


















Community Wellness Center - RIVERSIDE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<div>2</div> <div>Strength &amp; Conditioning 9am-10am Meditation 10:30am-11:30am Mindful Stretch 12pm-1pm Seated Strength for Seniors and People w/disabilities 1:30pm-2:30pm Form &amp; Functional 3pm-4pm Zumba 5pm-6pm</div> <div>Family Block Party</div> <div>Baby and Me Social (ages 0-3) 10am-10:45am Story &amp; Snack time for Kids (ages 0-3) 11am-11:30am Bootcamp for Kids (ages 4-11) 12pm-12:45pm Meditation for Kids (ages 4-11) 1pm-1:45pm Story &amp; Snack time for Kids (ages 4-11) 2pm-2:30pm Movie Club for Kids (ages 4-11) 2:45pm-3:45pm Yoga for Kids (ages 4-11) 4pm-4:45pm Zumbini (ages 0-3) 4pm-4:45pm</div>	<div>3</div> <div>Zumba 9am-10am Understanding Diabetes #3 (Spanish) 9am-10am Understanding Diabetes #3 10:30am-11:30am Balance &amp; Stability 10:30am-11:30am Fitness To Function 12pm-1pm Mindful Living # 2 12pm-1pm Breast &amp; Cervical Cancer (Bilingual) 1:30pm-2:30pm Disco Cardio 1:30pm-2:30pm Chair Fitness 3pm-4pm Becoming a Mom #4 4pm-5pm Circuit Training for Kids (ages 4-11) 4pm-4:45pm Father's Day Arts &amp; Crafts for Kids (ages 4-11) 5pm-5:45pm Yin-Yoga 5pm-6pm</div>	<div>4</div> <div>Form &amp; Functional 9am-10am High Energy Usage and 3rd party Services (Bilingual) 10am-11am Cardio &amp; Strength Training 10:30am-11:30am Knitting &amp; Crochet (Bilingual, Self-led) 11am-12pm Yoga for Beginners 12pm-1pm Strength &amp; Conditioning 1:30pm-2:30pm Story &amp; Snack time for kids (ages 4-11) 2pm-2:45pm Father's Day Arts &amp; Crafts for Kids (ages 4-11) 3pm-3:45pm Core Training 3pm-4pm Meditation for Kids (ages 4-11) 4pm-4:45pm Game Hour for Kids (ages 4-11) 5pm-5:45pm Zumba 5pm-6pm</div>	<div>5</div> <div>Cardio Dance 9am-10am Member Benefits Orientation 10am-11am 11am-12pm (Spanish) Yin-Yoga 10:30am-11:30am Zumba 12pm-1pm Medicare 101 12:30pm-1pm 1pm-1:30pm (Spanish) Balance &amp; Stability 1:30pm-2:30pm Tai-Chi 2pm-3pm Seated Strength for Seniors and People w/ disabilities 3pm-4pm Meditation for Kids (ages 4-11) 3:15pm-4pm Family Bootcamp for Kids (ages 4-11) 4pm-4:45pm Arts &amp; Crafts for Kids (ages 4-11) 5pm-5:45pm Disco Cardio 5pm-6pm</div>	<div>6</div> <div>Bootcamp 9am-10am Pamper My Babies (Bilingual) 10am-1pm Yoga Flow 10:30am-11:30am Fit to Function 12pm-1pm Disco Cardio 1:30pm-2:30pm Little Warriors for kids (ages 4-11) 2pm-2:45pm Strength &amp; Mobility 3pm-4pm Yoga for Kids (ages 4-11) 3pm-3:45pm Cardio Strength for Kids (ages 4-11) 4pm-4:45pm 24/7 Dads: Cohort 8, Session 5 4pm-6pm Strength &amp; Conditioning 5pm-6pm</div>
<div>9</div> <div> BOYS &amp; GIRLS CLUBS OF GREATER REDLANDS-RIVERSIDE Boys &amp; Girls Block Party 9am-12pm Strength &amp; Conditioning 9am-10am Meditation 10:30am-11:30am Mindful Stretch 12pm-1pm Seated Strength for Seniors and People w/disabilities 1:30pm-2:30pm Form &amp; Functional 3pm-4pm Zumba 5pm-6pm</div> <div>Family Block Party</div> <div>Baby and Me Social (ages 0-3) Canceled Story &amp; Snack time for Kids (ages 0-3) Canceled Bootcamp for Kids (ages 4-11) Canceled Meditation for Kids (ages 4-11) 1pm-1:45pm Story &amp; Snack time for Kids (ages 4-11) 2pm-2:30pm Movie Club for Kids (ages 4-11) 2:45pm-3:45pm Yoga for Kids (ages 4-11) 4pm-4:45pm Zumbini (ages 0-3) 4pm-4:45pm</div>	<div>10</div> <div> BOYS &amp; GIRLS CLUBS OF GREATER REDLANDS-RIVERSIDE Boys &amp; Girls Block Party 9am-12pm Goodwill Hiring Event 10am-1pm **Scan the QR code to register</div> <div></div> <div>Disco Cardio 1:30pm-2:30pm Breathe Well Live Well #1 (Spanish) 1:30pm-2:30pm Healthy Living: My Best Self #4 2:45pm-3:45pm Chair Fitness 3pm-4pm Circuit Training for Kids (ages 4-11) 4pm-4:45pm My life My Choice 4pm-5pm Yin-Yoga 5pm-6pm My Life My Choice (Spanish) 5:15pm-6:15pm</div>	<div>11</div> <div> BOYS &amp; GIRLS CLUBS OF GREATER REDLANDS-RIVERSIDE Boys &amp; Girls Block Party 9am-12pm</div> <div>Well Child and Young Adult Clinic 9am-4pm</div> <div>Active IEHP members ages 3-21 Is your child due for a WellCare Visit? Call (866) 228-4347, option 3 to verify eligibility and schedule an appointment or walk-in to participate.</div> <div></div> <div>Everyone is welcome! Join us for a fun-filled day with the family.</div>	<div>12</div> <div> BOYS &amp; GIRLS CLUBS OF GREATER REDLANDS-RIVERSIDE Boys &amp; Girls Block Party 9am-12pm</div> <div>Cardio Dance 9am-10am Yin-Yoga 10:30am-11:30am Zumba 12pm-1pm Balance &amp; Stability 1:30pm-2:30pm Tai-Chi 2pm-3pm Seated Strength for Seniors and People w/ disabilities 3pm-4pm Meditation for Kids (ages 4-11) 3:15pm-4pm Family Bootcamp for Kids (ages 4-11) 4pm-4:45pm Arts &amp; Crafts for Kids (ages 4-11) 5pm-5:45pm Disco Cardio 5pm-6pm</div>	<div>13</div> <div> BOYS &amp; GIRLS CLUBS OF GREATER REDLANDS-RIVERSIDE Boys &amp; Girls Block Party 9am-12pm</div> <div>Well Child and Young Adult Clinic 9am-4pm</div> <div>Active IEHP members ages 3-21 Is your child due for a WellCare Visit? Call (866) 228-4347, option 3 to verify eligibility and schedule an appointment or walk-in to participate.</div> <div></div> <div>Everyone is welcome! Join us for a fun-filled day with the family.</div>
<div>16</div> <div>Strength &amp; Conditioning 9am-10am Meditation 10:30am-11:30am Mindful Stretch 12pm-1pm Seated Strength for Seniors and People w/ disabilities 1:30pm-2:30pm Form &amp; Functional 3pm-4pm Zumba 5pm-6pm</div> <div>Family Block Party</div> <div>Baby and Me Social (ages 0-3) 10am-10:45am Story &amp; Snack time for Kids (ages 0-3) 11am-11:30am Bootcamp for Kids (ages 4-11) 12pm-12:45pm Meditation for Kids (ages 4-11) 1pm-1:45pm Story &amp; Snack time for Kids (ages 4-11) 2pm-2:30pm Movie Club for Kids (ages 4-11) 2:45pm-3:45pm Yoga for Kids (ages 4-11) 4pm-4:45pm Zumbini (ages 0-3) 4pm-4:45pm</div>	<div>17</div> <div>Zumba 9am-10am Living Well in the community #7 9am-10am Healthy Heart #2 (Spanish) 10:30am-11:30am Balance &amp; Stability 10:30am-11:30am Fit to Function 12pm-1pm Healthy Living: My Best Self #4 (Spanish) 1pm-2pm Disco Cardio 1:30pm-2:30pm Chair Fitness 3pm-4pm Healthy Heart #2 4pm-5pm Circuit Training for Kids (ages 4-11) 4pm-4:45pm Arts &amp; Crafts for Kids (ages 4-11) 5pm-5:45pm Yin-Yoga 5pm-6pm</div>	<div>18</div> <div>Form &amp; Functional 9am-10am Know Your Rights/Citizenship (Bilingual) 10am-11am Cardio &amp; Strength Training 10:30am-11:30am Arts &amp; Crafts (Bilingual) 11:30am-12:30pm Yoga for Beginners 12pm-1pm Health and Wellness Benefits 1pm-2pm Strength &amp; Conditioning 1:30pm-2:30pm Digital tools for a Healthier You 2:30pm-3:30pm Core Training 3pm-4pm Meditation for Kids (ages 4-11) 4pm-4:45pm Game Hour for Kids (ages 4-11) 5pm-5:45pm Zumba 5pm-6pm</div>	<div>19</div> <div></div>	<div>20</div> <div>Bootcamp 9am-10am Yoga Flow 10:30am-11:30am Fit to Function 12pm-1pm Disco Cardio 1:30pm-2:30pm Little Warriors for Kids (ages 4-11) 2pm-2:45pm Strength &amp; Mobility 3pm-4pm Yoga for Kids (ages 4-11) 3pm-3:45pm Cardio Strength for Kids (ages 4-11) 4pm-4:45pm 24/7 Dads: Cohort 8, Session 6 4pm-6pm Strength &amp; Conditioning 5pm-6pm</div>
<div>23</div> <div>Strength &amp; Conditioning 9am-10am Meditation 10:30am-11:30am Mindful Stretch 12pm-1pm Seated Strength for Seniors and People w/ disabilities 1:30pm-2:30pm Form &amp; Functional 3pm-4pm Zumba 5pm-6pm</div> <div>Family Block Party</div> <div>Baby and Me Social (ages 0-3) 10am-10:45am Story &amp; Snack time for Kids (ages 0-3) 11am-11:30am Bootcamp for Kids (ages 4-11) 12pm-12:45pm Meditation for Kids (ages 4-11) 1pm-1:45pm Story &amp; Snack time for Kids (ages 4-11) 2pm-2:30pm Movie Club for Kids (ages 4-11) 2:45pm-3:45pm Yoga for Kids (ages 4-11) 4pm-4:45pm Zumbini (ages 0-3) 4pm-4:45pm</div>	<div>Pride Month Celebration 24</div> <div>Zumba 9am-10am Gender, Identity &amp; Sexual Orientation (Bilingual) 9am-10am Balance &amp; Stability 10:30am-11:30am Caregivers Toolbox: Heart Health 10:30am-11:30am Fit to Function 12pm-1pm Disco Cardio 1:30pm-2:30pm Chair Fitness 3pm-4pm Circuit Training for Kids (ages 4-11) 4pm-4:45pm Arts &amp; Crafts for Kids (ages 4-11) 5pm-5:45pm Yin-Yoga 5pm-6pm</div>	<div>25</div> <div>Form &amp; Functional 9am-10am Cardio &amp; Strength Training 10:30am-11:30am Yoga for Beginners 12pm-1pm Your Health &amp; Wellness Benefits (Spanish) 1pm-2pm Strength &amp; Conditioning 1:30pm-2:30pm Digital tools for a Healthier You (Spanish) 2:30pm-3:30pm Core Training 3pm-4pm Meditation for Kids (ages 4-11) 4pm-4:45pm Game Hour for Kids (ages 4-11) 5pm-5:45pm Zumba 5pm-6pm</div>	<div>26</div> <div></div>	<div>27</div> <div>Bootcamp 9am-10am Understanding Diabetes #4 (Spanish) 9am-10am Understanding Diabetes #4 10:30am-11:30am Yoga Flow 10:30am-11:30am Mindful Living # 2 (Spanish) 12pm-1pm Fit to Function 12pm-1pm Disco Cardio 1:30pm-2:30pm Little Warriors for Kids (ages 4-11) 2pm-2:45pm Becoming a Mom #4 (Spanish) 2:30pm-3:30pm Strength &amp; Mobility 3pm-4pm Cardio Strength for Kids (ages 4-11) 4pm-4:45pm Strength &amp; Conditioning 5pm-6pm</div>
<div>30</div> <div>Strength &amp; Conditioning 9am-10am Meditation 10:30am-11:30am Mindful Stretch 12pm-1pm Seated Strength for Seniors and People w/disabilities 1:30pm-2:30pm Form &amp; Functional 3pm-4pm Zumba 5pm-6pm</div> <div>Family Block Party</div> <div>Baby and Me Social (ages 0-3) 10am-10:45am Story &amp; Snack time for Kids (ages 0-3) 11am-11:30am Bootcamp for Kids (ages 4-11) 12pm-12:45pm Meditation for Kids (ages 4-11) 1pm-1:45pm Story &amp; Snack time for Kids (ages 4-11) 2pm-2:30pm Movie Club for Kids (ages 4-11) 2:45pm-3:45pm Yoga for Kids (ages 4-11) 4pm-4:45pm Zumbini (ages 0-3) 4pm-4:45pm</div>	<div>AUGUST Medi-Cal packets have been mailed out, not sure what to do? IEHP is here to help. IEHP is here to help. For more information call (888) 860-1296</div> <div><div>Follow us on Facebook</div></div> <div><div>Boys &amp; Girls Club is partnering with Riverside CWC!</div><div>Join us for fun kids programming ages 6-12. Application required. For early registration, please scan QR code. For more information call 909-893-4373.</div></div> <div><div>SCAN ME! Use your phone to scan the QR code to view our full schedule of FREE classes.</div></div>	<div>Join us for summer fun. Kids programming is in full swing. Look for the classes in green!</div> 	<div>June is PRIDE month. Join us to learn more about the LGBTQ community.</div>	

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