

BOYS & GIRLS CLUBS OF GREATER REDLANDS-RIVERSIDE



**WEDNESDAY** 







**THURSDAY** 



## **CLASS CALENDAR** August 2025

**FRIDAY** 

**Family Game Night** 

Bring the whole family
4pm-5:30pm
Ages 5-11 with parents
Light snacks provided.

8

15

22

29

Bootcamp Training
9am-10am
Nourish & Flourish
10am-11am
Nutrition for your wellness
Zumbini
10:15am-11am
Little Learners
11:15am-12pm
Educational stations for parents to teach their child

**MONDAY TUESDAY** 

## Legend

\*\*Pre-registration and/or application required

Blue font color - Infant & toddler classes ages 0-4 with parents

Purple font color - Kids classes ages 5-11 with parents Green font color - Teens classes ages 12-17

Black font color - Classes for ages 12 and older **HACSB** - Housing Authority of the County of San Bernardino

**STEM -** Science, Engineering, Technology, Math Light Blue font color - Boy & Girls kid classes ages 6-12 with parent on premises

**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!

## **August** is National Wellness Month!

Celebrate with us. Come learn more about wellness for your body

and mind. Look for

to join a FREE class.

While Supplies last.

Flex & Move

3pm-4pm Teen Leadership

4pm-5:30pm Self Care & Crafts 2 4pm-5pm

1pm-2pm Yin Yoga

12pm-1pm Healthy Habits with Lizette 1pm-2pm

Zumba Toning 9am-10am Stories & Crafts for Littles

Circuit Training 5pm-6pm

Kickboxing 9am-10am Playdate Hour (Self Led) 9am-10am Energy Education & Budgeting\*\* 9am-10am & 1pm-2pm Nutrition Fundamentals 10am-11am Cal Fresh Applications 10am-2pm

Giggles & Games 10:15am-11am

Movement & Mobility 11am-12pm 11:15am-12pm Tea Meditation 12pm-1pm Yin Yoga 1pm-2pm Goodwill Orientation 1:30pm-2:30pm Nourish & Flourish 2pm-3pm 💸

Hatha 2:30pm-3:30pm Self-Care Through Art 3pm-4pm Boys & Girls Club A variety of educational activities

Creative Arts for Teens 4pm-5:30pm Parent Club 4pm-5:30pm Family Nutrition 4pm-4:45pm Knit & Crochet (Self Led) 4pm-5pm Restorative Yoga 5pm-6pm

Kickboxing 9am-10am Playdate Hour (Self Led) 9am-10am Energy Education & Budgeting\*\* 9am-10am & 1pm-2pm Nutrition Fundamentals 10am-11am

Cal Fresh Applications 10am-2pm

Giggles & Games Movement & Mobility 11am-12pm HASCB Application Overview 11am-12pm Little Learners 11/15cm 12

Little Learners 11:15am-12pm
Tea Meditation 12pm-1pm Strength & Conditioning 12:30pm-1:30pm Yin Yoga 1pm-2pm Goodwill Orientation 1:30pm-2:30pm **Nourish & Flourish** 2pm-3pm \*\*Withition for your wellness **Hatha** 2:30pm-3:30pm

Boys & Girls Club

Creative Arts for Teens 4pm-5:30pm Parent Club 4pm-5:30pm Knit & Crochet (Self Led) 4pm-5pm Restorative Yoga 5pm-6pm

Kickboxing 9am-10am Kickboxing 9am-10am Playdate Hour (Self Led) 9am-10am Energy Education & Budgeting\*\* 9am-10am & 1pm-2pm Know your rights 9:30am-10:30am Nutrition Fundamentals 10am-11am

Cal Fresh Applications 10am-2pm

Movement & Mobility 11am-12pm Little Learners 11:15am-12pm Tea Meditation 12pm-1pm Strength & Conditioning

Giggles & Games

71:30pm-1:30pm
71:30pm
71:30pm **Boys & Girls Club** 

3pm-6pm
A variety of educational activities

Creative Arts for Teens 4pm-5:30pm Parent Club 4pm-5:30pm Knit & Crochet (Self Led) 4pm-5pm Restorative Yoga 5pm-6pm

Kickboxing 9am-10am Playdate Hour (Self Led) 9am-10am Energy Education & Budgeting\*\* 9am-10am & 1pm-2pm Know your rights 9:30am-10:30am (Spanish) Nutrition Fundamentals 10am-11am

Cal Fresh Applications 10am-2pm

Giggles & Games 10:15am-11am
Movement & Mobility 11am-12pm
HACSB Application Overview
11am-12pm
11am-12pm
Tea Meditation 12pm-1pm
Strength & Conditioning
12:30pm-1:30pm
Yin Yoga 1pm-2pm
Goodwill Orientation 1:30pm-2:30pm
Nourish & Flourish 2pm-3pm
Nutrition for your wellness
Hatha 2:30pm-3:30pm

**Boys & Girls Club** A variety of educational activities.

Creative Arts for Teens 4pm-5:30pm Parent Club 4pm-5:30pm Knit & Crochet (Self Led) 4pm-5pm Restorative Yoga 5pm-6pm

Medi-Cal Renewal Specialist
HIIT 9am-10am
Energy Education & Budgeting\*\*
9am-10am & 1pm-2pm
Playtime for Little Minds Nourish & Flourish

10am-11am Nutrition for your wellness Resume & Development\* 10am-12pm **Citizenship Class** 10am-11am & 4pm-5pm Zumbini 11:15am-12pm Bootcamp Training 10:30am-11:30am Disaster Preparedness 11am-11:30am (Spanish) Stories & Crafts for Littles Healthy Habits with Lizette 12:30pm-1:30pm Flex & Move 1pm-2pm Chair Kickboxing

Boys & Girls Club

Self Care & Crafts 4pm-5pm Arts & Crafts Kids 4:15pm-5pm Kidfit Training 5pm-5:45pm Kidfit Tra Hatha 5pm-6pm

Medi-Cal Renewal Specialist
HIIT 9am-10am
Playdate Hour (Self Led) 9am-10am
Energy Education & Budgeting\*\*
9am-10am & 1pm-2pm Energy Education & Budgeting\*
9am-10am & Flourish
Nourish & Flourish
10am-11am
Nutrition for your wellness
Resume & Development\*\*
10am-12pm
Citizenship Class
10am-11am & 4pm-5pm
Zumbini
10:15am-11am & 41:15am-12pm
Bootcamp Training
10:30am-11:30am
Stories & Crafts for Littles
12pm-12:45pm 12pm-12:45pm Healthy Habits with Lizette

12:30pm-1:30pm Digital Tools for a Healthier You 1pm-2pm (Spanish) Flex & Move 1pm-2pm **Zumba** 2pm-3pm

Boys & Girls Club 3pm-6pm
A variety of educational activities Self Care & Crafts 4pm-5pm Zumba Kids 4:15pm-5pm

Pound Fitness 5pm-5:45pm 5pm-6pm Medi-Cal Renewal Specialist

Medi-Cal Kenewai Specialis.
HIT
Playdate Hour (Self Led) 9am-10am
Playdate Hour (Self Led) 9am-10am
Energy Education & Budgeting\*\*
9am-10am & 1pm-2pm
Nourish & Flourish
10am-11am
Nutrition for your wellness
Quick Healthy Meals & Snacks
10am-11am 10am-11am Resume & Development\*\* Toam-12pm
Citizenship Class
10am-11am & 4pm-5pm
Zumbini
10:15am-11am & 11:15am-12pm
Bootcamp Training
10:30am-11:30am
Stories & Crafts for Littles
12pm-12:45pm

12pm-12:45pm Healthy Habits with Lizette 12:30pm-1:30pm Flex & Move 1pm-2pm Zumba 2pm-3pm Boys & Girls Club 3pm-6pm
A variety of educational activities.

Self Care & Crafts 4pm-5pm Zumba Kids 4:15pm-5pm Zumba Kids 4:15pm-5:45pm Pound Fitness 5pm-6pm

Medi-Cal Renewal Specialist
HIIT 9am-10am
Playdate Hour (Self Led) 9am-10am
Advançed Care Directives 9am-10am (Spanish)
Energy Education & Budgeting\*\* 9am-10am & 1pm-2pm
Nourish & Flourish 10am-11am
Nutrition for your wellness
Family Playtime 10am-11am
Resume & Development\*\*
10am-12pm

Resume & Development Joan-12pm (Joan-12pm) Citizenship Class 10am-11am & 4pm-5pm Citizenship Class 10am-11am & 41:15am-12pm Bootcamp Training 10:30am-11:30am Diabetes Among Friends #8 10:30am-11:30am (Spanish) Stories & Crafts for Littles 12pm-12:45pm Diabetes Among Friends #8 12pm-10m 12pm-1pm Healthy Habits with Lizette 12:30pm-1:30pm Flex & Move 1pm-2pm

Zumba 2pm-3pm Advanced Care Directives 2:30pm-3:30pm Boys & Girls Club 3pm-6pm A variety of educational activities Self Care & Crafts 4pm-5pm 2 Zumba Kids 4:15pm-5pm Kidfit Training 5pm-5:45pm

Pound Fitness 5pm-6pm

Zumba 9am-10am
Playdate Hour (Self Led) 9am-10am
Energy Education & Budgeting\*\*
9am-10am & 1pm-2pm
Healthy Heart #3
9am-10am (Spanish)
A Better Me 10am-11am
Chapter Chats & Activities 10am-11am
Job Club\*\* 10am-12pm
Giggles & Garnes 10:15am-11am
Diabetes Among Friends #6
10:30am-11:30am (Spanish)
Zumba Chair 11am-12pm
Grief & Loss Support Group
11am-12pm
Little Learners 11:15am-12pm
Diabetes Among Friends #6
12pm-1pm
Movement & Mobility 12pm-1pm
Movement & Mobility 12pm-1pm Diabetes Afficing Filence #0
12pm-1pm
Movement & Mobility 12pm-1pm
Chat with the Coach 1pm-2pm
Nutrition Fundamentals 2pm-3pm
Beginning Zumba 2:30pm-3:30pm
Healthy Heart #2 2:30pm-3:30pm

> Boys & Girls Club A variety of educational activities.

Creative Arts for Teens 4pm-5:30pm Parent Club 4pm-5:30pm Zumba Toning 4pm-5pm Bootcamp Kids Training Zumba Kids 5pm-5:45pm HIIT 5pm-6pm

Zumba 9am-10am
Playdate Hour (Self Led) 9am-10am
Energy Education & Budgeting\*\*
9am-10am & 1pm-2pm
CPR 9:30am-12:30pm
1:30pm-4:30pm (Spanish)
A Better Me 10am-11am
Chapter Chats & Activities
10am-11am 10am-11am Job Club\*\* 10am-12pm Giggles & Games

Zumba Chair 11am-12pm Grief & Loss Support Group 11am-12pm Little Learners 11:15am-12pm Movement & Mobility 12pm-1pm Chat with the Coach 1pm-2pm Nutrition Fundamentals 2pm-3pm 2pm-3pm Beginning Zumba 2:30pm-3:30pm

Boys & Girls Club A variety of educational activities Parent Club

4pm-5:30pm Zumba Toning 4pm-5pm Bootcamp Kids Training 4:15pm-5pm Zumba Kids HIIT 5pm-6pm

Zumba 9am-10am Playdate Hour (Self Led) 9am-10am Healthy Living my Best Self #1 9am-10am/Spanish) 9am-10am(Spanish)
Energy Education & Budgeting\*\*
9am-10am & 1pm-2pm
Chapter Chats & Activities
10am-11am
Job Club\*\* 10am-12pm

10:T5am-11am Diabetes Among Friends #7 10:30am-11:30am (Spanish) Little Learners 11:15am-12pm Diabetes Among Friends #7 12pm-1pm 12pm-1pm Movement & Mobility 12pm-1pm Chat with the Coach 1pm-2pm Nutrition Fundamentals

2pm-3pm Beginning Zumba 2:30pm-3:30pm Healthy Living my Best Self #3 2:30pm-3:30pm Boys & Girls Club 3pm-6pm
A variety of educational activities

Creative Arts for Teens 4pm-5:30pm Parent Club 4pm-5:30pm Zumba Toning 4pm-5pm Bootcamp Kids Training 4:15pm-5pm 4:15pm-5pm Zumba Kids 5pm-5:45pm HIIT

5pm-6pm Zumba 9am-10am Playdate Hour (Self Led) 9am-10am Energy Education & Budgeting\*\* 9am-10am & 1pm-2pm Chapter Chats & Activities Orlapter Chais & Activities
10am-11am
Job Club\*\*
10am-12pm
Giggles & Games
10:15am-11am
Digital Tools for a Healthier You
11am-12pm
Little Learners
11:15am-12pm

11:15am-12pm Movement & Mobility 12pm-1pm Chat with the Coach 1pm-2pm Nutrition Fundamentals 2pm-3pm Beginning Zumba 2:30pm-3:30pm Boys & Girls Club

A variety of educational activities. Creative Arts for Teens 4pm-5:30pm Parent Club 4pm-5:30pm Zumba Toning 4pm-5pm Bootcamp Kids Training 4:15pm-5pm Zumba Kids

HIIT 5pm-6pm

9am-10am Energy Education & Budgeting\*\* 9am-10am & 1pm-2pm Tiny Tots Nutrition 10am-10:45am Chât with the Coach 10am-11am Lactation New Parent Group Lactation New Parent Group
10am-12pm
English as a Second Language
10am-11am & 4pm-5pm
Zumba 11am-12pm
Little Learners 11:15am-12pm
Zumba Chair 12pm-1pm
Healthy Habits with Lizette
12:30pm-1:30pm 12:30pm-1:30pm Midwifery-Led Prenatal Group 12:30pm-2:30pm Flex & Move 1pm-2pm Energy Flow 2pm-3pm HIIT 3pm-4pm Boys & Girls Club

3pm-6pm

Partner Network Meeting

A variety of educational activities Knit & Crochet (Self Led) 3pm-4pm Hatha Yoga 4pm-5pm Arts & Crafts Kids

Kidfit Training 5pm-5:45pm Circuit Training 5pm-6pm Zumba Toning 9am-10am Stories & Crafts for Littles 9am-10am

9am-11am Energy Education & Budgeting\*\* 9am-10am & 1pm-2pm Tiny Tots Nutrition 10am-10:45am Chat with the Coach 10am-11am Lactation New Parent Group

Lactation New Parent Group
10am-12pm
10am-12pm
Little Learners 11:15am-12pm
Little Learners 11:15am-12p

Boys & Girls Club

Knit & Crochet (Self Led) 3pm-4pm Hatha Yoga 4pm-5pm Arts & Crafts Kids 4:15pm-5pm Kidfit Training 5pm-5:45pm Circuit Training 5pm-6pm

**CLOSED** 

9am-1pm

Flex & Move 1pm-2pm Energy Education & Budgeting\*\* 1pm-2pm Energy Flow

3pm-4pm

Boys & Girls Club 3pm-6pm A variety of educat nal activities

Knit & Crochet (Self Led) 3pm-4pm Hatha Yoga 4pm-5pm English as a Second Language 4pm-5pm Arts & Crafts Kids 4:15pm-5pm Kidfit Training Circuit Training 5pm-6pm

Zumba Toning 9am-10am Stories & Crafts for Littles

9am-10am Energy Education & Budgeting\*\* 9am-10am & 1pm-2pm Tiny Tots Nutrition 10am-10:45am Chat with the Coach 10am-11am Lactation New Parent Group Lactation New Pareiri Group
10am-12pm
English as a Second Language
10am-11am & 4pm-5pm
Zumba 11am-12pm
Little Learners 11:15am-12pm
Zumba Chair 12pm-1pm
Healthy Habits with Lizette
12:30om-1:30pm Heatiny Habits with Lizette
12:30pm-1:30pm
Midwifery-Led Prenatal Group
12:30pm-2:30pm
Flex & Move 1pm-2pm
Medicare 101
1pm-2pm & 2pm-3pm (Spanish)
Energy Flow
2pm-3pm
HIIT 3pm-4pm

Boys & Girls Club

A variety of educational activities Knit & Crochet (Self Led) 3pm-4pm Hatha Yoga 4pm-5pm Arts & Crafts Kids 4:15pm-5pm Kidfit Training 5pm-5:45pm Circuit Training 5pm-6pm

Bootcamp Training 9am-10am Chapter Chats & Activities 10am-11am Nourish & Flourish 10am-11am Nutrition for your wellness Zumbini 10:15am-11am Breast & Cervical Health 11am-12pm Little Learners 11:15am-12pm Educational stations for parents to teach their

Zumba Chair 11:30am-12:30pm Flex & Move 12pm-1pm Healthy Habits with Lizette 1pm-2pm Yin Yoga 2pm-3pm HIIT 3pm-4pm

Boys & Girls Club A variety of educational activities. Teen Leadership

> **Family Movie Night** Bring the whole family 4pm-5:30pm Ages 5-11 with parents

Light snacks provided. While Supplies last.

Pound Fitness 4pm-5pm

Bootcamp Training 9am-10am Chapter Chats & Activities 10am-11am Nourish & Flourish 10am-11am 

Zumba Chair 11:30am-12:30pm Flex & Move 12pm-1pm Healthy Habits with Lizette 1pm-2pm 1pm-2pm Yin Yoga 2pm-3pm HIIT 3pm-4pm **Boys & Girls Club** 

A variety of educational activities. Teen Leadership Pound Fitness 4pm-5pm

**Family Game Night** Bring the whole family 4pm-5:30pm Ages 5-11 with parents Light snacks provided.

While Supplies last

**Zumba** 5pm-6pm Bootcamp Training 9am-10am Chapter Chats & Activities 10am-11am Nourish & Flourish 10am-11am Nutrition for your wellness

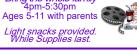
Zumbini 10:15am-11am Little Learners 11am-11:30am Educational stations for parents to teach their child

child Zumba Chair 11:30am-12:30pm Flex & Move 12pm-1pm Healthy Habits with Lizette 1pm-2pm Yin Yoga 2pm-3pm HIIT 3pm-4pm Boys & Girls Club

A variety of educational activities.

Teen Leadership 4pm-5:30pm Pound Fitness 4pm-5pm

**Family Movie Night** Bring the whole family 4pm-5:30pm



**Zumba** 5pm-6pm Bootcamp Training 9am-10am Chapter Chats & Activities 10am-11am Nourish & Flourish 10am-11am Nutrition for your wellness Zumbini 10:15am-11am Little Learners 11am-11:30am Educational stations for parents to teach their child

**Zumba Chair** 11:30am-12:30pm

Flex & Move 12pm-1pm Healthy Habits with Lizette 1pm-2pm **Yin Yoga** 2pm-3pm HIIT 3pm-4pm **Boys & Girls Club** 

3pm-6pm
A variety of educational activities Teen Leadership 4pm-5:30pm Pound Fitness 4pm-5pm



While Supplies last.

Zumba 5pm-6pm