IEHP Inland Empire Health Plan

COMMUNITY WELLNESS CENTER VICTORVILLE

CLASS CALENDAR July 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
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 **Light Blue font color** - Boy & Girls kid classes ages 6-12 with parent on premises **Green font color** - Teens classes ages 12-17 **Black font color** - Classes for ages 12 and older **STEM** - Science, Engineering, Technology, Math - Disability Pride Month	1 ***Medi-Cal Renewal Specialist*** **HIIT** 9am-10am **Playdate Hour (Self Led)** 9am-10am & 10am-11am **Mindful Living #2** 9am-10am **Boys & Girls Club Block Party** 9am-12pm A variety of summer activities. **Energy Education & Budgeting**** 9am-10am & 1pm-2pm **Resume & Development**** 10am-12pm **Citizenship Class** 10am-11am & 4pm-5pm **Zumbini** 10:15am-11am & 11:15am-12pm **Zumba** 10:30am-11:30am **Diabetes Among Friends #1** 10:30am-11:30am (Spanish) **Chair Yoga** 11am-12pm **Healthy Habits with Lizette** 12pm-1pm **Diabetes Among Friends #1** 12pm-1pm **Chair Kickboxing** 12:30pm-1:30pm **Low-Impact Training** 1pm-2pm **Bootcamp Training** 2pm-3pm **Mindful Living #2** 2:30pm-3:30pm (Spanish) **Family Block Party** 4pm-6pm Ages 6-12 with parents A variety of activities. *Light snacks provided. While Supplies last.* **Self Care & Crafts** 4pm-5pm **Pound Fitness** 5pm-6pm	2 **Zumba** 9am-10am **Playdate Hour (Self Led)** 9am-10am **Boys & Girls Club Block Party** 9am-12pm A variety of summer activities. **Energy Education & Budgeting**** 9am-10am & 1pm-2pm **Circuit Training** 9:30am-10:30am **A Better Me** 10am-11am **Digital Tools for a Healthier You** 10am-11am (Spanish) **Chapter Chats & Activities** 10am-11am **Job Club**** 10am-12pm **Giggles & Games** 10:15am-11am **Bootcamp Training** 10:30am-11:30am **Grief & Loss Support Group** 11am-12pm (Spanish) **Zumba Chair** 11am-12pm **Movement & Mobility** 12:30pm-1:30pm **Strength & Conditioning** 2pm-3pm **HIIT** 2:30pm-3:30pm **Flex & Move** 4pm-5pm **Creative Arts for Teens** 4pm-5:30pm **Parent Club** 4pm-5:30pm **Zumba Kids** 4:15pm-5pm **Bootcamp Kids** 5pm-5:45pm **Hatha** 5pm-6pm	3 **Kickboxing** 9am-10am **Playdate Hour (Self Led)** 9am-10am & 10am-11am **Boys & Girls Club Block Party** 9am-12pm A variety of summer activities. **Energy Education & Budgeting**** 9am-10am & 1pm-2pm **Zumba Toning** 9:30am-10:30am **Flex & Move** 10am-11am **Lactation New Parent Group** 10am-12pm **English as a Second Language** 10am-11am & 4pm-5pm **Zumba** 10:30am-11:30am **Chair Kickboxing** 11am-12pm **Stories & Crafts for Littles** 11:15am-12pm **HIIT** 11:30am-12:30pm **Chair Yoga** 12pm-1pm **Nutrition Fundamentals** 1pm-2pm **Midwifery-Led Prenatal Group** 12:30pm-2:30pm **Zumba Chair** 4pm-5pm **Family Block Party** 4pm-6pm Ages 6-12 with parents A variety of activities. *Light snacks provided. While Supplies last.* **Pound Fitness** 5pm-6pm	4 	5 **Community Wellness Center CLOSED**
7 **Kickboxing** 9am-10am **Playdate Hour (Self Led)** 9am-10am **Boys & Girls Club Block Party** 9am-12pm A variety of summer activities. **Energy Education & Budgeting**** 9am-10am & 1pm-2pm **Nutrition Fundamentals** 10am-11am ***Cal Fresh Applications*** 10am-2pm **Giggles & Games** 10:15am-11am **VITA Free Tax Preparation**** 11am-3pm Call to schedule your appointment 909-723-1566 **Strength & Conditioning** 11am-12pm **Little Learners** 11:15am-12pm **Movement & Mobility** 12pm-1pm **Chair Yoga** 1pm-2pm **Goodwill Orientation** 1:30pm-2:30pm **Tea Meditation** 2pm-3pm **Creative Arts for Teens** 4pm-5:30pm **Parent Club** 4pm-5:30pm **Family Nutrition** 4pm-4:45pm **Energy Flow** 4:30pm-5:30pm **Yoga Kids** 5pm-5:45pm	8 ***Medi-Cal Renewal Specialist*** **HIIT** 9am-10am **Playdate Hour (Self Led)** 9am-10am & 10am-11am **Boys & Girls Club Block Party** 9am-12pm A variety of summer activities. **Energy Education & Budgeting**** 9am-10am & 1pm-2pm **Chair Kickboxing** 9:30am-10:30am **Digital Tools for a Healthier You** 10am-11am (Spanish) **Resume & Development**** 10am-12pm **Citizenship Class** 10am-11am & 4pm-5pm **Zumbini** 10:15am-11am & 11:15am-12pm **Zumba** 10:30am-11:30am **Disaster Preparedness** 11am-11:30am (Spanish) **Chair Yoga** 11am-12pm **Benefit Class** 11:30am-12:30pm (Spanish) **Healthy Habits with Lizette** 12pm-1pm **Low-Impact Training** 1pm-2pm **Bootcamp Training** 2pm-3pm **Family Block Party** 4pm-6pm Ages 6-12 with parents A variety of activities. *Light snacks provided. While Supplies last.* **Self Care & Crafts** 4pm-5pm **Pound Fitness** 5pm-6pm	9 **Zumba** 9am-10am **Playdate Hour (Self Led)** 9am-10am **Boys & Girls Club Block Party** 9am-12pm A variety of summer activities. **Energy Education & Budgeting**** 9am-10am & 1pm-2pm **Mindful Living #3** 9am-10am **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 **Diabetes Among Friends #2** 10:30am-11:30am (Spanish) **Zumba Chair** 11am-12pm **Grief & Loss Support Group** 11am-12pm **Diabetes Among Friends #2** 12pm-1pm **Movement & Mobility** 12:30pm-1:30pm **Strength & Conditioning** 2pm-3pm **HIIT** 2:30pm-3:30pm **Mindful Living #3** 2:30pm-3:30pm (Spanish) **Flex & Move** 4pm-5pm **Creative Arts for Teens** 4pm-5:30pm **Parent Club** 4pm-5:30pm **Zumba Kids** 4:15pm-5pm **Bootcamp Kids** 5pm-5:45pm **Hatha** 5pm-6pm	10 **Kickboxing** 9am-10am **Boys & Girls Club Block Party** 9am-12pm A variety of summer activities. **Energy Education & Budgeting**** 9am-10am & 1pm-2pm **Zumba Toning** 9:30am-10:30am **Pamper My Baby**** 10am-1pm For parents and caregivers of babies ages 0-4. An educational program providing resources & support for healthy child development. Free gifts for participating care givers. Scan QR code or call 877-774-7978 to register. **Flex & Move** 10am-11am **English as a Second Language** 10am-11am & 4pm-5pm **Zumba** 10:30am-11:30am **Chair Kickboxing** 11am-12pm **Stories & Crafts for Littles** 11:15am-12pm **HIIT** 11:30am-12:30pm **Member Orientation** 11:30am-12:30pm & 12:30-1:30pm (Spanish) **Chair Yoga** 12pm-1pm **Zumba Chair** 4pm-5pm **Family Block Party** 4pm-6pm Ages 6-12 with parents A variety of activities. *Light snacks provided. While Supplies last.* **Pound Fitness** 5pm-6pm	11 **Pound Fitness** 9am-10am **Boys & Girls Club Block Party** 9am-12pm A variety of summer activities. **Chapter Chats & Activities** 10am-11am **Zumbini** 10am-10:45am **Nutrition Fundamentals** 10:30am-11:30am **Little Learners** 11am-11:30am *Educational stations for parents to teach their child* **Zumba Gold** 11:30am-12:30pm **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 **Family Game Night** *Bring the whole family* 4pm-5:30pm Ages 6-12 with parents *Light snacks provided. While Supplies last.* **Yoga** 5pm-6pm	12 **Community Wellness Center CLOSED**
14 **CLOSED** **9am-1pm** **Energy Education & Budgeting**** 1pm-2pm **Chair Yoga** 1pm-2pm **Goodwill Orientation** 1:30pm-2:30pm **Tea Meditation** 2pm-3pm **Creative Arts for Teens** 4pm-5:30pm **Parent Club** 4pm-5:30pm **Family Nutrition** 4pm-4:45pm **Energy Flow** 4:30pm-5:30pm **Yoga Kids** 5pm-5:45pm	15 ***Medi-Cal Renewal Specialist*** **HIIT** 9am-10am **Playdate Hour (Self Led)** 9am-10am & 10am-11am **Healthy Living My Best Self #2** 9am-10am **Boys & Girls Club Block Party** 9am-12pm A variety of summer activities. **Energy Education & Budgeting**** 9am-10am & 1pm-2pm **Chair Kickboxing** 9:30am-10:30am **Resume & Development**** 10am-12pm **Citizenship Class** 10am-11am & 4pm-5pm **Zumbini** 10:15am-11am & 11:15am-12pm **Diabetes Among Friends #3** 10:30am-11:30am (Spanish) **Chair Yoga** 11am-12pm **Healthy Habits with Lizette** 12pm-1pm **Diabetes Among Friends #3** 12pm-1pm **Low-Impact Training** 1pm-2pm **Healthy Heart #1** 2:30pm-3:30pm (Spanish) **Bootcamp Training** 2pm-3pm **Family Block Party** 4pm-6pm Ages 6-12 with parents A variety of activities. *Light snacks provided. While Supplies last.* **Self Care & Crafts** 4pm-5pm **Kickboxing** 5pm-6pm	16 **Zumba** 9am-10am **Playdate Hour (Self Led)** 9am-10am **Boys & Girls Club Block Party** 9am-12pm A variety of summer activities. **Energy Education & Budgeting**** 9am-10am & 1pm-2pm **Know Your Rights** 9:30am-10:30am **Chapter Chats & Activities** 10am-11am **Job Club**** 10am-12pm **Giggles & Games** 10:15am-11am **Zumba Chair** 11am-12pm **Circuit Training** 11:30am-12:30pm **HIIT** 2:30pm-3:30pm **Flex & Move** 4pm-5pm **Creative Arts for Teens** 4pm-5:30pm **Parent Club** 4pm-5:30pm **Zumba Kids** 4:15pm-5pm **Bootcamp Kids** 5pm-5:45pm **Pound Fitness** 5pm-6pm	17 **Bootcamp Training** 9am-10am **Boys & Girls Club Block Party** 9am-12pm A variety of summer activities. **Energy Education & Budgeting**** 9am-10am & 1pm-2pm **Zumba Toning** 9:30am-10:30am **Flex & Move** 10am-11am **Lactation New Parent Group** 10am-12pm **English as a Second Language** 10am-11am & 4pm-5pm **Zumba** 10:30am-11:30am **Stories & Crafts for Littles** 11:15am-12pm **HIIT** 11:30am-12:30pm **Chair Yoga** 12pm-1pm **Midwifery-Led Prenatal Group** 12:30pm-2:30pm **Nutrition Fundamentals** 1pm-2pm **Low-Impact** 2pm-3pm **Zumba Chair** 4pm-5pm **Family Block Party** 4pm-6pm Ages 6-12 with parents A variety of activities. *Light snacks provided. While Supplies last.* **Pound Fitness** 5pm-6pm	18 **Pound Fitness** 9am-10am **Boys & Girls Club Block Party** 9am-12pm A variety of summer activities. **HIIT** 9:30am-10:30am **Chapter Chats & Activities** 10am-11am **Zumbini** 10am-10:45am **Nutrition Fundamentals** 10:30am-11:30am **Little Learners** 11am-11:30am *Educational stations for parents to teach their child* **Zumba Gold** 11:30am-12:30pm **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 **Family Movie Night** *Bring the whole family* 4pm-5:30pm Kids all ages with parents *Light snacks provided. While Supplies last.* **Yoga** 5pm-6pm	19 **Community Wellness Center CLOSED**
21 **Kickboxing** 9am-10am **Playdate Hour (Self Led)** 9am-10am **Boys & Girls Club Block Party** 9am-12pm A variety of summer activities. **Energy Education & Budgeting**** 9am-10am & 1pm-2pm **Nutrition Fundamentals** 10am-11am ***Cal Fresh Applications*** 10am-2pm **Giggles & Games** 10:15am-11am **Strength & Conditioning** 11am-12pm **Little Learners** 11:15am-12pm **Movement & Mobility** 12pm-1pm **Chair Yoga** 1pm-2pm **Goodwill Orientation** 1:30pm-2:30pm **Tea Meditation** 2pm-3pm **Creative Arts for Teens** 4pm-5:30pm **Parent Club** 4pm-5:30pm **Spirit Week** 4pm-6pm Ages 6-12 with parents Dress as your favorite athlete *Light snacks provided. While Supplies last.* **Energy Flow** 4:30pm-5:30pm	22 ***Medi-Cal Renewal Specialist*** **HIIT** 9am-10am **Quitting Tobacco** 9am-10am **Playdate Hour (Self Led)** 9am-10am & 10am-11am **Boys & Girls Club Block Party** 9am-12pm A variety of summer activities. **Energy Education & Budgeting**** 9am-10am & 1pm-2pm **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 **Diabetes Among Friends #4** 10:30am-11:30am (Spanish) **Chair Yoga** 11am-12pm **Healthy Habits with Lizette** 12pm-1pm **Diabetes Among Friends #4** 12pm-1pm **Low-Impact Training** 1pm-2pm **Bootcamp Training** 2pm-3pm **Quitting Tobacco** 2:30pm-3:30pm (Spanish) **Spirit Week** 4pm-6pm Ages 6-12 with parents Dress in color of your favorite fruit/vegetable *Light snacks provided. While Supplies last.* **Pound Fitness** 5pm-6pm	23 **Zumba** 9am-10am **Playdate Hour (Self Led)** 9am-10am **Boys & Girls Club Block Party** 9am-12pm A variety of summer activities. **Energy Education & Budgeting**** 9am-10am & 1pm-2pm **Circuit Training** 9:30am-10:30am **Chapter Chats & Activities** 10am-11am **Giggles & Games** 10:15am-11am **Zumba Chair** 11am-12pm **Digital Tools for a Healthier You** 11am-12pm **Movement & Mobility** 12:30pm-1:30pm **Benefit Class** 12:30pm-1:30pm **Strength & Conditioning** 2pm-3pm **Mindful Living #1** 2:30pm-3:30pm (Spanish) **HIIT** 2:30pm-3:30pm **Flex & Move** 4pm-5pm **Creative Arts for Teens** 4pm-5:30pm **Parent Club** 4pm-5:30pm **Spirit Week** 4pm-6pm Ages 6-12 with parents Do a crazy hair style *Light snacks provided. While Supplies last.* **Hatha** 5pm-6pm	24 **Kickboxing** 9am-10am **Boys & Girls Club Block Party** 9am-12pm A variety of summer activities. **Energy Education & Budgeting**** 9am-10am & 1pm-2pm **Zumba Toning** 9:30am-10:30am **Flex & Move** 10am-11am **English as a Second Language** 10am-11am & 4pm-5pm **Zumba** 10:30am-11:30am **Chair Kickboxing** 11am-12pm **Stories & Crafts for Littles** 11:15am-12pm **HIIT** 11:30am-12:30pm **Chair Yoga** 12pm-1pm **Nutrition Fundamentals** 1pm-2pm **Medicare 101** 1pm-2pm & 2pm-3pm (Spanish) **Zumba Chair** 4pm-5pm **Spirit Week** 4pm-6pm Ages 6-12 with parents Dress like your favorite plant/animal *Light snacks provided. While Supplies last.* **Pound Fitness** 5pm-6pm	25 **Pound Fitness** 9am-10am **Boys & Girls Club Block Party** 9am-12pm A variety of summer activities. **HIIT** 9:30am-10:30am **Chapter Chats & Activities** 10am-11am **Zumbini** 10am-10:45am **Nutrition Fundamentals** 10:30am-11:30am **Little Learners** 11am-11:30am *Educational stations for parents to teach their child* **Breast & Cervical Health** 11am-12pm **Zumba Gold** 11:30am-12:30pm **Tiny Tots Nutrition** 11:45am-12:15pm **Healthy Habits with Lizette** 1pm-2pm **Bootcamp Training** 1:30pm-2:30pm **Teen Leadership** 4pm-5:30pm **Spirit Week** 4pm-6pm Ages 6-12 with parents Match a friends outfit/wear bracelets *Light snacks provided. While Supplies last.* **Zumba** 5pm-6pm	26 **Fit Circuit Training** 9am-10am **Self Care & Crafts** 10am-11am **Breakfast With Alex** 10am-11am Ages 0-12 with parents *Light snacks provided. While Supplies last.* **Giggles & Games** 11am-11:45am **Low-Impact** 11am-12pm **Little Learners** 12pm-12:45pm *Educational stations for parents to teach their child* **Bootcamp Kids** 12pm-12:45pm **Yin Yoga** 12pm-1pm
28 **Kickboxing** 9am-10am **Playdate Hour (Self Led)** 9am-10am **Healthy Heart #1** 9am-10am **Energy Education & Budgeting**** 9am-10am & 1pm-2pm **Nutrition Fundamentals** 10am-11am **Family Block Party** 10am-12pm Ages 6-12 with parents A variety of activities. *Light snacks provided.* ***Cal Fresh Applications*** 10am-2pm **Giggles & Games** 10:15am-11am **Diabetes Among Friends #5** 10:30am-11:30am (Spanish) **Strength & Conditioning** 11am-12pm **Little Learners** 11:15am-12pm **Movement & Mobility** 12pm-1pm **Diabetes Among Friends #5** 12pm-1pm **Chair Yoga** 1pm-2pm **Goodwill Orientation** 1:30pm-2:30pm **Tea Meditation** 2pm-3pm **Healthy Heart #2** 2:30pm-3:30pm (Spanish) **Creative Arts for Teens** 4pm-5:30pm **Parent Club** 4pm-5:30pm **Family Nutrition** 4pm-4:45pm **Energy Flow** 4:30pm-5:30pm **Yoga Kids** 5pm-5:45pm	29 ***Medi-Cal Renewal Specialist*** **HIIT** 9am-10am **Playdate Hour (Self Led)** 9am-10am **Energy Education & Budgeting**** 9am-10am & 1pm-2pm **Chair Kickboxing** 9:30am-10:30am **Resume & Development**** 10am-12pm **Citizenship Class** 10am-11am & 4pm-5pm **Birthday Bash** Ages 0-5 with parents 10am-12pm *Bring your tiny human and celebrate with us!* **Healthy Habits with Lizette** 12pm-1pm **Low-Impact Training** 1pm-2pm **Bootcamp Training** 2pm-3pm **Self Care & Crafts** 4pm-5pm **Family Block Party** 10am-12pm & 4pm-6pm Ages 6-12 with parents A variety of activities. *Light snacks provided. While Supplies last.* **Kickboxing** 5pm-6pm	30 **Circuit Training** 9am-10am **Playdate Hour (Self Led)** 9am-10am **Energy Education & Budgeting**** 9am-10am & 1pm-2pm **Know Your Rights** 9:30am-10:30am (Spanish) **Family Block Party** 10am-12pm Ages 6-12 with parents A variety of activities. *Light snacks provided. While Supplies last.* **Chapter Chats & Activities** 10am-11am **Giggles & Games** 10:15am-11am **Movement & Mobility** 11:30am-12:30pm **Chair Yoga** 1pm-2pm **Strength & Conditioning** 2:30pm-3:30pm **Flex & Move** 4pm-5pm **Creative Arts for Teens** 4pm-5:30pm **Parent Club** 4pm-5:30pm **Arts & Crafts Kids** 4:15pm-5pm **Bootcamp Kids** 5pm-5:45pm	31 **Community Wellness Center CLOSED**	**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. **Do you need assistance renewing your Medi-Cal or applying for IEHP health coverage?** Call us at **1-866-294-4347** or visit our center to make an appointment. **Do you need help with benefits, updating demographics, or changing your provider?** We have Member Services Representatives on-site Monday-Friday 9am-5:30pm. Ask to speak with them today! **DISABILITY PRIDE MONTH** Join us all July for fun classes and local resources.		

12353 Mariposa Suites C-2 & C-3, Victorville, CA 92395 (near Vallarta Supermarket) * Monday-Friday, 9am-6pm
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.