

IEHP COMMUNITY WELLNESS CENTER VICTORVILLE			CLASS CALENDAR May 2025	
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<div><h3>Legend</h3><p>**Pre-registration and/or application required</p><p>Blue font color - Infant & toddler classes ages 0-5 with parents</p><p>Purple font color - Kids classes ages 6-12 with parents</p><p>Green font color - Teens classes ages 12-17</p><p>Black font color - Classes for ages 12 and older</p><p>STEM - Science, Engineering, Technology, Math</p><p>OSHA - Occupational Safety and Health Administration</p><p>Light Blue font color - Boy & Girls kid classes ages 6-12 with parent on premises</p><p> - Asian Pacific Islander Month. Look for classes that have to celebrate this month.</p><p> - Women's Health Awareness Month. Wear PINK on the days you see to show your support for Women's Health Awareness.</p></div>	<div><div> Great Futures Start Here!**</div><p>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.</p><div></div><p>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.</p><div> 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.</div><div> 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</div></div>		<div><div>1</div><div>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 10am-11am & 4pm-5pm Lactation New Parent Group 10am-12pm Zumba 10:30am-11:30am Stories & Crafts for Littles 11:15am-12pm HIIT 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 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 4:15pm-5pm Family Fitness Hour 5pm-5:45pm Pound Fitness 5pm-6pm</div></div>	<div><div>2</div><div>Zumba Chair 9am-10am Chapter Chats & Activities 10am-11am Zumbini 10am-10:45am Tiny Tots Nutrition 11am-11:30am Zumba Gold 11:30am-12:30pm Little Learners 11:45m-12:30pm <i>Educational stations for parents to teach their child</i> Circuit Training 12pm-1pm Healthy Habits with Lizette 1pm-2pm Beginning Zumba 1:30pm-2:30pm Chair Yoga 2pm-3pm Power Yoga 4pm-5pm Teen Leadership 4pm-5:30pm Family Fitness Hour 4:15pm-5pm Bootcamp Kids 5pm-5:45pm HIIT 5pm-6pm Bump & Balance 5pm-6pm Prenatal Yoga.</div></div>
<div><div>5</div><div>Fit Circuit Training 9am-10am Playdate Hour (Self Led) 9am-10am Energy Education & Budgeting** 9am-10am & 1pm-2pm Kickboxing 9:30am-10:30am</div><div>Cal Fresh Applications 10am-2pm</div><div>Giggles & Games 10:15am-11am HIIT 11am-12pm</div><div>VITA Free Tax Preparation** 11am-3pm Call to schedule your appointment 909-723-1566</div><div>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 Fit Games Kids 5pm-5:45pm Bootcamp Training 5pm-6pm</div></div>	<div><div> Medi-Cal Renewal Specialist</div><div>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 10am-11am Citizenship Class 10am-11am & 4pm-5pm Resume & Development** 10am-12pm Zumbini 10:15am-11am & 11:15am-12pm Zumba 10:30am-11:30am Dance Fitness 11am-12pm Disaster Preparedness 11am-11:30am (Spanish) Digital Health Literacy 11:30am-12:30pm Healthy Habits with Alex 12pm-1pm Computer Basics 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 Family Fitness Hour 5pm-5:45pm Pound Fitness 5pm-6pm</div></div>	<div><div>7</div><div>CLOSED 9am-1pm</div><div>Energy Education & Budgeting** 1pm-2pm Tea & Gratitude 2pm-3pm Power Hour** (tutoring) 3pm-4pm Flex & Move 4pm-5pm Creative Arts for Teens 4pm-5:30pm Parent Club 4pm-5:30pm Kids in the Kitchen** 4pm-5:30pm Zumba Kids 4:15pm-5pm Kidfit Sports Training 5pm-5:45pm Story Corner** 5:30pm-6pm Beginning Zumba 5pm-6pm</div></div>	<div><div>8</div><div>Zumba Toning 9am-10am Energy Education & Budgeting** 9am-10am & 1pm-2pm Playdate Hour (Self Led) 9am-10am & 10am-11am</div><div>Partner Network Meeting 9am-11am</div><div>Circuit Training 9:30am-10:30am Healthy Heart # 1 9:30am-10:30am English as a Second Language 10am-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 Excel Fundamentals** 12pm-1:30pm Healthy Habits with Alex 12:30pm-1:30pm Chair Fitness 1pm-2pm PowerPoint Fundamentals** 1:30pm-2:30pm Healthy Heart # 3 1:30pm-2:30pm (Spanish) Yin Yoga 2pm-3pm Intro to Artificial Intelligence 2:30pm-3:30pm Becoming a Mom #5 3pm-4pm (Spanish) Zumba Chair 4pm-5pm Arts & Crafts for Kids 4:15pm-5pm Family Fitness Hour 5pm-5:45pm Pound Fitness 5pm-6pm</div></div>	<div><div>9</div><div>Zumba Chair 9am-10am Chapter Chats & Activities 10am-11am Zumbini 10am-10:45am Tiny Tots Nutrition 11am-11:30am Zumba Gold 11:30am-12:30pm Little Learners 11:45m-12:30pm <i>Educational stations for parents to teach their child</i> Healthy Habits with Alex 1pm-2pm Beginning Zumba 1:30pm-2:30pm Chair Yoga 2pm-3pm Power Yoga 4pm-5pm Teen Leadership 4pm-5:30pm Family Fitness Hour Alex 4:15pm-5pm Bootcamp Kids 5pm-5:45pm HIIT 5pm-6pm Bump & Balance 5pm-6pm Prenatal Yoga.</div></div>
<div><div>12</div><div>CLOSED 9am-1pm</div><div>Energy Education & Budgeting** 1pm-2pm Goodwill Orientation 1:30pm-2:30pm Tea Meditation 2pm-3pm Power Hour** (tutoring) 3pm-4pm Tone & Sculpt 4pm-5pm Creative Arts for Teens 4pm-5:30pm Parent Club 4pm-5:30pm STEM** 4pm-5:30pm Arts & Crafts 4:15pm-5pm Story Corner** 5:30pm-6pm Bootcamp Training 5pm-6pm</div></div>	<div><div> Medi-Cal Renewal Specialist</div><div>HIIT 9am-10am Playdate Hour (Self Led) 9am-10am & 10am-11am Energy Education & Budgeting** 9am-10am & 1pm-2pm Zumba Toning 9:30am-10:30am Citizenship Class 10am-11am & 4pm-5pm Resume & Development** 10am-12pm Zumbini 10:15am-11am & 11:15am-12pm Zumba 10:30am-11:30am Dance Fitness 11am-12pm Circuit Training 11:30am-12:30pm Healthy Habits with Lizette 12pm-1pm Computer Basics 12pm-1:30pm Sewing Class 1pm-3pm Word Fundamentals 1:30pm-2:30pm Intro to Artificial Intelligence 2:30pm-3:30pm Power Hour** (tutoring) 3pm-4pm Belly Dancing 4pm-5pm Project Learn** 4pm-5:30pm Tasty Eats for Kids with Alex 4:15pm-5pm Story Corner** 5:30pm-6pm Pound Fitness 5pm-6pm</div><div></div></div>	<div><div>14</div><div>Zumba Chair 9am-10am Playdate Hour (Self Led) 9am-10am HIIT 9:30am-10:30am Energy Education & Budgeting** 9am-10am & 1pm-2pm CPR 9:30am-12:30pm 1:30pm-4:30pm (Spanish)</div><div>Pamper My Baby** 10am-1pm For parents and caregivers of babies ages 0-4. An educational program providing resources & support for healthy child development. Free gifts for participating care givers. Scan QR code or call 877-774-7978 to register.</div><div></div><div>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 Express Exercise 1pm-1:30pm <i>Quick full body workout.</i> Tea & Gratitude 2pm-3pm Power Hour** (tutoring) 3pm-4pm Flex & Move 4pm-5pm Creative Arts for Teens 4pm-5:30pm Parent Club 4pm-5:30pm Zumba Kids 4:15pm-5pm Kids in the Kitchen** 4pm-5:30pm Story Corner** 5:30pm-6pm Beginning Zumba 5pm-6pm</div></div>	<div><div>15</div><div>Energy Education & Budgeting** 9am-10am & 1pm-2pm Playdate Hour (Self Led) 9am-10am & 10am-11am</div><div> Women's Health & Wellness Event** 10am-1pm</div><div>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.</div><div></div><div>Circuit Training 9:30am-10:30am English as a Second Language 10am-11am & 4pm-5pm Stories & Crafts for Littles 11:15am-12pm Excel Fundamentals** 12pm-1:30pm Healthy Habits with Lizette 12:30pm-1:30pm Chair Fitness 1pm-2pm PowerPoint Fundamentals** 1:30pm-2:30pm Yin Yoga 2pm-3pm Intro to Artificial Intelligence 2:30pm-3:30pm Power Hour** (tutoring) 3pm-4pm</div><div>Family Block Party Bring the whole family for an hour of fun. 4:30pm-5:30pm</div><div>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 </div></div>	<div><div>16</div><div>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.</div><div></div><div>OSHA 10 Construction** 9am-3pm Ages 18+ Pre-Registration is required Scan QR code to register. *Must attend both classes to receive certificate.</div><div></div><div>Tiny Tots Nutrition 11am-11:30am Little Learners 11:45m-12:30pm <i>Educational stations for parents to teach their child</i> Zumba Gold 12pm-1pm Healthy Habits with Lizette 1pm-2pm Beginning Zumba 1:30pm-2:30pm Chair Yoga 2pm-3pm Power Hour** (tutoring) 3pm-4pm Power Yoga 4pm-5pm Teen Leadership 4pm-5:30pm Art** 4pm-5:30pm Family Fitness Hour 4:15pm-5pm Story Corner** 5:30pm-6pm HIIT 5pm-6pm Bump & Balance 5pm-6pm Prenatal Yoga.</div></div>
<div><div>19</div><div>Fit Circuit Training 9am-10am Playdate Hour (Self Led) 9am-10am Energy Education & Budgeting** 9am-10am & 1pm-2pm</div><div>OSHA 10 Construction** 9am-3pm Ages 18+ Pre-Registration is required Scan QR code to register. *Must attend both classes to receive certificate.</div><div></div><div>Kickboxing 9:30am-10:30am Nutrition Fundamentals 10am-11am</div><div>Cal Fresh Applications 10am-2pm</div><div>Giggles & Games 10:15am-11am Strength & Conditioning 10:30am-11:30am HIIT 11am-12pm</div><div>VITA Free Tax Preparation** 11am-3pm Call to schedule your appointment 909-723-1566</div><div>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) 3pm-4pm Tone & Sculpt 4pm-5pm Creative Arts for Teens 4pm-5:30pm Parent Club 4pm-5:30pm Art Class 4pm-5pm STEM** 4pm-5:30pm Story Corner** 5:30pm-6pm Bootcamp Training 5pm-6pm</div></div>	<div><div> Medi-Cal Renewal Specialist</div><div>HIIT 9am-10am Playdate Hour (Self Led) 9am-10am & 10am-11am 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 Your Health and Wellness Benefits 1pm-2pm (Spanish) 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 (Spanish) Power Hour** (tutoring) 3pm-4pm Belly Dancing 4pm-5pm Project Learn** 4pm-5:30pm Tasty Eats for Kids with Alex 4:15pm-5pm Story Corner** 5:30pm-6pm Pound Fitness 5pm-6pm</div><div></div></div>	<div><div>21</div><div>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 Job Club** 10am-12pm Breathe Well, Live Well #1 10:30am-10:30am (Spanish) Chapter Chats & Activities 10am-11am Giggles & Games 10:15am-11am Understanding Diabetes #1 11am-12pm Little Learners 11:15am-12pm Healthy Habits with Alex 12pm-1pm Express Exercise 1pm-1:30pm <i>Quick full body workout.</i> Healthy Living my Best Self # 1 1:30pm-2:30pm (Spanish) Tea & Gratitude 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 Kids in the Kitchen** 4pm-5:30pm Zumba Kids 4:15pm-5pm Story Corner** 5:30pm-6pm Beginning Zumba 5pm-6pm</div></div>	<div><div>22</div><div></div><div>Community Wellness Center CLOSED</div><div>Circuit Training 9am-10am Energy Education & Budgeting** 9am-10am & 1pm-2pm Playdate Hour (Self Led) 9am-10am & 10am-11am</div><div>Family Block Party Bring the whole family for an hour of fun. 4:30pm-5:30pm</div><div>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 </div></div>	<div><div>23</div><div>Zumba Chair 9am-10am Chapter Chats & Activities 10am-11am Zumbini 10am-10:45am Tiny Tots Nutrition 11am-11:30am Little Learners 11:45m-12:30pm <i>Educational stations for parents to teach their child</i> Zumba Gold 11:30am-12:30pm Circuit Training 12pm-1pm Healthy Habits with Lizette 1pm-2pm Beginning Zumba 1:30pm-2:30pm Chair Yoga 2pm-3pm Power Hour** (tutoring) 3pm-4pm Teen Leadership 4pm-5:30pm</div><div>Family Block Party Bring the whole family for an hour of fun. 4:30pm-5:30pm</div><div>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 </div><div>Bump & Balance 5pm-6pm Prenatal Yoga.</div></div>
<div><div>26</div><div></div><div>CLOSED in observance of Memorial</div></div>				