

IEHP Inland Empire Health Plan		COMMUNITY WELLNESS CENTER VICTORVILLE		<div><div></div></div>		CLASS CALENDAR June 2025			
MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
<div><div></div><div>Fit Circuit Training 9am-10am Playdate Hour (Self Led) 9am-10am</div><div>2</div></div> <div><div></div><div>Boys & Girls Club Block Party 9am-12pm Ages 6-12 with parents on premises Join us for a variety of summer activities.</div></div> <div><div></div><div>Energy Education & Budgeting** 9am-10am & 1pm-2pm Kickboxing 9:30am-10:30am Nutrition Fundamentals 10am-11am</div></div> <div><div></div><div>Cal Fresh Applications 10am-2pm</div></div> <div><div></div><div>Giggles & Games 10:15am-11am Strength & Conditioning 11am-12pm</div></div> <div><div></div><div>VITA Free Tax Preparation** 11am-3pm Call to schedule your appointment 909-723-1566</div></div> <div><div></div><div>Little Learners 11:15am-12pm HIIT 11:30am-12:30pm Movement & Mobility 12pm-1pm Chair Fitness 12:30pm-1:30pm Goodwill Orientation 1:30pm-2:30pm Tea Meditation 2pm-3pm Self-Care Through Art 3pm-4pm Creative Arts for Teens 4pm-5:30pm Parent Club 4pm-5:30pm Tone & Sculpt 4pm-5pm Dance Kids 4:15pm-5pm Yoga Kids 5pm-5:45pm Bootcamp Training 5pm-6pm</div></div>		<div><div></div><div>Medi-Cal Renewal Specialist Bootcamp Training 9am-10am Breathe Well, Live Well #2 9am-10am Play Time for Little Minds 9am-10am Energy Education & Budgeting** 9am-10am & 1pm-2pm</div><div>3</div></div> <div><div></div><div>Boys & Girls Club Block Party 9am-12pm Ages 6-12 with parents on premises</div></div> <div><div></div><div>Homework Support 9am-10am Kids in the Kitchen** 10am-11am Bootcamp Training Kids 11am-12pm</div></div> <div><div></div><div>Security Guard Card Training** 9am-3pm Ages 18+ Pre-Registration is required. Scan QR code to register. *Must take both classes</div></div> <div><div></div><div>Chair Kickboxing 9:30am-10:30am Resume & Development** 10am-12pm Citizenship Class 10am-11am & 4pm-5pm Zumbini 10:15am-11am & 11:15am-12pm Zumba 10:30am-11:30am Understanding Diabetes #2 10:30am-11:30am (Spanish) Chair Yoga 11am-12pm Healthy Habits with Lizette 12pm-1pm Understanding Diabetes #2 12pm-1pm Low-Impact 1pm-2pm Breathe Well, Live Well #2 2:30pm-3:30pm (Spanish)</div></div> <div><div></div><div>Kids Block Party 4pm-6pm Ages 6-12 with parents</div></div> <div><div></div><div>Tasty Eats for Kids with Lizette 4pm-4:30pm Arts & Crafts 4:30pm-5:15pm Zumba Kids 5:15pm-6pm</div></div> <div><div></div><div>Self Care & Crafts 4pm-5pm Belly Dancing 5pm-6pm</div></div>		<div><div></div><div>HIIT 9am-10am Playdate Hour (Self Led) 9am-10am</div><div>4</div></div> <div><div></div><div>Boys & Girls Club Block Party 9am-12pm Ages 6-12 with parents on premises Join us for a variety of summer activities.</div></div> <div><div></div><div>Energy Education & Budgeting** 9am-10am & 1pm-2pm Security Guard Card Training** 9am-3pm Ages 18+ Pre-Registration is required. Scan QR code to register. *Must take both classes</div></div> <div><div></div><div>Bootcamp Training 9:30am-10:30am A Better Me 10am-11am Digital Tools for a Healthier You 10am-11am (Spanish) Chapter Chats & Activities 10am-11am Job Club** 10am-12pm Giggles & Games 10:15am-11am Grief & Loss Support Group 11am-12pm (Spanish) Zumba Chair 11am-12pm Little Learners 11:15am-12pm Your Health and Wellness Benefits 11:30am-12:30pm (Spanish) Tea & Gratitude 12pm-1pm Movement & Mobility 12:30pm-1:30pm Express Exercise 1:30pm-2pm Quick full body workout. Strength & Conditioning 2:30pm-3:30pm Flex & Move 4pm-5pm Creative Arts for Teens 4pm-5:30pm Parent Club 4pm-5:30pm Zumba Kids 4:15pm-5pm Kidfit Sports Training 5pm-5:45pm Beginning Zumba 5pm-6pm Hatha 5pm-6pm</div></div>		<div><div></div><div>Zumba Toning 9am-10am Energy Education & Budgeting** 9am-10am & 1pm-2pm Playdate Hour (Self Led) 9am-10am & 10am-11am</div><div>5</div></div> <div><div></div><div>Boys & Girls Club Block Party 9am-12pm Ages 6-12 with parents on premises</div></div> <div><div></div><div>Homework Support 9am-10am Kids in the Kitchen** 10am-11am Bootcamp Training Kids 11am-12pm</div></div> <div><div></div><div>Circuit Training 9:30am-10:30am English as a Second Language 10am-11am & 4pm-5pm Lactation New Parent Group 10am-12pm Zumba 10:30am-11:30am Chair Kickboxing 11am-12pm Breast & Cervical Health 11am-12pm Chair Yoga 12pm-1pm 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</div></div> <div><div></div><div>Kids Block Party 4pm-6pm Ages 6-12 with parents</div></div> <div><div></div><div>Tasty Eats for Kids with Alex 4pm-4:30pm Arts & Crafts 4:30pm-5:15pm Kidfit Sports Training 5:15pm-6pm</div></div> <div><div></div><div>Pound Fitness 5pm-6pm</div></div>		<div><div></div><div>Zumba Chair 9am-10am</div><div>6</div></div> <div><div></div><div>Boys & Girls Club Block Party 9am-12pm Ages 6-12 with parents on premises Join us for a variety of summer activities.</div></div> <div><div></div><div>HIIT 9:30am-10:30am Chapter Chats & Activities 10am-11am Zumbini 10am-10:45am Nutrition Fundamentals 10:30am-11:30am Little Learners 11am-11:30am Educational stations for parents to teach their child Zumba Gold 11:30am-12:30pm Tiny Tots Nutrition 11:45am-12:15pm Healthy Habits with Lizette 1pm-2pm Bootcamp Training 1:30pm-2:30pm Teen Leadership 4pm-5:30pm Zumba 4pm-5pm</div></div> <div><div></div><div>Family Game Night Bring the whole family 4pm-5:30pm Ages 6-12 with parents Light snacks provided. While Supplies last.</div></div> <div><div></div><div>Yoga 5pm-6pm</div></div>	
<div><div></div><div>Fit Circuit Training 9am-10am Playdate Hour (Self Led) 9am-10am</div><div>9</div></div> <div><div></div><div>Boys & Girls Club Block Party 9am-12pm Ages 6-12 with parents on premises Join us for a variety of summer activities.</div></div> <div><div></div><div>Energy Education & Budgeting** 9am-10am & 1pm-2pm Kickboxing 9:30am-10:30am Nutrition Fundamentals 10am-11am</div></div> <div><div></div><div>Cal Fresh Applications 10am-2pm</div></div> <div><div></div><div>Giggles & Games 10:15am-11am Strength & Conditioning 11am-12pm Little Learners 11:15am-12pm HIIT 11:30am-12:30pm Movement & Mobility 12pm-1pm Chair Fitness 12:30pm-1:30pm Goodwill Orientation 1:30pm-2:30pm Tea Meditation 2pm-3pm Creative Arts for Teens 4pm-5:30pm Parent Club 4pm-5:30pm Tone & Sculpt 4pm-5pm Dance Kids 4:15pm-5pm Yoga Kids 5pm-5:45pm Bootcamp Training 5pm-6pm</div></div>		<div><div></div><div>Medi-Cal Renewal Specialist Bootcamp Training 9am-10am Playdate Hour (Self Led) 9am-10am Energy Education & Budgeting** 9am-10am & 1pm-2pm</div><div>10</div></div> <div><div></div><div>Boys & Girls Club Block Party 9am-12pm Ages 6-12 with parents on premises</div></div> <div><div></div><div>Bullying and Safer Social Media 9am-10am Kids in the Kitchen** 10am-11am Kidfit Sports Training 11am-12pm</div></div> <div><div></div><div>Chair Kickboxing 9:30am-10:30am Resume & Development** 10am-12pm Citizenship Class 10am-11am & 4pm-5pm Zumbini 10:15am-11am & 11:15am-12pm Zumba 10:30am-11:30am Disaster Preparedness 11am-11:30am (Spanish) Chair Yoga 11am-12pm Healthy Habits with Lizette 12pm-1pm Computer Basics 12pm-1:30pm Low-Impact 1pm-2pm Word Fundamentals 1:30pm-2:30pm Intro to AI 2:30pm-3:30pm</div></div> <div><div></div><div>Kids Block Party 4pm-6pm Ages 6-12 with parents</div></div> <div><div></div><div>Tasty Eats for Kids with Alex 4pm-4:30pm Arts & Crafts 4:30pm-5:15pm Zumba Kids 5:15pm-6pm</div></div> <div><div></div><div>Self Care & Crafts 4pm-5pm Belly Dancing 5pm-6pm</div></div>		<div><div></div><div>HIIT 9am-10am Playdate Hour (Self Led) 9am-10am</div><div>11</div></div> <div><div></div><div>Boys & Girls Club Block Party 9am-12pm Ages 6-12 with parents on premises Join us for a variety of summer activities.</div></div> <div><div></div><div>Energy Education & Budgeting** 9am-10am & 1pm-2pm Living Well #5 9am-10am Bootcamp Training 9:30am-10:30am CPR 9:30am-12:30pm 12:30pm-4:30pm (Spanish) A Better Me 10am-11am Chapter Chats & Activities 10am-11am Job Club** 10am-12pm Giggles & Games 10:15am-11am Understanding Diabetes #3 10:30am-11:30am (Spanish) Zumba Chair 11am-12pm Grief & Loss Support Group 11am-12pm Little Learners 11:15am-12pm Tea & Gratitude 12pm-1pm Understanding Diabetes #3 12pm-1pm Movement & Mobility 12:30pm-1:30pm Express Exercise 1:30pm-2pm Quick full body workout. Strength & Conditioning 2:30pm-3:30pm Healthy Living My Best Self #3 2:30pm-3:30pm (Spanish) Flex & Move 4pm-5pm Creative Arts for Teens 4pm-5:30pm Parent Club 4pm-5:30pm Zumba Kids 4:15pm-5pm Kidfit Sports Training 5pm-5:45pm Beginning Zumba 5pm-6pm Hatha 5pm-6pm</div></div>		<div><div></div><div>Zumba Toning 9am-10am Energy Education & Budgeting** 9am-10am & 1pm-2pm Playdate Hour (Self Led) 9am-10am & 10am-11am</div><div>12</div></div> <div><div></div><div>Boys & Girls Club Block Party 9am-12pm Ages 6-12 with parents on premises</div></div> <div><div></div><div>Arts & Crafts 9am-10am Kids in the Kitchen** 10am-11am Bootcamp Training Kids 11am-12pm</div></div> <div><div></div><div>Circuit Training 9:30am-10:30am English as a Second Language 10am-11am & 4pm-5pm Zumba 10:30am-11:30am Chair Kickboxing 11am-12pm Chair Yoga 12pm-1pm 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 PowerPoint Fundamentals** 1:30pm-2:30pm Yin Yoga 2pm-3pm Intro to Artificial Intelligence 2:30pm-3:30pm Zumba Chair 4pm-5pm</div></div> <div><div></div><div>Kids Block Party 4pm-6pm Ages 6-12 with parents</div></div> <div><div></div><div>Tasty Eats for Kids with Alex 4pm-4:30pm Arts & Crafts 4:30pm-5:15pm Kidfit Sports Training 5:15pm-6pm</div></div> <div><div></div><div>Pound Fitness 5pm-6pm</div></div>		<div><div></div><div>Zumba Chair 9am-10am</div><div>13</div></div> <div><div></div><div>Boys & Girls Club Block Party 9am-12pm Ages 6-12 with parents on premises Join us for a variety of summer activities.</div></div> <div><div></div><div>HIIT 9:30am-10:30am Chapter Chats & Activities 10am-11am Zumbini 10am-10:45am Nutrition Fundamentals 10:30am-11:30am Little Learners 11am-11:30am Educational stations for parents to teach their child Zumba Gold 11:30am-12:30pm Tiny Tots Nutrition 11:45am-12:15pm Healthy Habits with Lizette 1pm-2pm Bootcamp Training 1:30pm-2:30pm Teen Leadership </div></div>	