** 

9am-10am **PiYO** 9:30am-10:30am

Zumbini 10:30am-11:15am

**Energy Flow** 11am-12pm **Pure Strength** 11:30am-12:30pm

Arts & Crafts 12:30pm-1:30pm

**Movement & Mobility** 1pm-2pm

**IEHP New Member Orientation** Strength & Conditioning

2:30pm-3:30pm IEHP New Member Orientation

3pm-4pm (Spanish) **Pure Stretch** 4pm-5pm **Tabata for Kids** 

4:15pm-5pm

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Well Child and Young **Adult Clinic** 

9am-4pm Active IEHP members ages 3-21

Is your child due for a WellCare Visit? Call (866) 228-4347, option 4 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.



Women's Health Event\*\* 10am-1pm

Join us for an

educational event and resources for women of reproductive age. Light lunch and free gifts will be provided. While supplies last. Scan QR code to register.

New Parent Support

10am-2:30pm

Calling all new & expecting parents!

We would like to invite you to get help

with answering questions, make

connections, and receive support!

Partners encouraged.

Lactation New Parent Group

Midwifery-Led Prenatal Group

Energy Conservation & Don't Use Cell While Driving 2pm-3pm (Bilingual) **Fitness Training** 2:30pm-3:30pm

**Aerobic Boxing** 4pm-5pm **Bootcamp for Kids** 4pm-4:45pm

**Bootcamp** 

9am-10am

10am-12pm

Zumbini

1pm-2pm

12:30pm-2:30pm

12pm-12:45pm

**Chair Fitness Gold** 

Aerobic Boxing: 4pm-5pm

**Fitness Training** 

2:30pm-3:30pm

Body Sculpting 10:30am-11:30am

**Bootcamp** 

4:30pm-5pm

9am-10am **Healthy Heart #3** 9am-10am

**Body Sculpting** 10:30am-11:30am
Breathe Well Live Well #1

10:30am-11:30am (Spanish) Tabata Gold 12pm-1pm

Healthy Living My Best Self #3 1pm-2pm Fitness Training

1:30pm-2:30pm **Understanding Diabetes #4** 2pm-3pm (Spanish) **Body Flow** 

3pm-4pm **Tabata Chair** 4pm-5pm HIIT

IEHP Renewal Specialist

Aerobic Boxing 9am-10am Physical Activity & Nutrition

10am-11:30am (Śpanish) Chair Yoga 10:30am-11:30am

Know Your Rights/Citizenship 12pm-1pm (Bilingual) Strength & Conditioning

12pm-1pm **Pure Stretch** 

Digital Tools for a Healthier You

2pm-3pm **Movement & Mobility** 2:30pm-3:30pm Your Health & Wellness **Benefits** 

3pm-4pm Yoga for Kids HIIT

4:30pm-5pm

Well Child and Young **Adult Clinic** 

9am-4pm Active IEHP members ages 3-21

Is your child due for a WellCare Visit? Call (866)228-4347, option 4 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.



## **CLOSED**

9am-10am

Chair Kickboxing 10:30am-11:30am Tabata Gold 11am-12pm Chair Fitness 12:30pm-1:30pm Tabata Cardio 12:30pm-1pm Aerobic Boxing 1:30pm-2:30pm

Game Hour Strength & Conditioning 3pm-4pm **HIIT/Core Training** 

4pm-5pm

Arts & Crafts for Kids 4:15pm-5pm Yoga Flow 9am-10am

Let's Talk About Fitness 9:30am-10am (Bilingual) Chair Kickboxing 10:30am-11:30am Tabata Gold 11am-12pm **Chair Fitness** 

12:30pm-1:30pm

Tabata Cardio 12:30pm-1pm Aerobic Boxing 1.30pm-2:30pm Birthday Celebration 2pm-3:30pm (Bilingual) Strength & Conditioning 3pm-4pm

HIIT/Core Training 4pm-5pm Arts & Crafts for Kids 4:15pm-5pm

**Bootcamp for Kids** 4pm-4:45pm Bootcamp

9am-10am **Breast & Cervical Health** 10am-11am (Bilingual) **Body Sculpting** 

10:30am-11:30am **Helping Your Child Make** Decisions 11:30am-12:30pm

12pm-12:45pm **Chair Fitness Gold** 1pm-2pm Short Stories for Adults

Zumbini

2pm-3pm Fitness Training 2:30pm-3:30pm

4pm-4:45pm

Aerobic Boxing 4pm-5pm **Bootcamp for Kids** 



in observance of **Memorial Day** HIIT 4:30pm-5pm

IEHP Renewal Specialist

Aerobic Boxing 9am-10am My Life My Choice

9am-10am (Spanish) Chair Yoga 10:30am-11:30am Healthy Living My Best Self #1

10:30am-11:30am (Spanish) Strength & Conditioning 12pm-1pm

**Pure Stretch** 1pm-2pm Understanding Diabetes #7 1pm-2pm

Living Well in the Community #5 2pm-3pm **Movement & Mobility** 2:30pm-3:30pm Yoga for Kids 4:15pm-5pm

**Tabata Dance** 9am-10am

**Energy Flow** 

11am-12pm

**PiYO** 9:30am-10:30am Zumbini 10:30am-11:15am

CLOSED

12pm-5pm

805 West 2nd Street, Suite C, San Bernardino, CA 92410 (at the Marshalls Plaza) \*Monday-Friday, 9am-5pm 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.