

## **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	<b>Zumba</b> 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		<b>Yin Yoga</b> 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	<b>Yin Yoga</b> 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 <sup>-</sup> 2:30pm <b>Iovie Club for Kids</b> (ages 4-11) :45pm-3:45pm	Yin Yoga	<b>Meditation for Kids</b> (ages 4-11) 4pm-4:45pm	Meditation for Kids (ages 4-11) Canceled	4pm-4:45pm
::45pm-3:45pm <b>′oga for Kids</b> (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	<b>Zumba</b> 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	<b>Yin Yoga</b> 10:30am-11:30am	Yoga for Beginners 10:30am-11:30am
<b>2umba</b> 5pm-6pm	10:30am-11:30am <sup>*</sup>	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	<b>CPR</b> 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
<b>Cumbini</b> (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
<b>leditation</b> 10:30am-11:30am <b>/indful Stretch</b> 12pm-1pm	9am-10am <b>Žumba</b>	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	<b>Yin Yoga</b> 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 <b>ory &amp; Snack time for Kids</b> (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
<b>'oga for Kids</b> (ages 4-11) 4pm-4:45pm <b>'umbini</b> (ages 0-3) 4pm-4:45pm	4pm-4:45pm Yin Yoga 5pm-6pm	<b>Meditation for Kids</b> (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