Medi-Cal Renewal Specialist

Citizenship Class 10am-11am & 4pm-5pm Citizenship Class 10am-11am & 4pm-5pm Resume & Development** 10am-12pm Zumba 10:15am-11am & 11:15am-12pm Zumba 10:30am-11:30am Dance Fitness

HIIT 9am-10am
Energy Education & Budgeting**
9am-10am & 1pm-2pm
Play Time for Little Minds 9am-10am
Zumba Toning 9:30am-10:30am
Your Health and Wellness Benefits

Healthy Habits with Alex 12pm-1pm Computer Basics 12pm-1:30pm

Heanthy responses 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 Belly Dancing 4pm-5pm Tasty Eats for Kids with Alex 4:15pm-5pm

Medi-Cal Renewal Specialist

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

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

HIIT 9am-10am Playdate Hour (Self Led) 9am-10am & 10am-11am

9am-10am & 10am-11am Energy Education & Budgeting** 9am-10am & 1pm-2pm 2umba Toning 9:30am-10:30am Citizenship Class 10am-11am & 4pm-5pm Resume & Development** 10am-12pm Zumbini 10:15am-11am & 11:15am-12pm

10:15am-11am & 11:15am-12pm Zumba 10:30am-11:30am Dance Fitness 11am-12pm

Tam-12pm Circuit Training 11:30am-12:30pm Healthy Habits with Lizette 12pm-1pm Computer Basics 12pm-30pm

12pm-1:30pm Sewing Class 1pm-3pm Word Fundamentals

Belly Dancing

Pound Fitness

4pm-5pm Project Learn**

1:30pm-2:30pm Intro to Artificial Intelligence

2:30pm-3:30pm Power Hour** (tutoring)

sty Eats for Kids with Alex

Digital Health Literacy 11:30am-12:30pm

TUESDAY

WEDNESDAY

CLOSED

9am-1pm

Energy Education & Budgeting** 1pm-2pm Tea & Gratitude 2pm-3pm Power Hour** (tutoring)

Kitchen*

4:15pm-5pm Kidfit Sports Training 5pm-5:45pm

9am-10am HIIT 9:30am-10:30am Energy Education & Budgeting** 9am-10am & 1pm-2pm

10am-1pm
For parents and caregivers of babies
ages 0-4. An educational program
providing resources & support for
lealthy child development. Free gifts
ealthy child care givers. Scan QR co

Chapter Chats & Activities
10am-11am
Job Club** 10am-12pm
A Better Me
10am-11am
Giggles & Games 10:15am-11am
Grief & Loss Support Group
11am-12pm
Little Learners
11:15am-12pm

11:15am-12pm Express Exercise 1pm-1:30pm Quick full body workout. Tea & Gratitude 2pm-3pm

Power Hour** (tutoring Flex & Move 4pm-5pm Creative Arts for Teens

Parent Club 4pm-5:30pm s in the Kitchen

Beginning Zumba 5pm-6pm

q) 3pm-4pm

4pm-5:30pm

Pamper My Baby**

Beginning Zumba 5pm-6pm

Zumba Chair 9am-10am Playdate Hour (Self Led) 9am-10am

9:30am-12:30pm 1:30pm-4:30pm (Spanish)

Flex & Move 4pm-5pm Creative Arts for Teens

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

Zumba Kids

FRIDAY

11am-11:30am

Tumba Gold
11:30am-12:30pm

Little Learners
11:45m-12::30pm

Educational stations for parents to teach

9

16

23

30

12pm-1pm Healthy Habits with Lizette 1pm-2pm Beginning Zumba 1:30pm-2:30pm Chair Yoga

Zumba Chair

Circuit Training

onair Toga 2pm-3pm Power Yoga 4pm-5pm Teen Leadership 4pm-5:30pm Family Fitness Hour 4:15pm-5pm

4:15pm-5pm Bootcamp Kids 5pm-5:45pm

5pm-5:45pm HIIT 5pm-6pm **Bump & Balance** 5pm-6pm *Prenatal Yoga*.

9am-10am Chapter Chats & Activities 10am-11am

Healthy Habits with Alex

Tiny 10ts Nutrition
11am-11:30am

Zumba Gold
11:30am-12:30pm
Little Learners 11:45m-12::30pm
Educational stations for parents to teach

10am-10:45am Tiny Tots Nutrition

1pm-2pm Beginning Zumba 1:30pm-2:30pm

4pm-5pm Teen Leadership 4pm-5:30pm Family Fitness Hour Alex 4:15pm-5pm

Bootcamp Kids

Chair Yoga

2pm-3pm Power Yoga

Zumba Chair

8

15

Pam-10am
Chapter Chats & Activities
10am-11am
Zumbini
10am-10:45am
Tiny Tots Nutrition
11am-11:30am

MONDAY

Legend

**Pre-registration and/or application required

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

Purple font color - Kids classes ages 6-12 with parents Green font color - Teens classes ages 12-17 Black font color - Classes for ages 12 and older STEM - Science, Engineering, Technology, Math OSHA - Occupational Safety and Health Administration Light Blue font color - Boy & Girls kid cla

6-12 with parent on premises - Asian Pacific Islander Month. Look for classes that have 🧩 to celebrate this month.

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

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

Giggles & Games 10:15am-11am HIIT 11am-12pm

Little Learners
11:15am-12pm
Chair Fitness 12pm-1pm
Goodwill Orientation 1:30pm-2:30pm
Tea & Gratitude 2pm-3pm
Tone & Sculpt 4pm-5pm
Creative Arts for Teens 4pm-5:30pm
Parent Club 4pm-5:30pm
Arts & Crafts 4:15pm-5pm

Bootcamp Training 5pm-6pm

Energy Education & Budgeting** 1pm-2pm Goodwill Orientation

Tea Meditation
2pm-3pm
Power Hour** (tutoring)

4pm-5pm Creative Arts for Teens

Tone & Sculpt

Parent Club 4pm-5:30pm

Arts & Crafts 4:15pm-5pm

Bootcamp Training

Little Learners

Cal Fresh Applications

10am-2pm

VITA Free Tax Preparation**

11am-3pm Call to schedule your appointment 909-723-1566

CLOSED

9am-1pm

Great Futures Start Here!**

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

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

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 an 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 **THURSDAY**

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

10am-11am English as a Second Language 0am-11am & 4pm-5pm actation New Parent Group 10am-12pm Zumba 10:30am-11:30am Stories & Crafts for Littles

HIIT 11:30am-12:30pm
Excel Fundamentals** 12pm-1:30pm
Healthy Habits with Lizette 12:30pm-1:30pm Midwifery-Led Prenatal Group

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

PowerPoint Fundamentals** 1:30pm-2:30pm

Pound Fitness 5pm-6pm

Energy Education & Budgeting** 9am-10am & 1pm-2pm Playdate Hour (Self Led) 9am-10am & 10am-11am

Event** 10am-1pm

Join us for an educational event and

Excel Fundamentals** 12pm-1:30pm Healthy Habits with Lizette 12:30pm-1:30pm Chair Fitness

1pm-2pm PowerPoint Fundamentals** 1:30pm-2:30pm

Family Block Party

Bring the whole family for an hour of fun. 4:30pm-5:30pm

Playdate Hour (Self Led) ages 0-5 with parents.
Triple Play** ages 6-12
Family Craft Time children with parents
Pound Fitness ages 12 and older

Zumba Toning 9am-10am Energy Education & Budgeting** 9am-10am & 1pm-2pm Playdate Hour (Self Led) 9am-10am & 10am-11am

Partner Network Meeting 9am-11am

9am-11am

Circuit Training 9:30am-10:30am
Healthy Heart # 19:30am-10:30am
English as a Second Language
13am-11am & 4pm-5pm
Zumba 10:30am-11:30am
Becoming a Mom #3 11am-12pm
Stories & Crafts for Littles 11:15am-12pm
Member Orientation
11:30am-12:30pm & 12:30-1:30pm (Spanish)
Belly Dancing 11:30am-12:30pm (Spanish)
Belly Dancing 11:30am-12:30pm (Spanish)
Belly Dancing 11:30am-12:30pm (Spanish)
Chair Fitness 1pm-2pm
PowerPoint Fundamentals** 1:30pm-2:30pm
Healthy Habits with Alex 12:30pm-3:30pm
Healthy Heart # 3 1:30pm-2:30pm (Spanish)
Vin Yoga 2pm-3pm
Intro to Artificial Intelligence 2:30pm-3:30pm
Becoming a Mom #3 3pm-4pm (Spanish)
Zumba Chair 4pm-5pm
Arts & Crafts for Kids 4:15pm-5pm
Family Fitness Hour 5pm-5;45pm
Pound Fitness 5pm-6pm

Family Fitness Hour Sprii Pound Fitness 5pm-6pm

Women's Health & Wellness



resources for women of reproductive age. Light lunch and free gifts will be provided. While supplies

ast. Scan QR code to register. Circuit Training 9:30am-10:30am English as a Second Language 10am-11am & 4pm-5pm Stories & Crafts for Littles 11:15am-12pm

Yin Yoga 2pm-3pm Intro to Artificial Intelligence 2:30pm-3:30pm Power Hour** (tutoring) 3pm-4pm

Well Child & Young Adult Clinic

5pm-5:45pm HIIT 5pm-6pm Bump & Balance 5pm-6pm Prenatal Yoga.

9am-4pm Active IEHP members ages 3-21 Is your child due for a WellCare Visit? Call 866-228-4347 option 5 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.

OSHA 10 Construction* 9am-3pm

9am-3pm Ages 18+ Pre-Registration is required Scan QR code to register. *Must attend both classes to receive certificate.

Tiny Tots Nutrition
11am-11:30am
Little Learners
11:45m-12::30pm
Educational stations for parents to teach

Zumbą Gold

12pm-1pm Healthy Habits with Lizette Tom-2pm Beginning Zumba 1:30pm-2:30pm Chair Yoga 2pm-3pm Power Hour** (tutoring) 3pm-4pm Power Hour** (tutoring) 3p Power Yoga 4pm-5pm Teen Leadership 4pm-5:30pm

Family Fitness Hour 4:15pm-5pm

5pm-6pm Bump & Balance 5pm-6pm Prenatal Yoga. Zumba Chair 9am-10am Chapter Chats & Activities 10am-11am

10am-11am Zumbini 10am-10:45am Tiny Tots Nutrition 11am-11:30am Little Learners 11:45m-12::30pm Educational stations i their child

their child Zumba Gold 11:30am-12:30pm Circuit Training

Fit Circuit Training 9am-10am Playdate Hour (Self Led) 9am-10a Energy Education & Budgeting** 9am-10am & 1pm-2pm OSHA 10 Construction* 9am-3pm

Ages 18+ Pre-Registration is required Scan QR code to register. *Must attend both classes to eceive certificate.

Kickboxing 9:30am-10:30am Nutrition Fundamentals 10am-11am

Cal Fresh Applications 10am-2pm

Giggles & Games 10:15am-11am Strength & Conditioning 10:30am-11:30am HIIT 11am-12nm VITA Free Tax Preparation*

11am-3pm Call to schedule your appointment 909-723-1566

Little Learners 11:15am-12pm Movement & Mobility 11:30am-12:30pm Chair Fitness 12pm-1pm Goodwill Orientation 1:30pm-2:30pm Tea Meditation 2pm-3pm Power Hour (tutoring) Tone & Sculpt 4pm-5pm **ng)** 3pm-4pm Parent Club 4pm-5:30pm rt Class 4pm TEM** 4pm-

Bootcamp Training 5pm-6pm

Medi-Cal Renewal Specialist

Pilli Paydate Hour (Self Led) 9am-10am & 10am-11am Energy Education & Budgeting** 9am-10am & 10m-20m

Energy Education & Budgeting**
9am-10am & 1pm-2pm
Zumba Toning 9:30am-10:30am
Rethink Your Drink: Choose a Healthy
Beverage 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
Breast & Cervical Health 11am-12pm
Circuit Training 11am-12pm
Healthy Habits with Lizette 12pm-1pm
Computer Basics 12pm-1:30pm
Low-Impact
1pm-2pm

Low-Impact 1pm-2pm Your Health and Wellness Benefits 1pm-2pm (Spanish) Word Fundamentals 1:30pm-2:30pm Self Care & Crafts 2pm-3pm Ingo to Artificial Intelligence 2:30pm-3:30pm Digital Health Literacy 2:30pm-3:30pm (Spanish) Power Hour** (tutoring)

Belly Dancing 4pm-5pm Project Learn** 4pm-5:30p Tasty Eats for Kids with Alex 4:15pm-5pm

Pound Fitness 5pm-6pm

1:30pm-2:30pm Self Care & Crafts

Zumba Chair

9am-10am HIIT 9:30am-10:30am Playdate Hour (Self Led) 9am-10am Energy Education & Budgeting** 9am-10am & 1pm-2pm Healthy Heart # 2 9-30am-10:30am

9:30am-10:30am Job Club** 10am-12pm Breathe Well, Live Well #1 930am-10:30am (Spanish) Chapter Chats & Activities 10am-11am Giggles & Games 10:15am-11am Giggles & Games 10:15am-1 Understanding Diabetes #1 11am-12pm Little Learners 11:15am-12pm

Healthy Habits with Alex 12pm-1pm Express Exercise 1pm-1:30pm Quick full body workout. Healthy Living my Best Self #1 1:30pm-2:30pm (Spanish) Tea & Gratitude 2pm-3pm

2pm-3pm Understanding Diabetes #1 3pm-4pm (Spanish) Power Hour** (tutoring) 3pm-4pm Flex & Move 4pm-5pm Creative Arts for Teens 4pm-5:30pm Parent Club 4pm-5:30pm Kirls in the Kitchen**

Zumba Kids 4:15pm-5pm Story Corner Beginning Zumba 5pm-6pm

Chair Fitness 9am-10am Playdate Hour (Self Led)

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



Circuit Iranning
12pm-1pm
Healthy Habits with Lizette
1pm-2pm
Healthy Habits with Lizette
1pm-2pm
Beginning Zumba
1:30pm-2:30pm
Chair Yoga
2pm-3pm
2pm-3pm
3pm-4pm
4pm-4pm Teen Leadership 4pm-5:30pm

29

Family Block Party Bring the whole family for an hour of fun. 4:30pm-5:30pm

30pm stations for parents to teach

Playdate Hour (Self Led) ages 0-5 with parents. Triple Play** ages 6-12 Family Craft Time children with parents Pound Fitness ages 12 and older

Bump & Balance 5pm-6pm Prenatal Yoga.



Medi-Cal Renewal Specialist
Bootcamp Training 9am-10am
Playdate Hour (Self Led) 9am-10am
Energy Education & Budgeting**
9am-10am & 1pm-2pm

Security Guard Card Training** 9am-3pm Ages 18+ Pre-Registration is required. Scan QR code to register.

Tone & Sculpt 10am-11am Citizenship Class 10am-11am & 4pm-5pm Family Playtime 10am-11am Family Playtime (0am-11am Resume & Development** 10am-12pm Dance Fitness 10:30am-11:30am Circuit Training 11am-12pm Stories & Crafts for Littles 11:15am-12pm Healthy Habits with Lizette 12pm-1pm Computer Basics 12pm-1:30pm Low-Impact 1pm-2pm Word Fundamentals 1:30pm-2:30pm

2pm-3pm Intro Artificial Intelligence 2:30pm-3:30pm **Family Block Party** Bring the whole family for an hour of fun. 4:30pm-5:30pm

Playdate Hour (Self Led) ages 0-5 with parents.
Triple Play** ages 6-12
Family Craft Time children with parents
Pound Fitness ages 12 and older

Security Guard Card Training* Ages 18+ Pre-Registration is required Scan QR code to register.

Healthy Heart # 3 930am-10:30am Job Club** 10am-12pm A Better Me 10am-11am Chapter Chats & Activities 10am-11am Giggles & Games 10:15am-11am Advanced Care Directives 11am-12pm Grief & Loss Support Group 11am-12pm (Spanish) Little Learners 11.15am-12pm
Express Exercise 1pm-1:30pm
Quick full body workout.
Healthy Living my Best Self #2
1:30pn-12:30pm (Spanish)
Tea & Gratiftude 2pm-3pm
Advanced Care Directives
3pm-4pm (Spanish)
Power Hour** (tutoring)
3pm-4pm

Flex & Move 4pm-5pm Creative Arts for Teens Parent Club 4pm-5:30pm Story Corner** 5:30pm-6pm Bootcamp Kids 5pm-5:45pm

Security Guard Card Training**
9am-3pm Ages 18+ Pre-Registration is required. Scan QR code to register. Nutrition Fundamentals 10am-11am English as a Second Language 10am-11am & 4pm-5pm HIIT 10:30am-11:30am Stories & Crafts for Littles 11:15am-2pm

11:15am-12pm
Belly Dancing
11:30am-12:30pm
Excel Fundamentals** 12pm-1:30pm
Healthy Habits with Lizette
12:30pm-1:30pm
Chair Fitness
1pm-2pm
Prover Point E-mailtres

Circuit Training 9am-10am Energy Education & Budgeting** 9am-10am & 1pm-2pm Playdate Hour (Self Led) 9am-10am & 10am-11am

PowerPoint Fundamentals** 1:30pm-2:30pm Intro to Artificial Intelligence 2:30pm-3:30pm Power Hour** (tutoring)

Flex & Move 4pm-5pm Triple Play** 4pm-5:30pm **Bootcamp Training 5pm-6pm** Well Child & Young Adult Clinic 9am-4pm

Active IEHP members ages 3-21
Is your child due for a WellCare Visit? Call
866-228-4347 option 5 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.

Little Learners
11:30am-12:15pm
Educational stations for parents to teach Circuit Training 12pm-1pm Healthy Habits with Lizette 1pm-2pm Power Hour** (tutoring)

3pm-4pm Power Yoga 4pm-5pm Teen Leadership 4pm-5:30pm Art*** 4pm-5:30pm Story Corner** 5:30pm-6pm om-6pm HIIT 5pm-6pm

12353 Mariposa Rd. 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.