















Community Wellness Center - RIVERSIDE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<div>August is National Wellness Month!</div> <div>Celebrate with us. Come learn more about wellness for your body and mind. Look for  to join a FREE class.</div>		<div> Follow us on Facebook </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>SCAN ME! Use your phone to scan the QR code to view our full schedule of FREE classes.</div>	<div>1</div> <div>Bootcamp 9am-10am Arts &amp; Crafts (Bilingual) 10am-11am Yoga for Beginners 10:30am-11:30am Zumbini (ages 0-3) 11:30am-12:15pm Fit to Function 12pm-1pm Disco Cardio 1:30pm-2:30pm Yoga Chair 2pm-3pm Stretch &amp; Mobility 3pm-3:50pm Baby and Me Social (ages 0-3) 4pm-4:45pm Cardio Strength for Kids (ages 4-11) 5pm-5:45pm Strength &amp; Conditioning 5pm-6pm</div>
<div>4</div> <div><div>Well Child and Young Adult Clinic 9am-4pm</div><div>Active IEHP Direct members ages 3-21 Is your child due for a WellCare Visit? Call (866) 228-4347, option 3 to verify eligibility and schedule an appointment or walk-in to participate.</div></div> <div>Strength &amp; Conditioning 9am-9:45am Meditation 10am-10:45am Bootcamp 11am-11:45am Mindful Stretch 12pm-12:45pm Seated Strength for Seniors and People w/disabilities 1pm-1:45pm Core Training 2pm-2:45pm Form &amp; Functional 3pm-3:45pm Yoga for Kids (ages 4-11) 4pm-4:45pm Zumba 5pm-6pm</div>	<div>5</div> <div>Fit to Function 9am-10am Arts &amp; Crafts (Bilingual) 10am-11am Disco Cardio 10:30am-11:30am Zumba 12pm-1pm Healthy Hydration (Bilingual) 1pm-2pm Balance &amp; Stability 1:30pm-2:30pm Fitness Myth Busters 2:45pm-3:30pm Chair Fitness 3pm-3:45pm Little Warrior for Kids (ages 4-11) 3:45pm-4:30pm Yin Yoga 5pm-6pm</div> 	<div>6</div> <div>Form &amp; Functional 9am-10am Puberty (Bilingual) 10am-11am Cardio &amp; Strength Training 10:30am-11:30am Yoga for Beginners 12pm-1pm Strength &amp; Conditioning 1:30pm-2:30pm Core Training 3pm-3:50pm Meditation 4pm-4:45pm Arts &amp; Crafts for Kids (ages 4-11) 4pm-4:45pm Zumba 5pm-6pm</div>	<div>7</div> <div>Cardio Dance 9am-10am Member Benefits Orientation 10am-11am 11am-12pm (Spanish) Yin Yoga 10:30am-11:30am Zumba 12pm-1pm Balance &amp; Stability 1:30pm-2:30pm Tai Chi Canceled Seated Strength for Seniors and People w/disabilities 3pm-3:50pm Bootcamp 4pm-4:45pm Sweat to the Beat 5pm-6pm</div> 	<div>8</div> <div>Bootcamp 9am-10am Diabetes Among Friends #4 9am-10am (Spanish) 10:30am-11:30am Yoga for Beginners 10:30am-11:30am Fit to Function 12pm-1pm Breathe Well, Live Well #2 (Spanish) 12pm-1pm Disco Cardio 1:30pm-2:30pm Breathe Well, Live Well #2 2:30pm-3:30pm Stretch &amp; Mobility 3pm-4pm Baby and Me Social (ages 0-3) 4pm-4:45pm Bootcamp 5pm-5:45pm Cardio Strength for Kids (ages 4-11) 5pm-5:45pm Strength &amp; Conditioning 5pm-6pm</div> 
<div>11</div> <div><div>Well Child and Young Adult Clinic 9am-4pm</div><div>Active IEHP Direct members ages 3-21 Is your child due for a WellCare Visit? Call (866) 228-4347, option 3 to verify eligibility and schedule an appointment or walk-in to participate.</div></div> <div>Strength &amp; Conditioning 9am-9:45am Meditation 10am-10:45am Bootcamp 11am-11:45am Mindful Stretch 12pm-12:45pm Quitting Tobacco 1pm-2pm 2:30pm-3:30pm (Spanish) Form &amp; Functional Canceled Yoga for Kids (ages 4-11) 4pm-4:45pm Zumba 5pm-6pm</div>	<div>12</div> <div>Fit to Function 9am-10am Living Well in the Community #8 9am-10am Disco Cardio 10:30am-11:30am Mindful Living #1 10:30am-11:30am Zumba 12pm-1pm Healthy Living My Best Self #4 (Spanish) 1pm-2pm Balance &amp; Stability 1:30pm-2:30pm Chair Fitness 3pm-3:45pm Little Warriors for Kids (ages 4-11) 3:45pm-4:30pm Healthy Living My Best Self #4 4pm-5pm Yin Yoga 5pm-6pm</div>	<div>13</div> <div>Digital Tools for a Healthier You 9am-10am Form &amp; Functional 9am-10am CARE, FERA &amp; California Lifeline, ACP plan (Bilingual) 10am-11am Cardio &amp; Strength Training 10:30am-11:30am Job Skills: Writing a Winning Resume 11am-12pm Yoga for Beginners 12pm-1pm Strength &amp; Conditioning 1:30pm-2:30pm Core Training 3pm-3:50pm Meditation 4pm-4:45pm Money Talk: Cohort 1, Session 1 4pm-5pm (K-5th grade) 5pm-6pm (6th-12th grade) Zumba 5pm-6pm</div> 	<div>14</div> <div>Cardio Dance 9am-10am Practical Fitness, How to Start 9am-10am Knitting &amp; Crochet (Bilingual, Self-Led) 10am-11am Yin Yoga 10:30am-11:30am Healthy Hydration 11:30am-12:30pm Zumba 12pm-1pm Breathing 101 (Bilingual) 1pm-1:45pm Balance &amp; Stability 1:30pm-2:30pm Tai Chi 2pm-3pm Seated Strength for Seniors and People w/ disabilities 3pm-3:50pm Mind Over Matter: Cohort 1, Session 2 4pm-5pm (K-5th grade) 5pm-6pm (6th-12th grade) Bootcamp 4pm-4:45pm Sweat to the Beat 5pm-6pm</div>	<div>15</div> <div>Bootcamp 9am-10am Arts &amp; Crafts (Bilingual) 10am-11am Yoga for Beginners 10:30am-11:30am Zumbini (ages 0-3) 11:30am-12:15pm Fit to Function 12pm-1pm Disco Cardio 1:30pm-2:30pm Yoga Chair 2pm-3pm Stretch &amp; Mobility 3pm-3:50pm Baby and Me Social (ages 0-3) 4pm-4:45pm Cardio Strength for Kids (ages 4-11) 5pm-5:45pm Strength &amp; Conditioning 5pm-6pm</div> 
<div>18</div> <div><div>Well Child and Young Adult Clinic 9am-4pm</div><div>Active IEHP Direct members ages 3-21 Is your child due for a WellCare Visit? Call (866) 228-4347, option 3 to verify eligibility and schedule an appointment or walk-in to participate.</div></div> <div>Strength &amp; Conditioning 9am-9:45am Meditation 10am-10:45am Bootcamp 11am-11:45am Mindful Stretch 12pm-12:45pm Seated Strength for Seniors and People w/disabilities 1pm-1:45pm Core Training 2pm-2:45pm Form &amp; Functional 3pm-3:45pm Yoga for Kids (ages 4-11) 4pm-4:45pm Zumba 5pm-6pm</div>	<div>19</div> <div>Fit to Function 9am-10am Living Well in the Community #9 9am-10am Disco Cardio 10:30am-11:30am Mindful Living #1 (Spanish) 10:30am-11:30am Zumba 12pm-1pm Healthy Living My Best Self #1 (Spanish) 1pm-2pm Balance &amp; Stability 1:30pm-2:30pm Chair Fitness 3pm-3:45pm Little Warriors for Kids (ages 4-11) 3:45pm-4:30pm Healthy Living My Best Self #1 4pm-5pm Yin Yoga 5pm-6pm</div>	<div>20</div> <div>Form &amp; Functional 9am-10am Know Your Rights/Citizenship (Bilingual) 10am-11am Cardio &amp; Strength Training 10:30am-11:30am Yoga for Beginners 12pm-1pm Strength &amp; Conditioning 1:30pm-2:30pm Core Training 3pm-4pm Meditation 4pm-4:45pm Arts &amp; Crafts for Kids (ages 4-11) 4pm-4:45pm Zumba 5pm-6pm</div>	<div>21</div> <div>CLOSED 9am-10am Cardio Dance Canceled Knitting &amp; Crochet (Bilingual, Self-Led) 10:30am-11:30am Yin Yoga 10:30am-11:30am Healthy Hydration 11:30am-12:30pm Zumba 12pm-1pm Breathing 101 (Bilingual) 1pm-1:45pm Balance &amp; Stability 1:30pm-2:30pm Tai Chi 2pm-3pm Seated Strength for Seniors and People w/disabilities 3pm-3:50pm Dream Big, Plan Bigger: Cohort 1, Session 3 4pm-5pm (K-5th grade) 5pm-6pm (6th-12th grade) Bootcamp 4pm-4:45pm Sweat to the Beat 5pm-6pm</div> 	<div>22</div> <div>Bootcamp 9am-10am Arts &amp; Crafts (Bilingual) 10am-11am Yoga for Beginners 10:30am-11:30am Zumbini (ages 0-3) 11:30am-12:15pm Fit to Function 12pm-1pm Disco Cardio 1:30pm-2:30pm Yoga Chair 2pm-3pm Stretch &amp; Mobility 3pm-3:50pm Baby and Me Social (ages 0-3) 4pm-4:45pm Cardio Strength for Kids (ages 4-11) 5pm-5:45pm Strength &amp; Conditioning 5pm-6pm</div> 
<div>25</div> <div><div>Well Child and Young Adult Clinic 9am-4pm</div><div>Active IEHP Direct members ages 3-21 Is your child due for a WellCare Visit? Call (866) 228-4347, option 3 to verify eligibility and schedule an appointment or walk-in to participate.</div></div> <div>Strength &amp; Conditioning 9am-9:45am Meditation 10am-10:45am Bootcamp 11am-11:45am Mindful Stretch 12pm-12:45pm Seated Strength for Seniors and People w/disabilities 1pm-1:45pm Core Training 2pm-2:45pm Form &amp; Functional 3pm-3:45pm Yoga for Kids (ages 4-11) 4pm-4:45pm Zumba 5pm-6pm</div>	<div>26</div> <div>Fit to Function 9am-10am Arts &amp; Crafts (Bilingual) 10am-11am Disco Cardio 10:30am-11:30am Zumba 12pm-1pm Healthy Hydration (Bilingual) 1pm-2pm Balance &amp; Stability 1:30pm-2:30pm Fitness Myth Busters 2:45pm-3:30pm Chair Fitness 3pm-3:45pm Little Warrior for Kids (ages 4-11) 3:45pm-4:30pm Yin Yoga 5pm-6pm</div>	<div>27</div> <div>Digital Tools for a Healthier You (Spanish) 9am-10am Form &amp; Functional 9am-10am Arts &amp; Crafts (Bilingual) 10am-11am Cardio &amp; Strength Training 10:30am-11:30am Job Skills: The Interview 11am-12pm Yoga for Beginners 12pm-1pm Strength &amp; Conditioning 1:30pm-2:30pm Core Training 3pm-4pm Meditation 4pm-4:45pm Fuel your Body, Feed your Future: Cohort 1, Session 4 4pm-5pm (K-5th grade) 5pm-6pm (6th-12th grade) Zumba 5pm-6pm</div> 	<div>28</div> <div>Cardio Dance 9am-10am Practical Fitness, How to Start 9am-10am *Breast and Cervical Cancer (Bilingual) 10am-11am *Prize Raffle in Class Yin Yoga 10:30am-11:30am Knitting &amp; Crochet (Bilingual, Self-Led) 11am-12pm Zumba 12pm-1pm Breathing 101 (Bilingual) 1pm-1:45pm Balance &amp; Stability 1:30pm-2:30pm Tai Chi 2pm-3pm Seated Strength for Seniors and People w/ disabilities 3pm-4pm I am Enough: Cohort 1, Session 5 4pm-5pm (K-5th grade) 5pm-6pm (6th-12th grade) Bootcamp 4pm-4:45pm Sweat to the Beat 5pm-6pm</div>	<div>29</div> <div>Bootcamp 9am-10am Diabetes Among Friends #5 9am-10am (Spanish) 10:30am-11:30am Yoga for Beginners 10:30am-11:30am Fit to Function 12pm-1pm Healthy Heart #1 (Spanish) 12pm-1pm Disco Cardio 1:30pm-2:30pm Healthy Heart #1 2:30pm-3:30pm Stretch &amp; Mobility 3pm-4pm Baby and Me Social (ages 0-3) 4pm-4:45pm Cardio Strength for Kids (ages 4-11) 5pm-5:45pm Strength &amp; Conditioning 5pm-6pm</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