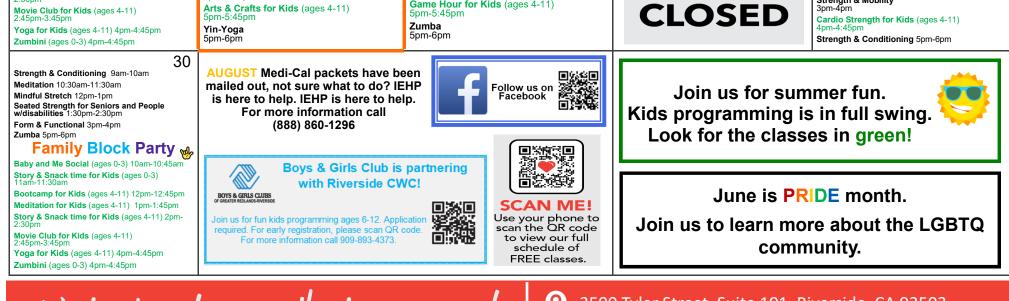


Class Calendar - June 2025

Community Wellness Center - RIVERSIDE

MONDAY	TUESDAY	WEDNESDAY		
		WEDNESDAY	THURSDAY	FRIDAY
2	3	4	5	
Strength & Conditioning 9am-10am Meditation 10:30am-11:30am	Zumba 9am-10am	Form & Functional 9am-10am	Cardio Dance 9am-10am	Bootcamp 9am-10am
lindful Stretch 12pm-1pm	Understanding Diabetes #3 (Spanish) 9am-10am	High Energy Usage and 3rd party Services (Bilingual)	Member Benefits Orientation	Pamper My Babies (Bilingual)
Seated Strength for Seniors and People //disabilities 1:30pm-2:30pm		Services (Bilingual) 10am-11am	10am-11am 11am-12pm (Spanish)	10am-1pm
	Understanding Diabetes #3 10:30am-11:30am	Cardio & Strength Training	Yin-Yoga 10:30am-11:30am	Yoga Flow 10:30am-11:30am
Form & Functional 3pm-4pm	Balance & Stability 10:30am-11:30am	10:30am-11:30am	10:30am-11:30am Zumba	Fit to Function
2umba 5pm-6pm	Fitness To Function	Knitting & Crochet (Bilingual, Self-led) 11am-12pm	12pm-1pm	12pm-1pm
Family Block Party	12pm-1pm Mindful Living # 2	Yoga for Beginners	Medicare 101	Disco Cardio
Baby and Me Social (ages 0-3)	12pm-1pm	12pm-1pm 5 Strength & Conditioning	12:30pm-1pm 1pm-1:30pm (Spanish)	1:30pm-2:30pm Little Warriors for kids (ages 4-11)
Story & Snack time for Kids (ages 0-3)	Breast & Cervical Cancer (Bilingual) 1:30pm-2:30pm	1:30pm-2:30pm	Balance & Stability	2pm-2:45pm
1am-11:30am	Disco Cardio	Story & Snack time for kids (ages 4-11)	1:30pm-2:30pm Tai-Chi	Strength & Mobility
Bootcamp for Kids (ages 4-11) 2pm-12:45pm	1:30pm-2:30pm	2pm-2:45pm Father's Day Arts & Crafts for Kids (ages 4-11)	2pm-3pm	3pm-4pm
Ieditation for Kids (ages 4-11) 1pm-1:45pm	Chair Fitness 3pm-4pm	3pm-3:45pm	Seated Strength for Seniors and People w/ disabilities	Yoga for Kids (ages 4-11) 3pm-3:45pm
tory & Snack time for Kids (ages 4-11)	Becoming a Mom #4	Core Training 3pm-4pm	3pm-4pm	Cardio Strength for Kids (ages 4-11)
pm-2:30pm Iovie Club for Kids (ages 4-11)	4pm-5pm Circuit Training for Kids (ages 4-11)	Meditation for Kids (ages 4-11)	Meditation for Kids (ages 4-11) 3:15pm-4pm	4pm-4:45pm
1:45pm-3:45pm	4pm-4:45pm	4pm-4:45pm	Family Bootcamp for Kids (ages 4-11)	24/7 Dads: Cohort 8, Session 5 4pm-6pm
'oga for Kids (ages 4-11) 4pm-4:45pm	Father's Day Arts & Crafts for Kids (ages 4-11) 5pm-5:45pm	Game Hour for Kids (ages 4-11) 5pm-5:45pm	4pm-4:45pm	
umbini (ages 0-3) 4pm-4:45pm	Yin-Yoga 5pm-6pm	Zumba 5pm-6pm	Arts & Crafts for Kids (ages 4-11) 5pm-5:45pm Disco Cardio 5pm-6pm	Strength & Conditioning 5pm-6pm
9	10	11	12	1
BOYS & GIRLS CLUBS OF GREATER REDLANDS-RIVERSIDE	BOYS & GIRLS CLUBS OF GREATER REDLANDS-RIVERSIDE	BOYS & GIRLS CLUBS OF GREATER REDLANDS-RIVERSIDE	BOYS & GIRLS CLUBS OF GREATER REDLANDS-RIVERSIDE	BOYS & GIRLS CLUBS OF GREATER REDLANDS-RIVERSIDE
Boys & Girls Block Party	Boys & Girls Block Party	Boys & Girls Block Party	Boys & Girls Block Party	Boys & Girls Block Party
9am-12pm strength & Conditioning 9am-10am	9am-12pm	9am-12pm	9am-12pm	9am-12pm
leditation 10:30am-11:30am	Goodwill Hiring Event 10am-1pm	Well Child and Young Adult Clinic	Cardio Dance 9am-10am	
lindful Stretch 12pm-1pm	**Scan the QR code to register	Well Child and Young Adult Clinic	Yin-Yoga	Well Child and Young Adult Clini
eated Strength for Seniors and People //disabilities 1:30pm-2:30pm		9am-4pm	10:30am-11:30am	9am-4pm
Form & Functional 3pm-4pm	Goodwill Southern	Active IEHP members ages 3-21	Zumba 12pm-1pm	Active IEHP members ages 3-21
Jumba 5pm-6pm	California	Is your child due for a WellCare Visit?	Balance & Stability	Is your child due for a WellCare Visit
Family Block Party		Call (866) 228-4347, option 3 to verify	1:30pm-2:30pm	Call (866) 228-4347, option 3 to veri
aby and Me Social (ages 0-3) Canceled	Disco Cardio 1:30pm-2:30pm	eligibility and schedule an appointment	Tai-Chi 2pm-3pm	eligibility and schedule an
story & Snack time for Kids (ages 0-3)	Breathe Well Live Well #1 (Spanish)	or walk-in to participate.	Seated Strength for Seniors and People w/	appointment or walk-in to participate
Canceled	1:30pm-2:30pm Healthy Living: My Best Self #4		disabilities	
Bootcamp for Kids (ages 4-11) Canceled Meditation for Kids (ages 4-11)	2:45pm-3:45pm		3pm-4pm Meditation for Kids (ages 4-11)	
pm-1:45pm	Chair Fitness 3pm-4pm		3:15pm-4pm	
Story & Snack time for Kids (ages 4-11)	Circuit Training for Kids (ages 4-11)		Family Bootcamp for Kids (ages 4-11)	
2pm-2:30pm Movie Club for Kids (ages 4-11)	4pm-4:45pm		4pm-4:45pm Arts & Crafts for Kids (ages 4-11)	
2:45pm-3:45pm	My life My Choice 4pm-5pm Yin-Yoga 5pm-6pm	Everyone is welcome! Join us for a	5pm-5:45pm	Everyone is welcome! Join us for a
Yoga for Kids (ages 4-11) 4pm-4:45pm	My Life My Choice (Spanish) 5:15pm-6:15pm	fun-filled day with the family.	Disco Cardio	fun-filled day with the family.
Zumbini (ages 0-3) 4pm-4:45pm			5pm-6pm	· · ·
16	17	18	19	2
	Zumba	Form & Functional	19	∠ Bootcamp
Strength & Conditioning 9am-10am	9am-10am	9am-10am		9am-10am
Meditation10:30am-11:30am Mindful Stretch 12pm-1pm	Living Well in the community #7 9am-10am	Know Your Rights/Citizenship (Bilingual) 10am-11am		Yoga Flow
Seated Strength for Seniors and People w/	Healthy Heart #2 (Spanish)	Cardio & Strength Training		10:30am-11:30am
disabilities 1:30pm-2:30pm	10:30am-11:30am	10:30am-11:30am		Fit to Function
Form & Functional 3pm-4pm	Balance & Stability 10:30am-11:30am	Arts & Crafts (Bilingual) 11:30am-12:30pm	CLOSED	Disco Cardio
Zumba 5pm-6pm	Fit to Function	Yoga for Beginners		1:30pm-2:30pm
Family Block Party	12pm-1pm	12pm-1pm	in observance of	Little Warriors for Kids
Baby and Me Social (ages 0-3)	Healthy Living: My Best Self #4 (Spanish) 1pm-2pm	Health and Wellness Benefits 1pm-2pm		(ages 4-11) 2pm-2:45pm
0am-10:45am	Disco Cardio	Strength & Conditioning	The the	Strength & Mobility
Story & Snack time for Kids (ages 0-3) 1am-11:30am	1:30pm-2:30pm Chair Fitness	1:30pm-2:30pm	(IIIndidomin,	3pm-4pm
Sootcamp for Kids (ages 4-11)	3pm-4pm	Digital tools for a Healthier You 2:30pm-3:30pm	U mmon m	Yoga for Kids (ages 4-11)
2pm-12:45pm Ieditation for Kids (ages 4-11) 1pm-1:45pm	Healthy Heart #2	Core Training		3pm-3:45pm Cardio Strength for Kids (ages 4-11)
tory & Snack time for Kids (ages 4-11)	4pm-5pm Circuit Training for Kids (ages 4-11)	3pm-4pm		4pm-4:45pm
pm-2:30pm	4pm-4:45pm	Meditation for Kids (ages 4-11) 4pm-4:45pm		24/7 Dads: Cohort 8, Session 6
lovie Club for Kids (ages 4-11) :45pm-3:45pm	Arts & Crafts for Kids (ages 4-11) 5pm-5:45pm	Game Hour for Kids (ages 4-11)		4pm-6pm
′oga for Kids (ages 4-11) 4pm-4:45pm	Yin-Yoga	5pm-5:45pm		Strength & Conditioning
Sumbini (ages 0-3) 4pm-4:45pm	5pm-6pm	Zumba 5pm-6pm		Shiri Obili
	Dride Marth Oalsharthan 24	05	26	2
23	Pride Month Celebration 24	25	26	Bootcamp
trength & Conditioning 9am-10am Ieditation 10:30am-11:30am	Zumba 9am-10am	Form & Functional 9am-10am		9am-10am
lindful Stretch 12pm-1pm	Gender, Identity & Sexual Orientation	Cardio & Strength Training		Understanding Diabetes #4 (Spanish) 9am-10am
eated Strength for Seniors and People w/ isabilities 1:30pm-2:30pm	(Bilingual)	10:30am-11:30am		Understanding Diabetes #4
	9am-10am Balanca & Stability	Yoga for Beginners		10:30am-11:30am
orm & Functional 3pm-4pm	Balance & Stability 10:30am-11:30am	12pm-1pm		Yoga Flow 10:30am-11:30am
Cumba 5pm-6pm	Caregivers Toolbox: Heart Health	Your Health & Wellness Benefits (Spanish) 1pm-2pm		Mindful Living #2 (Spanish)
Family Block Party	10:30am-11:30am	Strength & Conditioning		12pm-1pm
baby and Me Social (ages 0-3) 🥪 0am-10:45am	Fit to Function	1:30pm-2:30pm	• • • •	Fit to Function 12pm-1pm
uam-10:45am Story & Snack time for Kids (ages 0-3)	12pm-1pm	Digital tools for a Healthier You (Spanish)	Community	12pm-1pm Disco Cardio
1am-11:30am	Disco Cardio 1:30pm-2:30pm	2:30pm-3:30pm		1:30pm-2:30pm
Bootcamp for Kids (ages 4-11)	Chair Fitness	Core Training	Wellness	Little Warriors for Kids (ages 4-11)
2pm-12:45pm /editation for Kids (ages 4-11) 1pm-1:45pm	3pm-4pm	3pm-4pm		2pm-2:45pm Becoming a Mom #4 (Spanish)
	Circuit Training for Kids (ages 4-11)	Meditation for Kids (ages 4-11)	Center	Becoming a Mom #4 (Spanish) 2:30pm-3:30pm
	Apm 4:4Epm	4pm-4:45pm		
Story & Snack time for Kids (ages 4-11) 2pm- 2:30pm Novie Club for Kids (ages 4-11)	4pm-4:45pm Arts & Crafts for Kids (ages 4-11)	Game Hour for Kids (ages 4-11) 5pm-5:45pm	CLOSED	Strength & Mobility 3pm-4pm



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)
 Monday-Friday, 9am-6pm • Saturday, 8:30am-1pm
 1-866-228-4347 • TTY users should call 711
 www.iehp.org/crcClasses