

Community Wellness Center - RIVERSIDE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<div><div>Look for the classes in <b>GREEN!</b></div><div>Join us for summer fun. <b>Kids Programming</b> is in full swing.</div></div> <div><div>September 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><div><div>1</div><div><div>Zumba</div><div>9am-10am</div></div><div><div>Balance &amp; Stability</div><div>10:30am– 11:30am</div></div><div><div>Fit To Function</div><div>12pm-1pm</div></div><div><div>Disco Cardio</div><div>1:30pm-2:30pm</div></div><div><div>Chair Fitness</div><div>3pm-4pm</div></div><div><div>Circuit Training for Kids (ages 4-11)</div><div>4pm-4:45pm</div></div><div><div>Yin Yoga</div><div>5pm-6pm</div></div></div></div>	<div><div><div>2</div><div><div>Maternal Wellness Event</div><div>10am-1pm</div></div><div><div>Prenatal &amp; Postpartum Support</div><div>To learn more scan QR code</div></div><div><div><div><div></div><div></div><div></div></div></div></div><div><div>*Free! Mommy &amp; Baby Goodies, while supplies last.</div></div><div><div>Diabetes Among Friends #1 (Spanish)</div><div>1:30pm-2:30pm</div></div><div><div>Strength &amp; Conditioning</div><div>1:30pm-2:30pm</div></div><div><div>Core Training</div><div>3pm-4pm</div></div><div><div>Diabetes Among Friends #1</div><div>3pm-4pm</div></div><div><div>Meditation for Kids (ages 4-11)</div><div>4pm-4:45pm</div></div><div><div>Zumba</div><div>5pm-6pm</div></div></div></div>	<div><div><div>3</div><div><div>Cardio Dance</div><div>9am-10am</div></div><div><div>Member Benefits Orientation</div><div>10am-11am 11am-12pm (Spanish)</div></div><div><div>Yin Yoga</div><div>10:30am-11:30am</div></div><div><div>Zumba</div><div>12pm-1pm</div></div><div><div>Balance &amp; Stability</div><div>1:30pm-2:30pm</div></div><div><div>Mindful Living #3</div><div>1:30pm-2:30pm</div></div><div><div>Tai Chi</div><div>Canceled</div></div><div><div>Seated Strength for Seniors and People w/ disabilities</div><div>3pm-4pm</div></div><div><div>Healthy Living My Best Self #1</div><div>3pm-4pm</div></div><div><div>Meditation for Kids (ages 4-11)</div><div>Canceled</div></div><div><div>Family Bootcamp for Kids (ages 4-11)</div><div>4pm-4:45pm</div></div><div><div>Sweat to the Beat</div><div>5pm-6pm</div></div></div></div>	<div><div><div>4</div><div><div><div></div><div></div><div></div></div></div><div><div>CLOSED</div><div>in observance of Independence Day</div><div>★★★★★★★★</div></div></div></div>
<div><div><div>7</div><div><div><div></div><div></div><div></div></div></div><div><div>Boys &amp; Girls Block Party</div><div>9am-12pm</div></div></div><div><div>Strength &amp; Conditioning</div><div>9am-10am</div></div><div><div>Meditation</div><div>10:30am-11:30am</div></div><div><div>Mindful Stretch</div><div>12pm-1pm</div></div><div><div>Seated Strength for Seniors and People w/disabilities</div><div>1:30pm-2:30pm</div></div><div><div>Form &amp; Functional</div><div>3pm-4pm</div></div><div><div>Zumba</div><div>5pm-6pm</div></div><div><div>Family Block Party</div></div><div><div>Healthy Hydration for Kids (ages 4-11)</div><div>Canceled</div></div><div><div>Baby and Me Social (ages 0-3)</div><div>Canceled</div></div><div><div>Story &amp; Snack time for Kids (ages 0-3)</div><div>Canceled</div></div><div><div>Bootcamp for Kids (ages 4-11)</div><div>Canceled</div></div><div><div>Meditation for Kids (ages 4-11)</div><div>1pm-1:45pm</div></div><div><div>Story &amp; Snack time for Kids (ages 4-11)</div><div>2pm-2:30pm</div></div><div><div>Movie Club for Kids (ages 4-11)</div><div>2:45pm-3:45pm</div></div><div><div>Yoga for Kids (ages 4-11)</div><div>4pm-4:45pm</div></div><div><div>Zumbini (ages 0-3)</div><div>4pm-4:45pm</div></div></div>	<div><div><div>8</div><div><div><div></div><div></div><div></div></div></div><div><div>Boys &amp; Girls Block Party</div><div>9am-12pm</div></div></div><div><div>Zumba</div><div>Canceled</div></div><div><div>Balance &amp; Stability</div><div>Canceled</div></div><div><div>Fit To Function</div><div>Canceled</div></div><div><div>Disco Cardio</div><div>Canceled</div></div><div><div>Chair Fitness</div><div>Canceled</div></div><div><div>Circuit Training for Kids (ages 4-11)</div><div>Canceled</div></div><div><div>Yin Yoga</div><div>Canceled</div></div></div>	<div><div><div>9</div><div><div><div></div><div></div><div></div></div></div><div><div>Boys &amp; Girls Block Party</div><div>9am-12pm</div></div></div><div><div>Form &amp; Functional</div><div>9am-10am</div></div><div><div>Cardio &amp; Strength Training</div><div>10:30am-11:30am</div></div><div><div>Yoga for Beginners</div><div>12pm-1pm</div></div><div><div>Knitting &amp; Crochet (Bilingual, Self-led)</div><div>12:30pm-1:30pm</div></div><div><div>Strength &amp; Conditioning</div><div>1:30pm-2:30pm</div></div><div><div>Core Training</div><div>3pm-4pm</div></div><div><div>*Breathing 101 for Kids (ages 4-11)</div><div>3:30pm-4pm</div></div><div><div>Meditation for Kids (ages 4-11)</div><div>4pm-4:45pm</div></div><div><div>Zumba</div><div>5pm-6pm</div></div><div><div>*Prize in Class</div></div></div>	<div><div><div>10</div><div><div><div></div><div></div><div></div></div></div><div><div>Boys &amp; Girls Block Party</div><div>9am-12pm</div></div></div><div><div>Cardio Dance</div><div>9am-10am</div></div><div><div>Yin Yoga</div><div>10:30am-11:30am</div></div><div><div>Zumba</div><div>12pm-1pm</div></div><div><div>Healthy Living My Best Self #1 (Spanish)</div><div>12pm-1pm</div></div><div><div>Breathe Well, Live Well #1</div><div>1:15pm-2:15pm</div></div><div><div>Balance &amp; Stability</div><div>1:30pm-2:30pm</div></div><div><div>Tai Chi</div><div>Canceled</div></div><div><div>My Life, My Choice</div><div>2:30pm-3:30pm 3:45pm-4:45pm (Spanish)</div></div><div><div>Seated Strength for Seniors and People w/ disabilities</div><div>3pm-4pm</div></div><div><div>Meditation for Kids (ages 4-11)</div><div>Canceled</div></div><div><div>Family Bootcamp for Kids (ages 4-11)</div><div>4pm-4:45pm</div></div><div><div>Sweat to the Beat</div><div>5pm-6pm</div></div></div>	<div><div><div>11</div><div><div><div></div><div></div><div></div></div></div><div><div>Boys &amp; Girls Block Party</div><div>9am-12pm</div></div></div><div><div>Bootcamp</div><div>9am-10am</div></div><div><div>Yoga for Beginners</div><div>10:30am-11:30am</div></div><div><div>Arts &amp; Crafts (Bilingual)</div><div>11am-12pm</div></div><div><div>Fit to Function</div><div>12pm-1pm</div></div><div><div>Disco Cardio</div><div>1:30pm-2:30pm</div></div><div><div>Little Warriors for Kids (ages 4-11)</div><div>2pm-2:45pm</div></div><div><div>Stretch &amp; Mobility</div><div>3pm-4pm</div></div><div><div>Yoga for Kids (ages 4-11)</div><div>3pm-3:45pm</div></div><div><div>Cardio Strength for Kids (ages 4-11)</div><div>4pm-4:45pm</div></div><div><div>24/7 Dads: Cohort 9, Session 1</div><div>4pm-6pm</div></div><div><div>Strength &amp; Conditioning</div><div>5pm-6pm</div></div></div>
<div><div><div>14</div></div></div> <div><div>Strength &amp; Conditioning</div><div>9am-10am</div></div> <div><div>Meditation</div><div>10:30am-11:30am</div></div> <div><div>Mindful Stretch</div><div>12pm-1pm</div></div> <div><div>Seated Strength for Seniors and People w/disabilities</div><div>1:30pm-2:30pm</div></div> <div><div>Form &amp; Functional</div><div>3pm-4pm</div></div> <div><div>Zumba</div><div>5pm-6pm</div></div> <div><div>Family Block Party</div></div> <div><div>Healthy Hydration for Kids (ages 4-11)</div><div>9am-9:30am</div></div> <div><div>Baby and Me Social (ages 0-3)</div><div>10am-10:45am</div></div> <div><div>Story &amp; Snack time for Kids (ages 0-3)</div><div>11am-11:30am</div></div> <div><div>Bootcamp for Kids (ages 4-11)</div><div>12pm-12:45pm</div></div> <div><div>Meditation for Kids (ages 4-11)</div><div>1pm-1:45pm</div></div> <div><div>Story &amp; Snack time for Kids (ages 4-11)</div><div>2pm-2:30pm</div></div> <div><div>Movie Club for Kids (ages 4-11)</div><div>2:45pm-3:45pm</div></div> <div><div>Yoga for Kids (ages 4-11)</div><div>4pm-4:45pm</div></div> <div><div>Zumbini (ages 0-3)</div><div>4pm-4:45pm</div></div>	<div><div><div>15</div></div></div> <div><div>Zumba</div><div>9am-10am</div></div> <div><div>CPR (Spanish)</div><div>10am-1pm</div></div> <div><div>Balance &amp; Stability</div><div>10:30am-11:30am</div></div> <div><div>Fit to Function</div><div>12pm-1pm</div></div> <div><div>CPR</div><div>1:30pm-4:30pm</div></div> <div><div>Disco Cardio</div><div>1:30pm-2:30pm</div></div> <div><div>Chair Fitness</div><div>3pm-4pm</div></div> <div><div>Circuit Training for Kids (ages 4-11)</div><div>4pm-4:45pm</div></div> <div><div>Yin Yoga</div><div>5pm-6pm</div></div>	<div><div><div>16</div></div></div> <div><div>Form &amp; Functional</div><div>9am-10am</div></div> <div><div>Know Your Rights/Citizenship (Bilingual)</div><div>10am-11am</div></div> <div><div>Cardio &amp; Strength Training</div><div>10:30am-11:30am</div></div> <div><div>Level Pay Plan &amp; Phone Use in Emergencies (Bilingual)</div><div>11:30am-12:30pm</div></div> <div><div>Yoga for Beginners</div><div>12pm-1pm</div></div> <div><div>Your Health &amp; Wellness Benefits</div><div>1pm-2pm</div></div> <div><div>Strength &amp; Conditioning</div><div>1:30pm-2:30pm</div></div> <div><div>Digital Tools for a Healthier You</div><div>2:30pm-3:30pm</div></div> <div><div>Core Training</div><div>3pm-4pm</div></div> <div><div>*Breathing 101 for Kids (ages 4-11)</div><div>3:30pm-4pm</div></div> <div><div>Meditation for Kids (ages 4-11)</div><div>4pm-4:45pm</div></div> <div><div>Zumba</div><div>5pm-6pm</div></div> <div><div>*Prize in Class</div></div>	<div><div><div>17</div></div></div> <div><div>Cardio Dance</div><div>9am-10am</div></div> <div><div>Body Image (Bilingual)</div><div>10am-11am</div></div> <div><div>Yin Yoga</div><div>10:30am-11:30am</div></div> <div><div>Arts &amp; Crafts (Bilingual)</div><div>11am-12pm</div></div> <div><div>Zumba</div><div>12pm-1pm</div></div> <div><div>*Breathing 101 (Bilingual)</div><div>1pm-2pm</div></div> <div><div>Balance &amp; Stability</div><div>1:30pm-2:30pm</div></div> <div><div>Tai Chi</div><div>2pm-3pm</div></div> <div><div>Seated Strength for Seniors and People w/disabilities</div><div>3pm-4pm</div></div> <div><div>Meditation for Kids (ages 4-11)</div><div>3:15pm-4pm</div></div> <div><div>Family Bootcamp for Kids (ages 4-11)</div><div>4pm-4:45pm</div></div> <div><div>Sweat to the Beat</div><div>5pm-6pm</div></div> <div><div>*Prize in Class</div></div>	<div><div><div>18</div></div></div> <div><div>Bootcamp</div><div>9am-10am</div></div> <div><div>Diabetes Among Friends #2</div><div>9am-10am(Spanish) 10:30am-11:30am</div></div> <div><div>Yoga for Beginners</div><div>10:30am-11:30am</div></div> <div><div>Fit to Function</div><div>12pm-1pm</div></div> <div><div>Mindful Living #3 (Spanish)</div><div>12pm-1pm</div></div> <div><div>Disco Cardio</div><div>1:30pm-2:30pm</div></div> <div><div>Little Warriors for Kids (ages 4-11)</div><div>2pm-2:45pm</div></div> <div><div>Stretch &amp; Mobility</div><div>3pm-4pm</div></div> <div><div>Yoga for Kids (ages 4-11)</div><div>3pm-3:45pm</div></div> <div><div>Cardio Strength for Kids (ages 4-11)</div><div>4pm-4:45pm</div></div> <div><div>24/7 Dads: Cohort 9, Session 2</div><div>4pm-6pm</div></div> <div><div>Strength &amp; Conditioning</div><div>5pm-6pm</div></div>
<div><div><div>21</div></div></div> <div><div>Strength &amp; Conditioning</div><div>9am-10am</div></div> <div><div>Meditation</div><div>10:30am-11:30am</div></div> <div><div>Mindful Stretch</div><div>12pm-1pm</div></div> <div><div>Seated Strength for Seniors and People w/ disabilities</div><div>1:30pm-2:30pm</div></div> <div><div>Form &amp; Functional</div><div>3pm-4pm</div></div> <div><div>Zumba</div><div>5pm-6pm</div></div> <div><div>Family Block Party</div></div> <div><div>Healthy Hydration for Kids (ages 4-11)</div><div>9am-9:30am</div></div> <div><div>Baby and Me Social (ages 0-3)</div><div>10am-10:45am</div></div> <div><div>Story &amp; Snack time for Kids (ages 0-3)</div><div>11am-11:30am</div></div> <div><div>Bootcamp for Kids (ages 4-11)</div><div>12pm-12:45pm</div></div> <div><div>Meditation for Kids (ages 4-11)</div><div>1pm-1:45pm</div></div> <div><div>Story &amp; Snack time for Kids (ages 4-11)</div><div>2pm-2:30pm</div></div> <div><div>Movie Club for Kids (ages 4-11)</div><div>2:45pm-3:45pm</div></div> <div><div>Yoga for Kids (ages 4-11)</div><div>4pm-4:45pm</div></div> <div><div>Zumbini (ages 0-3)</div><div>4pm-4:45pm</div></div>	<div><div><div>22</div></div></div> <div><div>Healthy Living My Best Self #2 (Spanish)</div><div>9am-10am</div></div> <div><div>Zumba</div><div>9am-10am</div></div> <div><div>Balance &amp; Stability</div><div>10:30am-11:30am</div></div> <div><div>Healthy Living My Best Self #2</div><div>10:30am-11:30am</div></div> <div><div>Fit to Function</div><div>12pm-1pm</div></div> <div><div>Healthy Heart #3 (Spanish)</div><div>12pm-1pm</div></div> <div><div>Disco Cardio</div><div>1:30pm-2:30pm</div></div> <div><div>Healthy Heart #3</div><div>2:30pm-3:30pm</div></div> <div><div>Chair Fitness</div><div>3pm-4pm</div></div> <div><div>Circuit Training for Kids (ages 4-11)</div><div>4pm-4:45pm</div></div> <div><div>Yin Yoga</div><div>5pm-6pm</div></div>	<div><div><div>23</div></div></div> <div><div>Form &amp; Functional</div><div>9am-10am</div></div> <div><div>*Breast and Cervical Cancer (Bilingual)</div><div>10am-11am</div></div> <div><div>Cardio &amp; Strength Training</div><div>10:30am-11:30am</div></div> <div><div>Yoga for Beginners</div><div>12pm-1pm</div></div> <div><div>Your Health &amp; Wellness Benefits (Spanish)</div><div>1pm-2pm</div></div> <div><div>Strength &amp; Conditioning</div><div>1:30pm-2:30pm</div></div> <div><div>Digital Tools for a Healthier You (Spanish)</div><div>2:30pm-3:30pm</div></div> <div><div>Core Training</div><div>3pm-4pm</div></div> <div><div>*Breathing 101 for Kids (ages 4-11)</div><div>3:30pm-4pm</div></div> <div><div>Meditation for Kids (ages 4-11)</div><div>4pm-4:45pm</div></div> <div><div>Zumba</div><div>5pm-6pm</div></div> <div><div>*Prize in Class</div></div>	<div><div><div>24</div></div></div> <div><div>Cardio Dance</div><div>9am-10am</div></div> <div><div>Knitting &amp; Crochet (Bilingual, Self-led)</div><div>10am-11am</div></div> <div><div>Yin Yoga</div><div>10:30am-11:30am</div></div> <div><div>Zumba</div><div>12pm-1pm</div></div> <div><div>Balance &amp; Stability</div><div>1:30pm-2:30pm</div></div> <div><div>Tai Chi</div><div>2pm-3pm</div></div> <div><div>Seated Strength for Seniors and People w/disabilities</div><div>3pm-4pm</div></div> <div><div>Meditation for Kids (ages 4-11)</div><div>3:15pm-4pm</div></div> <div><div>Family Bootcamp for Kids (ages 4-11)</div><div>4pm-4:45pm</div></div> <div><div>Sweat to the Beat</div><div>5pm-6pm</div></div> <div><div>*Prize in Class</div></div>	<div><div><div>25</div></div></div> <div><div>Bootcamp</div><div>9am-10am</div></div> <div><div>Arts &amp; Crafts (Bilingual)</div><div>10am-11am</div></div> <div><div>Yoga for Beginners</div><div>10:30am-11:30am</div></div> <div><div>Fit to Function</div><div>12pm-1pm</div></div> <div><div>*Breathing 101 (Bilingual)</div><div>12pm-1pm</div></div> <div><div>Disco Cardio</div><div>1:30pm-2:30pm</div></div> <div><div>Little Warriors for Kids (ages 4-11)</div><div>2pm-2:45pm</div></div> <div><div>Stretch &amp; Mobility</div><div>3pm-4pm</div></div> <div><div>Yoga for Kids (ages 4-11)</div><div>3pm-3:45pm</div></div> <div><div>Cardio Strength for Kids (ages 4-11)</div><div>4pm-4:45pm</div></div> <div><div>24/7 Dads: Cohort 9, Session 3</div><div>4pm-6pm</div></div> <div><div>Strength &amp; Conditioning</div><div>5pm-6pm</div></div> <div><div>*Prize in Class</div></div>
<div><div><div>28</div></div></div> <div><div>Strength &amp; Conditioning</div><div>9am-10am</div></div> <div><div>Meditation</div><div>10:30am-11:30am</div></div> <div><div>Mindful Stretch</div><div>12pm-1pm</div></div> <div><div>Seated Strength for Seniors and People w/disabilities</div><div>1:30pm-2:30pm</div></div> <div><div>Form &amp; Functional</div><div>3pm-4pm</div></div> <div><div>Zumba</div><div>5pm-6pm</div></div> <div><div>Family Block Party</div></div> <div><div>Healthy Hydration for Kids (ages 4-11)</div><div>9am-9:30am</div></div> <div><div>Baby and Me Social (ages 0-3)</div><div>10am-10:45am</div></div> <div><div>Story &amp; Snack time for Kids (ages 0-3)</div><div>11am-11:30am</div></div> <div><div>Bootcamp for Kids (ages 4-11)</div><div>12pm-12:45pm</div></div> <div><div>Meditation for Kids (ages 4-11)</div><div>1pm-1:45pm</div></div> <div><div>Story &amp; Snack time for Kids (ages 4-11)</div><div>2pm-2:30pm</div></div> <div><div>Movie Club for Kids (ages 4-11)</div><div>2:45pm-3:45pm</div></div> <div><div>Yoga for Kids (ages 4-11)</div><div>4pm-4:45pm</div></div> <div><div>Zumbini (ages 0-3)</div><div>4pm-4:45pm</div></div>	<div><div><div>29</div></div></div> <div><div>Diabetes Among Friends #3 (Spanish)</div><div>9am-10am</div></div> <div><div>Zumba</div><div>9am-10am</div></div> <div><div>Balance &amp; Stability</div><div>10:30am-11:30am</div></div> <div><div>Diabetes Among Friends #3</div><div>10:30am-11:30am</div></div> <div><div>Fit To Function</div><div>12pm-1pm</div></div> <div><div>Healthy Living My Best Self #3 (Spanish)</div><div>1pm-2pm</div></div> <div><div>Disco Cardio</div><div>1:30pm-2:30pm</div></div> <div><div>Chair Fitness</div><div>3pm-4pm</div></div> <div><div>Arts &amp; Crafts for Kids (ages 4-11)</div><div>3pm-3:45pm</div></div> <div><div>Circuit Training for Kids (ages 4-11)</div><div>4pm-4:45pm</div></div> <div><div>Healthy Living My Best Self #3</div><div>4pm-5pm</div></div> <div><div>Yin Yoga</div><div>5pm-6pm</div></div>	<div><div><div>30</div></div></div> <div><div>Form &amp; Functional</div><div>Canceled</div></div> <div><div>Cardio &amp; Strength Training</div><div>Canceled</div></div> <div><div>Yoga for Beginners</div><div>Canceled</div></div> <div><div>Strength &amp; Conditioning</div><div>Canceled</div></div> <div><div>Core Training</div><div>Canceled</div></div> <div><div>Meditation for Kids (ages 4-11)</div><div>Canceled</div></div> <div><div>Zumba</div><div>Canceled</div></div>	<div><div><div>31</div></div></div> <div><div><div></div><div></div><div></div></div></div> <div><div>Community Wellness Center</div><div>CLOSED</div></div>	<div><div><div>Boys &amp; Girls Clubs is partnering with Riverside CWC!</div></div><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><div><div></div><div></div><div></div></div></div> <div><div>Follow us on Facebook</div></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