

Class Calendar - July 2025

Community Wellness Center - RIVERSIDE

Comm	nunity vve			
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1	Maternal Wellness Event 2	Gardia Dance	
Look for the classes in	Zumba 9am-10am	10am-1pm Prenatal & Postpartum Support	Cardio Dance 9am-10am Member Benefits Orientation	
GREEN!	Balance & Stability	Prenatal & Postpartum Support To learn more scan QR code	10am-11am 11am-12pm (Spanish)	Roman and All
Join us for summer fun.	10:30am– 11:30am		Yin Yoga 10:30am-11:30am	
Kids Programming is in	Fit To Function 12pm-1pm		Zumba 12pm-1pm	
full swing.	Disco Cardio		Balance & Stability 1:30pm-2:30pm	
	1:30pm-2:30pm		Mindful Living #3 1:30pm-2:30pm	
September Medi-Cal packets	Chair Fitness	*Free! Mommy & Baby Goodies, while supplies last.	Tai Chi Canceled	OLOOLD
have been mailed out, not	3pm-4pm Circuit Training for Kids	Diabetes Among Friends #1 (Spanish) 1:30pm-2:30pm	Seated Strength for Seniors and People w/ disabilities	in observance of
sure what to do? IEHP is	(ages 4-11)	Strength & Conditioning 1:30pm-2:30pm	3pm-4pm Healthy Living My Best Self #1 3pm-4pm	Independence Day
here to help. IEHP is here to help. For more information	4pm-4:45pm	Core Training 3pm-4pm Diabetes Among Friends #1 3pm-4pm	Meditation for Kids (ages 4-11) Canceled Family Bootcamp for Kids (ages 4-11) 4pm-4:45pm	****
call (888) 860-1296	Yin Yoga 5pm-6pm	Meditation for Kids (ages 4-11) 4pm-4:45pm Zumba 5pm-6pm	4pm-4:45pm Sweat to the Beat 5pm-6pm	
7	8	9	10	
BOYS & GIRLS CLUBS		BOYS & GIRLS CLUBS		
of greater redLands-riverside Boys & Girls Block Party	BOYS & GIRLS CLUBS OF GREATER REDLANDS-RIVERSIDE BOYS & GIRLS BLOCK Party	OF GREATER REDLANDS-RIVERSIDE	BOYS & GIRLS CLUBS OF GREATER REDLANDS-RIVERSIDE	BOYS & GIRLS CLUBS OF GREATER REDLANDS-RIVERSIDE BOYS & GIRLS Block Party
9am-12pm trength & Conditioning 9am-10am	9am-12pm	Boys & Girls Block Party 9am-12pm	Boys & Girls Block Party 9am-12pm	9am-12pm
leditation 10:30am-11:30am	Zumba Canceled	Form & Functional 9am-10am	Cardio Dance 9am-10am	Bootcamp 9am-10am
lindful Stretch 12pm-1pm eated Strength for Seniors and People /disabilities 1:30pm-2:30pm	Balance & Stability	Cardio & Strength Training 10:30am-11:30am	Yin Yoga 10:30am-11:30am	Yoga for Beginners 10:30am-11:30am
/disabilities 1:30pm-2:30pm orm & Functional 3pm-4pm	Canceled	Yoga for Beginners	Zumba 12pm-1pm	Arts & Crafts (Bilingual) 11am-12pm
umba 5pm-6pm	Fit To Function Canceled	12pm-1pm Knitting & Crochet (Bilingual, Self-led)	Healthy Living My Best Self #1 (Spanish) 12pm-1pm	Fit to Function
Family Block Party ealthy Hydration for Kids (ages 4-11) anceled	Disco Cardio	12:30pm-1:30pm	Breathe Well, Live Well #1 1:15pm-2:15pm	Disco Cardio
aby and Me Social (ages 0-3) Canceled	Canceled	Strength & Conditioning 1:30pm-2:30pm	Balance & Stability 1:30pm-2:30pm	1:30pm-2:30pm Little Warriors for Kids (ages 4-11)
tory & Snack time for Kids (ages 0-3) anceled	Chair Fitness Canceled	Core Training 3pm-4pm	Tai Chi Canceled	2pm-2:45pm Stretch & Mobility
ootcamp for Kids (ages 4-11) Canceled	Circuit Training for Kids	*Breathing 101 for Kids (ages 4-11)	My Life, My Choice 2:30pm-3:30pm 3:45pm-4:45pm (Spanish)	3pm-4pm Yoga for Kids (ages 4-11)
editation for Kids (ages 4-11) 1pm-1:45pm tory & Snack time for Kids (ages 4-11)	(ages 4-11) Canceled	3:30pm-4pm *Prize in Class	Seated Strength for Seniors and People w/ disabilities 3pm-4pm	3pm-3:45pm Cardio Strength for Kids (ages 4-11)
pm ⁻ 2:30pm Iovie Club for Kids (ages 4-11) :45pm-3:45pm	Yin Yoga	Meditation for Kids (ages 4-11) 4pm-4:45pm	Meditation for Kids (ages 4-11) Canceled	4pm-4:45pm
::45pm-3:45pm ′oga for Kids (ages 4-11) 4pm-4:45pm	Canceled	Zumba	Family Bootcamp for Kids (ages 4-11) 4pm-4:45pm	24/7 Dads: Cohort 9, Session 1 4pm-6pm Strength & Conditioning 5pm-6pm
umbini (ages 0-3) 4pm-4:45pm		5pm-6pm	Sweat to the Beat 5pm-6pm	
14	15	16	17	
trength & Conditioning 9am-10am editation 10:30am-11:30am	Zumba 9am-10am	Form & Functional 9am-10am	Cardio Dance 9am-10am	Bootcamp 9am-10am
lindful Stretch 12pm-1pm eated Strength for Seniors and People	CPR (Spanish)	Know Your Rights/Citizenship (Bilingual) 10am-11am	Body Image (Bilingual) 10am-11am	Diabetes Among Friends #2 9am-10am(Spanish) 10:30am-11:30am
Seated Strength for Seniors and People //disabilities 1:30pm-2:30pm form & Functional 3pm-4pm	10am-1pm Balance & Stability	Cardio & Strength Training 10:30am-11:30am	Yin Yoga 10:30am-11:30am	Yoga for Beginners 10:30am-11:30am
2umba 5pm-6pm	10:30am-11:30am [*]	Level Pay Plan & Phone Use in Emergencies (Bilingual)	Arts & Crafts (Bilingual) 11am-12pm	Fit to Function 12pm-1pm
Family Block Party lealthy Hydration for Kids (ages 4-11)	Fit to Function 12pm-1pm	11:30am-12:30pm Yoga for Beginners	Zumba 12pm-1pm	Mindful Living #3 (Spanish)
lealthy Hydration for Kids (ages 4-11) am-9:30am Baby and Me Social (ages 0-3) 10am-10:45am	CPR 1:30pm-4:30pm	12pm-1pm Your Health & Wellness Benefits	*Breathing 101 (Bilingual) 1pm-2pm *Prize in Class	Disco Cardio 1:30pm-2:30pm
Story & Snack time for Kids (ages 0-3) 1am-11:30am	Disco Cardio	1pm-2pm Strength & Conditioning	Balance & Stability 1:30pm-2:30pm	Little Warriors for Kids (ages 4-11) 2pm-2:45pm
Bootcamp for Kids (ages 4-11) 12pm-12:45pm	1:30pm-2:30pm	1:30pm-2:30pm Digital Tools for a Healthier You	Tai Chi	Stretch & Mobility 3pm-4pm
Meditation for Kids (ages 4-11) 1pm-1:45pm Story & Snack time for Kids (ages 4-11)	Chair Fitness 3pm-4pm	2:30pm-3:30pm	2pm-3pm Seated Strength for Seniors and People w/disabilities	Yoga for Kids (ages 4-11) 3pm-3:45pm
pm-2:30pm Novie Club for Kids (ages 4-11)	Circuit Training for Kids (ages 4-11)	Core Training 3pm-4pm	3pm-4pm	Cardio Strength for Kids (ages 4-11) 4pm-4:45pm
2008 101 101 101 101 101 101 101 101 101	4pm-4:45pm	*Breathing 101 for Kids (ages 4-11) 3:30pm-4pm *Prize in Class	Meditation for Kids (ages 4-11) 3:15pm-4pm	24/7 Dads: Cohort 9, Session 2 4pm-6pm
Cumbini (ages 0-3) 4pm-4:45pm	Yin Yoga 5pm-6pm	Meditation for Kids (ages 4-11) 4pm-4:45pm	Family Bootcamp for Kids (ages 4-11) 4pm-4:45pm	Strength & Conditioning 5pm-6pm
		Zumba 5pm-6pm	Sweat to the Beat 5pm-6pm	
trength & Conditioning 9am-10am	22 Healthy Living My Best Self #2 (Spanish)	Form & Functional	Cardio Dance 24	Bootcamp
leditation 10:30am-11:30am /indful Stretch 12pm-1pm	9am-10am Žumba	9am-10am *Breast and Cervical Cancer (Bilingual)	9am-10am Knitting & Crochet (Bilingual, Self-led)	9am-10am Arts & Crafts (Bilingual)
Seated Strength for Seniors and People w/ lisabilities 1:30pm-2:30pm	9am-10am Balance & Stability	10am-11am *Prize Raffle in Class	10am-11am	10am-11am Yoga for Beginners
orm & Functional 3pm-4pm	10:30am-11:30am	Cardio & Strength Training 10:30am-11:30am	Yin Yoga 10:30am-11:30am	10:30am-11:30am Fit to Function
Cumba 5pm-6pm Family Block Party	Healthy Living My Best Self #2 10:30am-11:30am	Yoga for Beginners 12pm-1pm	Zumba 12pm-1pm	12pm-1pm *Breathing 101 (Bilingual)
lealthy Hydration for Kids (ages 4-11)	Fit to Function 12pm-1pm	Your Health & Wellness Benefits (Spanish) 1pm-2pm	Balance & Stability 1:30pm-2:30pm	12pm-1pm *Prize in Class
am-9:30am Baby and Me Social (ages 0-3) 10am-10:45am	Healthy Heart #3 (Spanish) 12pm-1pm	Strength & Conditioning 1:30pm-2:30pm	Tai Chi	Disco Cardio 1:30pm-2:30pm
t ory & Snack time for Kids (ages 0-3) 1am-11:30am	Disco Cardio 1:30pm-2:30pm	Digital Tools for a Healthier You (Spanish) 2:30pm-3:30pm	2pm-3pm Seated Strength for Seniors and	Little Warriors for Kids (ages 4-11) 2pm-2:45pm
bootcamp for Kids (ages 4-11) 12pm-12:45pm leditation for Kids (ages 4-11) 1pm-1:45pm	Healthy Heart #3 2:30pm-3:30pm	Core Training	People w/disabilities 3pm-4pm	Stretch & Mobility 3pm-4pm
story & Snack time for Kids (ages 4-11) pm-2:30pm	Chair Fitness	3pm-4pm *Breathing 101 for Kids (ages 4-11)	Meditation for Kids (ages 4-11)	Yoga for Kids (ages 4-11) 3pm-3:45pm
lovie Club for Kids (ages 4-11) 2:45pm-3:45pm	3pm-4pm Circuit Training for Kids (ages 4-11)	3:30pm-4pm *Prize in Class	3:15pm-4pm Family Bootcamp for Kids (ages 4-11)	Cardio Strength for Kids (ages 4-11) 4pm-4:45pm
'oga for Kids (ages 4-11) 4pm-4:45pm 'umbini (ages 0-3) 4pm-4:45pm	4pm-4:45pm Yin Yoga 5pm-6pm	Meditation for Kids (ages 4-11) 4pm-4:45pm	4pm-4:45pm Sweat to the Beat 5pm-6pm	24/7 Dads: Cohort 9, Session 3 4pm-6pm Strength & Conditioning 5pm-6pm
		Zumba 5pm-6pm		Strength & Conditioning Spin-opin
28 Strength & Conditioning 9am-10am	29 Diabetes Among Friends #3 (Spanish)	30	31	🔊 Boys & Girls Clubs is 🔲
leditation 10:30am-11:30am	Sam-toam Zumba	Form & Functional Canceled		partnering with Riverside
Iindful Stretch 12pm-1pm Seated Strength for Seniors and People //disabilities 1:30pm-2:30pm	9am-10am Balance & Stability	Cardio & Strength Training		BOYS & GIRLS CLUBS or GREATER RECLANDE AVERSODE
orm & Functional 3pm-4pm	10:30am-11:30am Diabetes Among Friends #3	Canceled		Join us for fun kids programming ages 6-12. Applic
Cumba 5pm-6pm Family Block Party	10:30am-11:30am Fit To Function	Yoga for Beginners		required. For early registration, please scan QR co
lealthy Hydration for Kids (ages 4-11)	12pm-1pm Healthy Living My Best Self #3 (Spanish)	Canceled Strength & Conditioning		For more information call 909-893-4373.
Jam-9:30am Baby and Me Social (ages 0-3) 10am-10:45am	1pm-2pm Disco Cardio	Canceled	Community	
Story & Snack time for Kids (ages 0-3)	1:30pm-2:30pm	Core Training	Wellness	
1am-11:30am	Chair Fitness	Canceled		
1am-11:30am Bootcamp for Kids (ages 4-11) 12pm-12:45pm	3pm-4pm	And all and the second		
1am-11:30am Sootcamp for Kids (ages 4-11) 12pm-12:45pm Meditation for Kids (ages 4-11) 1pm-1:45pm itorv & Snack time for Kids (ages 4-11)	Arts & Crafts for Kids (ages 4-11) 3pm-3:45pm	Meditation for Kids	Center	Follow us on Follow us on Facebook
1am-11:30am sootcamp for Kids (ages 4-11) 12pm-12:45pm Aeditation for Kids (ages 4-11) 1pm-1:45pm Story & Snack time for Kids (ages 4-11) pm-2:30pm Novie Club for Kids (ages 4-11)	Arts & Crafts for Kids (ages 4-11) 3pm-3:45pm Circuit Training for Kids (ages 4-11) 4pm-4:45pm	Meditation for Kids (ages 4-11) Canceled		
1am-11:30am Bootcamp for Kids (ages 4-11) 12pm-12:45pm Meditation for Kids (ages 4-11) 1pm-1:45pm Story & Snack time for Kids (ages 4-11) pm-2:30pm	Arts & Crafts for Kids (ages 4-11) 3pm-3:45pm Circuit Training for Kids (ages 4-11)	(ages 4-11)	Center CLOSED	

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