
























<div> <div>  <div> <div>COMMUNITY WELLNESS CENTER</div> <div>SAN BERNARDINO</div> </div> </div> <div> <div>CLASS CALENDAR</div> <div>July 2025</div> </div> </div>				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<div> <div> <div>Legend</div> <div> <div>Purple font color - Kids classes ages 4-11 with parents</div> <div>Black font color - Classes for ages 12 and older</div> </div> </div> <div> <div> <div>Do you need assistance renewing your IEHP health coverage?</div> <div>Call us at 1-866-294-4347 or visit our center to make an appointment with an IEHP Renewal Specialist.</div> </div> <div> <div>Follow us on Facebook</div> <div>  </div> </div> </div> </div>	<div> <div> <div>  <div>IEHP Renewal Specialist</div> </div> <div>1</div> </div> <div> <div> <div> <div>Bootcamp</div> <div>9am-10am</div> </div> <div> <div>Stretch &amp; Mobility</div> <div>10:30am-11:30am</div> </div> <div> <div>Fit to Function</div> <div>1pm-2pm</div> </div> <div> <div>Knitting &amp; Crochet</div> <div>2:30pm-3:30pm (Self-led)</div> </div> <div> <div>Disco Cardio</div> <div>4pm-5pm</div> </div> </div> </div> </div>	<div> <div> <div> <div>Cardio Strength</div> <div>11:30am-12pm</div> </div> <div> <div>Knitting &amp; Crochet</div> <div>12:30pm-1:30pm (Self-led)</div> </div> </div> <div> <div> <div> <div>*Cardio Fitness for Kids</div> <div>3pm-3:45pm</div> </div> <div> <div>*Arts &amp; Crafts for Kids</div> <div>4pm-4:45pm</div> </div> <div> <div>*Free T-Shirt for Kids</div> <div>  </div> </div> </div> </div> </div>	<div> <div> <div> <div>Medicare 101</div> <div>10am-10:30am (Spanish)</div> </div> <div> <div>10:30am-11am</div> </div> <div> <div>Chair Fitness</div> <div>12:30pm-1:30pm</div> </div> <div> <div>Aerobic Boxing</div> <div>1:30pm-2:30pm</div> </div> <div> <div>Core Training</div> <div>4pm-5pm</div> </div> </div> <div>3</div> </div>	<div> <div> <div> <div>  </div> </div> </div> <div>4</div> </div>
<div> <div> <div> <div>Fitness Training</div> <div>10am-11am</div> </div> <div> <div>HIIT</div> <div>11:30am-12pm</div> </div> <div> <div>Healthy Living My Best Self #4</div> <div>11:30am-12:30pm</div> </div> <div> <div>Pure Strength</div> <div>1:30pm-2:30pm</div> </div> <div> <div>Healthy Heart #4</div> <div>2:30pm-3:30pm (Spanish)</div> </div> </div> <div>7</div> </div> <div> <div> <div> <div>*Fitness for Kids</div> <div>3pm-3:45pm</div> </div> <div> <div>*Arts &amp; Crafts for Kids</div> <div>4pm-4:45pm</div> </div> <div> <div>*Free T-Shirt for Kids</div> <div>  </div> </div> </div> </div>	<div> <div> <div> <div>  <div>IEHP Renewal Specialist</div> </div> <div>8</div> </div> <div> <div> <div> <div>Aerobic Boxing</div> <div>9am-10am</div> </div> <div> <div>Pure Stretch</div> <div>10:30am-11:30am</div> </div> <div> <div>Fitness Training</div> <div>1pm-2pm</div> </div> <div> <div>Let's Talk About Fitness</div> <div>2:30pm-3pm</div> </div> <div> <div>Core Training</div> <div>4pm-5pm</div> </div> </div> </div> </div></div>	<div> <div> <div> <div> <div>HIIT</div> <div>11:30am-12pm</div> </div> <div> <div>Arts &amp; Crafts</div> <div>12:30pm-1:30pm</div> </div> <div> <div>IEHP New Member Orientation</div> <div>2pm-3pm</div> </div> <div> <div>3pm-4pm (Spanish)</div> </div> </div> <div>9</div> </div> <div> <div> <div> <div>*Fitness for Kids</div> <div>3pm-3:45pm</div> </div> <div> <div>*Arts &amp; Crafts for Kids</div> <div>4pm-4:45pm</div> </div> <div> <div>*Free T-Shirt for Kids</div> <div>  </div> </div> </div> </div></div>	<div> <div> <div> <div> <div>Putting it all Together &amp; Staying Motivated</div> <div>11:30am-12:30pm</div> </div> <div> <div>12:30pm-1:30pm (Spanish)</div> </div> <div> <div>Chair Fitness</div> <div>12:30pm-1:30pm</div> </div> <div> <div>Aerobic Boxing</div> <div>1:30pm-2:30pm</div> </div> <div> <div>CPR</div> <div>2pm-5pm</div> </div> <div> <div>Core Training</div> <div>4pm-5pm</div> </div> </div> <div>10</div> </div></div>	<div> <div> <div> <div> <div>New Parent Support</div> <div>10am-2:30pm</div> </div> <div> <div>Calling all new &amp; expecting parents! We would like to invite you to get help with answering questions, make connections, and receive support! Partners encouraged.</div> </div> <div> <div>Lactation New Parent Group</div> <div>10am-12pm</div> </div> <div> <div>Midwifery-Led Prenatal Group</div> <div>12:30pm-2:30pm</div> </div> </div> <div>11</div> </div> <div> <div> <div> <div>*Fitness for Kids</div> <div>3pm-3:45pm</div> </div> <div> <div>*Arts &amp; Crafts for Kids</div> <div>4pm-4:45pm</div> </div> <div> <div>*Free T-Shirt for Kids</div> <div>  </div> </div> </div> </div></div>
<div> <div> <div> <div>Fitness Training</div> <div>10am-11am</div> </div> <div> <div>HIIT</div> <div>11:30am-12pm</div> </div> <div> <div>Mindful Living #2</div> <div>11:30am-12:30pm</div> </div> <div> <div>Pure Strength</div> <div>1:30pm-2:30pm</div> </div> <div> <div>Diabetes with Friends #1</div> <div>2:30pm-3:30pm</div> </div> </div> <div>14</div> </div> <div> <div> <div> <div>*Fitness for Kids</div> <div>3pm-3:45pm</div> </div> <div> <div>*Arts &amp; Crafts for Kids</div> <div>4pm-4:45pm</div> </div> <div> <div>*Free T-Shirt for Kids</div> <div>  </div> </div> </div> </div>	<div> <div> <div> <div>  <div>IEHP Renewal Specialist</div> </div> <div>15</div> </div> <div> <div> <div> <div>Aerobic Boxing</div> <div>9am-10am</div> </div> <div> <div>Your Health &amp; Wellness Benefits</div> <div>10am-11am (Spanish)</div> </div> <div> <div>Pure Stretch</div> <div>10:30am-11:30am</div> </div> <div> <div>Digital Tools for a Healthier You</div> <div>11am-12pm (Spanish)</div> </div> <div> <div>Know Your Rights/ Citizenship</div> <div>12:30pm-1:30pm</div> </div> <div> <div>Fitness Training</div> <div>1pm-2pm</div> </div> <div> <div>Level Pay Plan &amp; Phone Use in Emergencies</div> <div>2pm-3pm</div> </div> <div> <div>Core Training</div> <div>4pm-5pm</div> </div> </div> </div> </div></div>	<div> <div> <div> <div> <div>Understanding Alcohol &amp; Drug Use</div> <div>9:30am-10:30am</div> </div> <div> <div>HIIT</div> <div>11:30am-12pm</div> </div> <div> <div>Arts &amp; Crafts</div> <div>12:30pm-1:30pm</div> </div> </div> <div>16</div> </div> <div> <div> <div> <div>*Fitness for Kids</div> <div>3pm-3:45pm</div> </div> <div> <div>*Arts &amp; Crafts for Kids</div> <div>4pm-4:45pm</div> </div> <div> <div>*Free T-Shirt for Kids</div> <div>  </div> </div> </div> </div></div>	<div> <div> <div> <div> <div>Chair Fitness</div> <div>12:30pm-1:30pm</div> </div> <div> <div>Aerobic Boxing</div> <div>1:30pm-2:30pm</div> </div> <div> <div>Core Training</div> <div>4pm-5pm</div> </div> </div> <div>17</div> </div></div>	<div> <div> <div> <div> <div>Youth and Body Image</div> <div>9:30am-10:30am</div> </div> <div> <div>10:30am-11:30am (Spanish)</div> </div> <div> <div>CPR</div> <div>12pm-3pm</div> </div> </div> <div>18</div> </div> <div> <div> <div> <div>*Fitness for Kids</div> <div>3pm-3:45pm</div> </div> <div> <div>*Arts &amp; Crafts for Kids</div> <div>4pm-4:45pm</div> </div> <div> <div>*Free T-Shirt for Kids</div> <div>  </div> </div> </div> </div></div>
<div> <div> <div> <div>Fitness Training</div> <div>9am-10am</div> </div> <div> <div>HIIT</div> <div>10:30am-11:30am</div> </div> <div> <div>Quitting Tobacco</div> <div>11am-12pm</div> </div> <div> <div>Pure Strength</div> <div>1:30pm-2:30pm</div> </div> <div> <div>Quitting Tobacco</div> <div>1:30pm-2:30pm (Spanish)</div> </div> </div> <div>21</div> </div> <div> <div> <div> <div>*Arts &amp; Crafts for Kids</div> <div>3pm-3:45pm</div> </div> <div> <div>*Free T-Shirt for Kids</div> <div>  </div> </div> </div> </div>	<div> <div> <div> <div>  <div>IEHP Renewal Specialist</div> </div> <div>22</div> </div> <div> <div> <div> <div>Aerobic Boxing</div> <div>9am-10am</div> </div> <div> <div>Your Health &amp; Wellness Benefits</div> <div>10am-11am</div> </div> <div> <div>Pure Stretch</div> <div>10:30am-11:30am</div> </div> <div> <div>Digital Tools for a Healthier You</div> <div>11am-12pm</div> </div> <div> <div>Understanding Alcohol &amp; Drug Use</div> <div>12:30pm-1:30pm (Spanish)</div> </div> <div> <div>Breast &amp; Cervical Health</div> <div>2pm-3pm (Bilingual)</div> </div> <div> <div>Core Training</div> <div>4pm-5pm</div> </div> </div> </div> </div></div>	<div> <div> <div> <div> <div>HIIT</div> <div>11:30am-12pm</div> </div> </div> <div> <div> <div> <div> <div>Healthy Teeth for Kids</div> <div>Meet Potter the Otter</div> <div>(Ages 0-5 with Parents)</div> <div>11:30am-12:30pm</div> </div> <div>  </div> </div> </div> <div>23</div> </div> <div> <div> <div> <div> <div>Childhood Lead Poisoning Prevention</div> <div>1pm-2pm</div> </div> </div> <div> <div> <div> <div>*Fitness for Kids</div> <div>3pm-3:45pm</div> </div> <div> <div>*Arts &amp; Crafts for Kids</div> <div>4pm-4:45pm</div> </div> <div> <div>*Free T-Shirt for Kids</div> <div>  </div> </div> </div> </div></div></div></div></div>	<div> <div> <div> <div> <div>Chair Fitness</div> <div>12:30pm-1:30pm</div> </div> <div> <div>Aerobic Boxing</div> <div>1:30pm-2:30pm</div> </div> <div> <div>Core Training</div> <div>4pm-5pm</div> </div> </div> <div>24</div> </div></div>	<div> <div> <div> <div> <div>New Parent Support</div> <div>10am-2:30pm</div> </div> <div> <div>Calling all new &amp; expecting parents! We would like to invite you to get help with answering questions, make connections, and receive support! Partners encouraged.</div> </div> <div> <div>Lactation New Parent Group</div> <div>10am-12pm</div> </div> <div> <div>Midwifery-Led Prenatal Group</div> <div>12:30pm-2:30pm</div> </div> </div> <div>25</div> </div> <div> <div> <div> <div>*Fitness for Kids</div> <div>3pm-3:45pm</div> </div> <div> <div>*Arts &amp; Crafts for Kids</div> <div>4pm-4:45pm</div> </div> <div> <div>*Free T-Shirt for Kids</div> <div>  </div> </div> </div> </div></div>
<div> <div> <div> <div>Fitness Training</div> <div>10am-11am</div> </div> <div> <div>HIIT</div> <div>11:30am-12pm</div> </div> <div> <div>My Life My Choice</div> <div>11:30am-12:30pm (Spanish)</div> </div> <div> <div>Pure Strength</div> <div>1:30pm-2:30pm</div> </div> <div> <div>Diabetes with Friends #1</div> <div>2:30pm-3:30pm</div> </div> </div> <div>28</div> </div> <div> <div> <div> <div>*Fitness for Kids</div> <div>3pm-3:45pm</div> </div> <div> <div>*Arts &amp; Crafts for Kids</div> <div>4pm-4:45pm</div> </div> <div> <div>*Free T-Shirt for Kids</div> <div>  </div> </div> </div> </div>	<div> <div> <div> <div>  <div>IEHP Renewal Specialist</div> </div> <div>29</div> </div> <div> <div> <div> <div>Aerobic Boxing</div> <div>9am-10am</div> </div> <div> <div>Pure Stretch</div> <div>10:30am-11:30am</div> </div> <div> <div>Fitness Training</div> <div>1pm-2pm</div> </div> <div> <div>Let's Talk About Fitness</div> <div>2:30pm-3pm</div> </div> <div> <div>Core Training</div> <div>4pm-5pm</div> </div> </div> </div> </div></div>	<div> <div> <div> <div> <div>CPR</div> <div>10am-1pm (Spanish)</div> </div> <div> <div>HIIT</div> <div>11:30am-12pm</div> </div> </div> <div>30</div> </div> <div> <div> <div> <div>*Fitness for Kids</div> <div>3pm-3:45pm</div> </div> <div> <div>*Arts &amp; Crafts for Kids</div> <div>4pm-4:45pm</div> </div> <div> <div>*Free T-Shirt for Kids</div> <div>  </div> </div> </div> </div></div>	<div> <div> <div> <div> <div>  </div> </div> </div> <div>31</div> </div></div>	<div> <div> <div> <div> <div>  </div> </div> <div> <div>SCAN ME!</div> <div>Use your phone to scan the QR code to view our full schedule of FREE classes.</div> </div> </div> </div> </div>
<div> <div>805 West 2nd Street, Suite C, San Bernardino, CA 92410 (at the Marshalls Plaza) *Monday-Friday, 9am-5pm</div> <div>1-866-228-4347 TTY users should call 711 * www.iehp.org/crcClasses * All classes are first come first serve. Classes are subject to change.</div> </div>				