COMMUNITY WELLNESS CENTER VICTORVILLE **CLASS CALENDAR** June 2025 Inland Empire Health Plan MONDAY **TUESDAY THURSDAY FRIDAY** Zumba Toning 9am-10am Energy Education & Budgeting** 9am-10am & 1pm-2pm Playdate Hour (Self Led) 9am-10am & 10am-11am Fit Circuit Training 9am-10am Playdate Hour (Self Led) 9am-10am Medi-Cal Renewal Specialist HIIT 9am-10am Playdate Hour (Self Led) 9am-10am Zumba Chair 9am-10am 5 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 Boys & Girls Club Block Party Boys & Girls Club Block Party
9am-12pm
Ages 6-12 with parents on premises
Join us for a variety of summer activities Boys & Girls Club Block Party 9am-12pm 9am-12pm
Ages 6-12 with parents on premises
Join us for a variety of summer activities Ages 6-12 with parents on premises
Join us for a variety of summer activities Boys & Girls Club Block Party Energy Education & Budgeting** 9am-10am & 1nm-2nm Energy Education & Budgeting**
9am-10am & 1pm-2pm
Security Guard Card Training
Ages 18+ 9am-12pm Ages 6-12 with parents on prem HIIT 9:30am-10:30am Chapter Chats & Activities 10am-11am Zumbini 10am-10:45am 9am-12pm Ages 6-12 with parents on premises 9am-10am & 1pm-2pm Kickboxing 9:30am-10:30am Nutrition Fundamentals 10am-11am Homework Support 9am-10am Kids in the Kitchen** 10am-11am Bootcamp Training Kids 11am-12pm Homework Support 9am-10am Kids in the Kitchen** 10am-11am Bootcamp Training Kids 11am-12pm Ages 18+ Pre-Registration is required. Scan CR code to register. Must take both classes Cal Fresh Applications 10am-2pm 10am-10:45am
Nutrition Fundamentals
10:30am-11:30am
Little Learners
11am-11:30am
Educational stations for parents to teach their 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 Security Guard Card Training^{*} 9am-3pm Giggles & Games 10:15am-11am Strength & Conditioning 11am-12pm Bootcamp Training 9:30am-10:30am A Better Me 10am-11am Digital Tools for a Healthier You Ages 18+ Pre-Registration is required. Scan CR code to register. Must take both classes VITA Free Tax Preparation* Digital Tools for a measure.
10am-11am (Spanish)
Chapter Chats & Activities 10am-11am
Job Club** 10am-12pm
Class & Games 10:15am-11am Zumba Gold 11:30am-12:30pm Tiny Tots Nutrition 11:45am-12:15pm 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
Understanding Diabetes #2 12pm-1pm
Low-Impact 1 pm-2pm
Breathe Well, Live Well #2
2:30pm-3:30pm (Spanish) Call to schedule your appointment 909-723-1566 breast & Cervical relatin
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 Giggles & Games 10:15am-1 Grief & Loss Support Group 11am-12pm (Spahisn) 11:45am-12:15pm Healthy Habits with Lizette 1pm-2pm Little Learners 11:15am-12pm HIIT 11:30cm 40:20cm 11am-12pm (Spanish) **Zumba Chair** 11am-12pm Ipm-zpm Bootcamp Training 1:30pm-2:30pm Teen Leadership Zumba Chair 11am-12pm
Little Learners 11:15am-12pm
Your Health and Wellness Benefits
11:30am-12:30pm (Spanish)
Tea & Gratifude 12pm-1pm
Movement & Mobility
12:30pm-130pm
Express Exercise 1:30pm-2pm
Quick full body workout.
Strength & Conditioning
2:30pm-3:30pm
Flex & Move
4pm-5pm Movement & Mobility 12pm-1pm Chair Fitness 12:30pm-1:30pm Goodwill Orientation 12:30pm-1:30pm Midwifery-Led Prenatal Group 12:30pm-2:30pm PowerPoint Fundamentals** 1:30pm-2:30pm Zumba 1:30pm-2:30pm Tea Meditation 2pm-3pm Self-Care Through Art 4pm-5pm Yin Yoga 2pm-3pm Intro to Artificial Intelligence 2:30pm-3:30pm Zumba Chair 3pm-4pm Creative Arts for Teens **Family Game Night** Kids Block Party 4pm-6pm Ages 6-12 with parents Bring the whole family
4pm-5:30pm
Ages 6-12 with parents
Light snacks provided. Parent Club 4pm-5pm Tasty Eats for Kids with Lizette Apm 3.0pm 3.0pm 3.0pm 3.0pm 3.0pm 3.0pm 5.15pm 5.15pm 5.15pm Kids Block Party 4pm-6pm Ages 6-12 with parents Creative Arts for Teens 4pm-5:30pm
Parent Club 4pm-5:30pm
Zumba Kids 4pm-5:30pm Tone & Sculpt 4pm-5pm Dance Kids While Supplies last. Tasty Eats for Kids with Alex 4pm-4:30pm Aris & Craits 4:30pm-5:15pm Kidfit Sports Training 5:15pm-6pm 5pm-5pm dfit Sports Training 4:15pm-5pm Yoga Kids 5pm-5:45pm Bootcamp Training Self Care & Crafts 4pm-5pm Belly Dancing 5pm-6pm Beginning Zumba 5pm-6pm Hatha 5pm-6pm Yoga 5pm-6pm Pound Fitness 5pm-6pm 5pm-6pm Medi-Cal Renewal Specialist
Bootcamp Training 9am-10am
Playdate Hour (Self Led) 9am-10am
Energy Education & Budgeting**
9am-10am & 1pm-2pm HIIT 9am-10am Playdate Hour (Self Led) 9am-10am Zumba Toning 9am-10am Energy Education & Budgeting** 9am-10am & 1pm-2pm Playdate Hour (Self Led) 9am-10am & 10am-11am Fit Circuit Training 9am-10am Playdate Hour (Self Led) 9am-10am Zumba Chair 9am-10am 13 Boys & Girls Club Block Party
9am-12pm
Ages 6-12 with parents on premises
Join us for a variety of summer activitie Boys & Girls Club Block Party Boys & Girls Club Block Party 9am-12pm
Ages 6-12 with parents on premises
Join us for a variety of summer activities Boys & Girls Club Block Party 9am-12pm Ages 6-12 with parents on premises 9am-12pm
Ages 6-12 with parents on premises
Join us for a variety of summer activities Boys & Girls Club Block Party
9am-12pm
Ages 6-12 with parents on premises Energy Education & Budgeting**
9am-10am & 1pm-2pm
Living Well #5 9am-10am
Bootcamp Training 9:30am-10:30am
CPR 9:30am-12:30pm
1:30pm-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) HIIT 9:30am-10:30am Chapter Chats & Activities 10am-11am Arts & Crafts 9am-10am kids in the Kitchen** 10am-11am Bootcamp Training Kids 11am-12pm Energy Education & Budgeting** 9am-10am & 1pm-2pm Kickboxing 9:30am-10:30am Nutrition Fundamentals 10am-11am Bullying and Safer Social Media 9am-1 kids in the Kitchen** (Jam-11am Kidfit Sports Training 11am-12pm Zumbini 10am-10:45am Nutrition Fundamentals 10:30am-11:30am Little Learners 11am-11:30am Educational stations for parents to teach their Circuit Training 9:30am-10:30am
English as a Second Language
10am-11am & 4pm-5pm
Zumba 10:30am (Chair Kickboxing 11am-12pm
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 Chair Kickboxing 9:30am-10:30am
Resume & Development** 10am-12pm
Citizenship Class 10am-11am & 4pm-5pm
Zumbin 10:30am-11a0am
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 Al 2:30pm-3:30pm child Zumba Gold 11:30am-12:30pm Cal Fresh Applications 10am-2pm Healthy Habits with Lizette Giggles & Games 1pm-2pm Bootcamp Training 1:30pm-2:30pm Teen Leadership 10:30am-11:30am (Spanish)

Zumba Chair 11am-12pm

Grief & Loss Support Group 11am-12pm Strength & Conditioning Strength & Conditioning
11am-12pm
Little Learners 11:15am-12pm
HIT 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 Little Learners 11:15am-125m
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) **Zumba** 4pm-5pm Yin Yoga 2pm-3pm Intro to Artificial Intelligence 2:30pm-3:30pm **Family Game Night** Zumba Chair 4pm-5pm Kids Block Party
4pn-6pm
Ages 6-12 with parents
Tasty Eats for Kids with Alex 4pm-4:30pm
Arts & Crafts 4:30pm-5:15pm
Zumba Kids 5:15pm-6pm Bring the whole family
4pm-5:30pm
Ages 6-12 with parents **Kids Block Party** 4pm-6pm Ages 6-12 with parents 2:30pm-3:30pm (Spanish) Flex & Move 4pm-5pm Creative Arts for Teens 4pm-5:30pm Parent Club (#15-5:30pm Tasty Eats for Kids with Alex 4pm-4:30pm Alex 4 Trains 4 30pm-5:15pm Kidfit Sports Training 5:15pm-6pm Light snacks provided While Supplies last. Self Care & Crafts 4pm-5pm Belly Dancing 5pm-6pm Beginning Zumba 5pm-6pm Hatna 5pm-6pm **Yoga** 5pm-6pm Pound Fitness 5pm-6pm Fit Circuit Training 9am-10am Playdate Hour (Self Led) 9am-10am Medi-Cal Renewal Specialist
Bootcamp Training 9am-10am
Healthy Living My Best Self #1 9am-10am HIIT 9am-10am Playdate Hour (Self Led) 9am-10am Zumba Chair 9am-10am 18 19 Boys & Girls Club Block Party Boys & Girls Club Block Party
9am-12pm
Ages 6-12 with parents on premises
Join us for a variety of summer activities Boys & Girls Club Block Party Boys & Girls Club Block Party 9am-12pm Ages 6-12 with parents on premise Ages 6-12 with parents on premises
Join us for a variety of summer activitie 9am-12pm
Ages 6-12 with parents on premises
Join us for a variety of summer activities Arts & Crafts 9am-10am kids in the Kitchen** 10am-11am Kidfit Sports Training 11am-12pm Energy Education & Budgeting**
9am-10am & 1pm-2pm
Bootcamp Training 9:30am-10:30am
Lactation New Parent Group 10am-12pm
Chapter Chats & Activities 10am-11am
Job Club** 10am-12pm
Giggles & Games 10:15am-11am
Zumba Chair 11am-12pm
Little Learners 11:15am-12pm
Little Learners 11:15am-12pm HIIT 9:30am-10:30am Chapter Chats & Activities 10am-11am Zumbini 10am-10:45am Nutrition Fundamentals Energy Education & Budgeting* 9am-10am & 1pm-2pm Kickboxing 9:30am-10:30am Nutrition Fundamentals 10am-11am Energy Education & Budgeting** Chair Kickboxing 9:30am-10:30am
Resume & Development** 10am-12pm
Citizenship Class 10am-11am & 4pm-5pm
Zumbini 10:15am-11am & 11:15am-12pm
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Little Learners 11:15am-12pm
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12:30pm-2:30pm
Digital Tools for a Healthier You
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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 Express Exercise Express Exercise
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Strength & Conditioning 2:30pm-3:30pm
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2:30pm-3:30pm
Flex & Move 4pm-5pm
Creative Arts for Teens **Diversity Dance Party** Kids Block Party
4pm-6pm
Ages 6-12 with parents
Tasty Eats for Kids with Alex 4pm-4:30pm
Arts & Crafts 4:30pm-5:15pm
Zumba Kids 5:15pm-6pm Celebrate PRIDE month with us! Parent Club 4pm-5:30pm Tone & Sculpt 4pm-5pm Parent Club 4pm-5:30pm 3:30pm-5:30pm ts Training Beginning Zumba 5pm-6pm Hatha 5pm-6pm Self Care & Crafts 4pm-5pm Belly Dancing 5pm-6pm Bootcamp Training 5pm-6pm Teen Leadership 4pm-5:30pm Medi-Cal Renewal Specialist
Bootcamp Training 9am-10am
Playdate Hour (Self Led) 9am-10am
Energy Education & Budgeting**
9am-10am & 1pm-2pm

Sept. & Class Club Black Par Fit Circuit Training 9am-10am HIIT 9am-10am Zumba Chair HIII 9am-10am
Playdate Hour (Self Led) 9am-10am
Mindful Living #1 9am-10am
Energy Education & Budgeting**
9am-10am & 1pm-2pm Boys & Girls Club Block Party 9am-12pm Boys & Girls Club Block Party 9am-12pm
Ages 6-12 with parents on premises
Join us for a variety of summer activities .ges 6-12 with parents on premises Boys & Girls Club Block Party
9am-12pm
Ages 6-12 with parents on premises
Join us for a variety of summer activities. Arts & Crafts 9am-10am kids in the Kitchen** 10am-11am kidfit Sports Training 11am-12pm

Energy Education & Budgeting* 9am-10am & 1pm-2pm

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. 300

Everyone is welcome! us for a fun-filled day with the family.

Nutrition Fundamentals 10am-11am Cal Fresh Applications 10am-2pm

Giggles & Games 10:15am-11am Strength & Conditioning 11am-12pm 11am-12pm Movement & Mobility 12pm-1pm Goodwill Orientation1:30pm-2:30pm Tea Meditation 2pm-3pm Creative Arts for Teens 4pm-5:30pm Parent Club 4pm-5:30pm Dance Kids 4:15pm-5pm

Bootcamp Training 5pm-6pm

Fit Circuit Training 9am-10am Playdate Hour (Self Led) 9am-10am Energy Education & Budgeting** 9am-10am & 1pm-2pm Kickboxing 9:30am-10:30am Nutrition Fundamentals 10am-11am

Cal Fresh Applications 10am-2pm

Giggles & Games 10:15am-11am Strength & Conditioning 11am-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 Bootcamp Training 5pm-6pm

Boys & Girls Club Block Party
9am-12pm
ges 6-12 with parents on premis Arts & Crafts 9am-10am kids in the Kitchen** 10am-11am kidfit Sports Training 11am-12pm

Family Playtime 10am-11am Citizenship Class 10am-11am & 4pm-5pm

Goodwill Hiring Event 10am-2pm For more information call 760-7<u>80-4970 Ext</u>. 4850

Little Learners 11:15am-12pm Healthy Habits with Lizette 12pm-1pm Computer Basics 12pm-1:30pm Low-Impact 1pm-2pm Word Fundamentals 1:30pm-2:30pm Intro to Artificial Intelligence 2:30pm-3:30pm

Kids Block Party
4pm-5pm
Ages 6-12 with parents
Tasty Eats for Kids with Alex 4pm-4:30pm
Arts & Crafts 4:30pm-5:15pm
Zumba Kids 5:15pm-6pm

Self Care & Crafts 4pm-5pm Belly Dancing 5pm-6pm

30

*Free Mommy & Baby Goodies. While supplies last. Community Bootcamp Training
9:30am-10:30am
Giggles & Games 10:15am-11am
Understanding Diabetes #5
10:30am-11:30am (Spanish)
Little Learners 11:15am-12pm
Tea & Grafitude 12pm-1pm
Understanding Diabetes #5 12pm-1pm
Express Exercise 1:30pm-2pm
Quick full body workout.

Wellness Center **CLOSED**



Join us for a fun-filled day with the family. HIIT 9:30am-10:30am

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.

Nutrition Fundamentals 10:30am-11:30am le Learners 11am-11:30am ucational stations for parents to teach their Child
Breast & Cervical Health
11am-12pm
Zumba Gold 11:30am-12:30pm
Tiny Tots Nutrition 11:45am-12:1 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 Yoga 5pm-6pm

Legend

**Pre-registration and/or application required

Blue font color - Infant & toddler classes ages 0-5 with parents

Purple font color - Kids classes ages 6-12 with parents

Green font color - Teens classes ages 12-17

Black font color - Classes for ages 12 and older STEM - Science, Engineering, Technology, Math

Light Blue font color - Boy & Girls kid classes ages 6-12 with parent on premises

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



Great Futures Start Here!**

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.



To better serve you, the Community Nellness Center will operate on a IEHP health coverage? Call us at 1-866-294-4347 or visit our center to make revised schedule for a limited time, with an appointment. Do you need help with benefits, updating demographics, or our understanding and support as we actively enhance our staffing levels to changing your provider? We have Member Services Representatives on-improve service for you. site Monday-Friday 9am-5:30pm. Ask to speak with them today!

Express Execuse 1.30pm/2pm Quick full body workout. Mindful Living #1 2.30pm-3.30pm (Spanish) Strength & Conditioning 2.30pm-3.30pm Flex & Move 4pm-5pm Creative Arts for Teens 4pm-5.30pm Parent Club 4pm-5.30pm Zumba Kiris 4.15pm-5m

Reginning Zumba 5pm-5:45pm Beginning Zumba 5pm-6pm Hatha 5pm-6pm