

## COMMUNITY WELLNESS CENTER - SAN BERNARDINO

**Chair Fitness** 

(Ages 60+)

12:30pm-1:30pm

Aerobic Boxing

1:30pm-2:30pm

**Core Training** 

4pm-5pm

1pm-3pm (Bilingual)

Arts & Crafts for Seniors

Caregivers Toolbox: Heart

10am-12pm

Chair Fitness

12:30pm-1:30pm

Aerobic Boxing

1:30pm-2:30pm

**Core Training** 

4pm-5pm

18

**THURSDAY** 

5

**CLASS CALENDAR JUNE 2025** 

**SATURDAY** 

**Community** 

**Wellness** 

Center

**CLOSED** 

**Community** 

Wellness

Center

**CLOSED** 

14

21

**TUESDAY WEDNESDAY MONDAY** 2 | IEHP Renewal Specialist **Fitness Training** 3 HIIT Aerobic Boxing 10am-11am 11:30pm-12pm Arts & Crafts HIIT 9am-10am 11:30am-12pm Medicare 101 1pm-2pm **Healthy Living My Best** 10am-10:30am (Spanish) Fitness for Kids Self #3 10:30am-11am 3pm-3:45pm Arts & Crafts for Kids 11:30am-12:30pm **Pure Stretch** 10:30am-11:30am **Knitting & Crochet** 4pm-4:45pm 1pm-2pm (Self-led) **Fitness Training Pure Strength** 1pm-2pm 1:30pm-2:30pm Arts & Crafts **Healthy Heart #2** 2:30pm-3:30pm 2:30pm-3:30pm (Spanish) **Core Training** Fitness for Kids 4pm-5pm 3pm-3:45pm Arts & Crafts for Kids 4pm-4:45pm **Fitness Training** IEHP Renewal Specialist 10am-11am Aerobic Boxing Pamper My Baby\*\* 9am-10am 10am-1pm 11:30am-12pm Your Health & Wellness For parents and caregivers of babies Mindful Living #1 **Benefits** ages 0-4. An educational program 11:30am-12:30pm 9am-10am (Spanish) providing resources & support for Knitting & Crochet **Pure Stretch** nealthy child development. Free gifts 10:30am-11:30am 1pm-2pm (Self-led) for participating caregivers. Pure Strength Digital Tools for a Healthier Scan QR code or call 877-774-7978 to register. 1:30pm-2:30pm You 10:30am-11:30am (Spanish) **Understanding Diabetes** Understanding Anxiety HIIT 2:30pm-3:30pm (Spanish) 12pm-1pm (Spanish) 11:30pm-12pm Fitness for Kids **Fitness Training** Arts & Crafts 3pm-3:45pm
Arts & Crafts for Kids 1pm-2pm 1pm-2pm **Arts & Crafts IEHP New Member** 4pm-4:45pm 2:30pm-3:30pm Orientation **Core Training** 2pm-3pm 4pm-5pm 3pm-4pm (Spanish) Fitness for Kids 3pm-3:45pm Arts & Crafts for Kids 4pm-4:45pm **Fitness Training** IEHP Renewal Specialist HIIT 10am-11am Aerobic Boxing 11:30pm-12pm 9am-10am Arts & Crafts 11:30am-12pm **Pure Stretch** 1pm-2pm Knitting & Crochet 10:30am-11:30am Going the Extra Smile + Know Your Rights/ Dental Screenings 1pm-2pm (Self-led) Citizenship 1:30pm-2:30pm (Bilingual) **Pure Strength** 1:30pm-2:30pm 12:30pm-1:30pm (Bilingual) Fitness for Kids **Fitness Training** Fitness for Kids 3pm-3:45pm Arts & Crafts for Kids 3pm-3:45pm 1pm-2pm Arts & Crafts for Kids Your Health & Wellness 4pm-4:45pm 4pm-4:45pm **Benefits** 2pm-3pm Digital Tools for a Healthier You 3pm-4pm **Core Training** 4pm-5pm **Fitness Training** IEHP Renewal Specialist 24 10am-11am Aerobic Boxing

**Fitness Training** 1pm-2pm Fitness for Kids 3pm-3:45pm Arts & Crafts for Kids 4pm-4:45pm

20

27

**FRIDAY** 

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

Midwifery-Led Prenatal

Group

Group

10am-12pm

1pm-2pm **Fitness for Kids** 

3pm-3:45pm

4pm-4:45pm

Abstinence, &

Contraception

Fitness Training

Fitness for Kids 3pm-3:45pm

10am-11am

1pm-2pm

1pm-2pm

4pm-4:45pm

12:30pm-2:30pm

**Fitness Training** 

**Arts & Crafts for Kids** 

Assertiveness Skills,

11am-12pm (Spanish)

**Understanding Anxiety** 

Arts & Crafts for Kids

**Community** Wellness Center

**More Assertiveness** Skills, Coping with Conflict, & Supervising Your Kids 10am-11am HIIT 11:30am-12pm My Life My Choice 11:30am-12:30pm

High Energy Usage & 3rd Party Services 1pm-2pm (Bilingual) Pure Strength 1:30pm-2:30pm **Understanding Diabetes** 

2:30pm-3:30pm Fitness for Kids 3pm-3:45pm

Arts & Crafts for Kids 4pm-4:45pm Fitness Training 10am-11am

**Breast & Cervical Health** 10am-11am (Bilingual) 11:30am-12pm

**Healthy Living My Best** Self #1 11:30am-12:30pm Pure Strength

1:30pm-2:30pm **Understanding Diabetes** 

2:30pm-3:30pm (Spanish) Fitness for Kids 3pm-3:45pm Arts & Crafts for Kids 4pm-4:45pm

9am-10am **CPR** 10am-1pm (Spanish) Pure Stretch 10:30am-11:30am **Fitness Training** 1pm-2pm

More Assertiveness Skills, Coping with Conflict. & Supervising Your Kids 1:30pm-2:30pm (Spanish) Arts & Crafts

2:30pm-3:30pm Core Training 4pm-5pm

30

25 **Goodwill Hiring Event\*\*** 10am-1pm \*\*Scan the QR code to register

HIIT 2:30pm-3pm Fitness for Kids 3pm-3:45pm Arts & Crafts for Kids 4pm-4:45pm

Community Resource Center **CLOSED** 

**CPR** 10am-1pm **Fitness Training** 1pm-2pm

**Pride Month Celebration\*\*** Gender Identity & Sexual Orientation 2pm-3:30pm (Bilingual) \*Snacks provided. RSVP required.

Fitness for Kids 3pm-3:45pm Arts & Crafts for Kids 4pm-4:45pm

You're Invited! Maternal Wellness Event\*\* 10am-1pm

Free Mommy & Baby Goodies

While supplies last. Scan the

**CLOSED** 



## Legend

\*\*Pre-registration required

Purple Font Color - Kids classes ages 4-11 with parents Black Font Color - Classes for ages 12 and older

June is PRIDE month. Join us to learn more about the LGBTQ community.



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 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.



## SCAN ME!

Use your phone to scan the QR code to view our full schedule of FREE classes.