

Community Wellness Center - RIVERSIDE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<div>1</div> <div></div>	<div>2</div> <div>Fit to Function 9am-10am Boundaries and Consent (Bilingual) 10am-11am Disco Cardio 10:30am-11:30am Zumba 12pm-1pm Balance & Stability 1:30pm-2:30pm Chair Fitness 3pm-3:45pm Little Warrior for Kids (ages 4-11) 3:45pm-4:30pm Yin Yoga 5pm-6pm</div>	<div>3</div> <div>**IEHP Renewal Specialist Form & Functional 9am-10am Fun with ASL 🙋 10am-11am Cardio & Strength Training 10:30am-11:30am Yoga for Beginners 12pm-1pm Strength & Conditioning 1:30pm-2:30pm Core Training 3pm-3:50pm Meditation 4pm-4:45pm Lead The Way: Cohort 1, Session 6 4pm-5pm (K-5th grade) 5pm-6pm (6th-12th grade) Zumba 5pm-6pm</div>	<div>4</div> <div>Cardio Dance 9am-10am Medicare 101 9am-9:30am 9:30am-10am (Spanish) Yin Yoga 10:30am-11:30am Knitting & Crochet (Bilingual, Self-Led) 10:30am-11:30am <div>CLOSED 12pm-6pm</div></div>	<div>5</div> <div>Bootcamp 9am-10am Diabetes Among Friends #1 9am-10am (Spanish) 10:30am-11:30am Yoga for Beginners 10:30am-11:30am Breathe Well, Live Well #1 (Spanish) 12pm-1pm Fit to Function 12pm-1pm Disco Cardio 1:30pm-2:30pm Breathe Well, Live Well #1 2:30pm-3:30pm Stretch & 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 & Conditioning 5pm-6pm</div>
<div>8</div> <div><div>Well Child and Young Adult Clinic 1pm-5pm <small>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.</small></div><div>Strength & Conditioning 9am-9:45am Healthy Hydration 9am-9:45am Meditation 10am-10:45am Practical Fitness, How to Start 10am-10:45am Bootcamp 11am-11:45am Mat Paliates 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 & Functional 3pm-3:45pm Yoga for Kids (ages 4-11) 4pm-4:45pm Zumba 5pm-6pm</div></div>	<div>9</div> <div>Goodwill Hiring Event 10am-1pm **Scan the QR code to register <div></div></div> <div>Balance & Stability 1:30pm-2:30pm Chair Fitness 3pm-3:45pm Little Warrior for Kids (ages 4-11) 3:45pm-4:30pm Fun with ASL 🙋 4pm-5pm Yin Yoga 5pm-6pm</div>	<div>10</div> <div>**IEHP Renewal Specialist Digital Tools for a Healthier You 9am-10am Form & Functional 9am-10am Electric and Natural Gas Safety & Understanding Your Phone Bill 10am-11am Cardio & Strength Training 10:30am-11:30am Yoga for Beginners 12pm-1pm Strength & Conditioning 1:30pm-2:30pm Core Training 3pm-3:50pm Financial Literacy (Spanish) 3pm-4pm Meditation 4pm-4:45pm Keep The Peace: Cohort 1, Session 7 4pm-5pm (K-5th grade) 5pm-6pm (6th-12th grade) Zumba 5pm-6pm</div>	<div>11</div> <div>Cardio Dance 9am-10am CPR (Spanish) 10am-1pm Yin Yoga 10:30am-11:30am Zumba 12pm-1pm Balance & Stability 1:30pm-2:30pm CPR 1:30pm-4:30pm Tai Chi Canceled Seated Strength for Seniors and People w/disabilities 3pm-3:50pm Bootcamp 4pm-4:45pm Protect Your Power: Cohort 1, Session 8 4pm-5pm (K-5th grade) 5pm-6pm (6th-12th grade) Sweat to the Beat 5pm-6pm</div>	<div>12</div> <div>Bootcamp 9am-10am Diabetes Among Friends #2 9am-10am (Spanish) 10:30am-11:30am Yoga for Beginners 10:30am-11:30am Fit to Function 12pm-1pm Mindful Living #2 (Spanish) 12pm-1pm Disco Cardio 1:30pm-2:30pm Breathe Well, Live Well #2 (Spanish) 2:30pm-3:30pm Stretch & Mobility 3pm-4pm Baby and Me Social (ages 0-3) 🙋 4pm-4:45pm Cardio Strength for Kids (ages 4-11) 5pm-5:45pm Strength & Conditioning 5pm-6pm</div>
<div>15</div> <div><div>Well Child and Young Adult Clinic 1pm-5pm <small>Active IEHP Direct members ages 3-21 Is your child due for a Well Care Visit? Call (866) 228-4347, option 3 to verify eligibility and schedule an appointment or walk-in to participate.</small></div><div>Strength & Conditioning 9am-9:45am Healthy Hydration 9am-9:45am Meditation 10am-10:45am Practical Fitness, How to Start 10am-10:45am Bootcamp 11am-11:45am Mat Paliates 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 & Functional 3pm-3:45pm Yoga for Kids (ages 4-11) 4pm-4:45pm Zumba 5pm-6pm</div></div>	<div>16</div> <div>Fit to Function 9am-10am Financial Literacy 10am-11am Disco Cardio 10:30am-11:30am Zumba 12pm-1pm Balance & Stability 1:30pm-2:30pm Chair Fitness 3pm-3:45pm Little Warriors for Kids (ages 4-11) 3:45pm-4:30pm Yin Yoga 5pm-6pm</div>	<div>17</div> <div>**IEHP Renewal Specialist Form & Functional 9am-10am Know Your Rights/Citizenship (Bilingual) 10am-11am Cardio & Strength Training 10:30am-11:30am Yoga for Beginners 12pm-1pm Strength & Conditioning 1:30pm-2:30pm Core Training 3pm-3:50pm Fun with ASL 🙋 4pm-5pm Meditation 4pm-4:45pm Zumba 5pm-6pm</div>	<div>18</div> <div>Hispanic Heritage Month Celebration 9am-11am 🎉 Knitting & Crochet (Bilingual, Self-Led) 11:30am-12:30pm Zumba 12pm-1pm Self-care Art & Crafts (Bilingual) 12:30pm-1:30pm Balance & Stability 1:30pm-2:30pm Tai Chi 2pm-3pm Seated Strength for Seniors and People w/disabilities 3pm-3:50pm Bootcamp 4pm-4:45pm Sweat to the Beat 5pm-6pm</div>	<div>19</div> <div>Bootcamp 9am-10am Diabetes Among Friends #3 9am-10am (Spanish) 10:30am-11:30am Yoga for Beginners 10:30am-11:30am Fit to Function 12pm-1pm Healthy Heart #2 (Spanish) 12pm-1pm Disco Cardio 1:30pm-2:30pm Healthy Heart #2 2:30pm-3:30pm Stretch & 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 & Conditioning 5pm-6pm</div>
<div>22</div> <div><div>Well Child and Young Adult Clinic 1pm-5pm <small>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.</small></div><div>Strength & Conditioning 9am-9:45am Healthy Hydration 9am-9:45am Meditation 10am-10:45am Practical Fitness, How to Start 10am-10:45am Bootcamp 11am-11:45am Mat Paliates 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 & Functional 3pm-3:45pm Yoga for Kids (ages 4-11) 4pm-4:45pm Zumba 5pm-6pm</div></div>	<div>23</div> <div>Fit to Function 9am-10am Living Well in the Community #7 9am-10am Disco Cardio 10:30am-11:30am Diabetes Among Friends #4 (Spanish) 10:30am-11:30am Zumba 12pm-1pm Diabetes Among Friends #4 1pm-2pm Balance & Stability 1:30pm-2:30pm Chair Fitness 3pm-3:45pm Little Warriors for Kids (ages 4-11) 3:45pm-4:30pm Mindful Living #2 4pm-5pm Yin Yoga 5pm-6pm</div>	<div>24</div> <div>**IEHP Renewal Specialist Digital Tools for a Healthier You (Spanish) 9am-10am Form & Functional 9am-10am Cardio & Strength Training 10:30am-11:30am Yoga for Beginners 12pm-1pm Strength & Conditioning 1:30pm-2:30pm Core Training 3pm-3:50pm Meditation 4pm-4:45pm Money Talk: Cohort 2, Session 1 4pm-5pm (K-5th grade) 5pm-6pm (6th-12th grade) Zumba 5pm-6pm</div>	<div>25</div> <div><div>CLOSED 9am-10am</div><div>Cardio Dance Canceled *Breast and Cervical Cancer (Bilingual) 10am-11am *Prize Raffle in Class Yin Yoga 10:30am-11:30am Interview Skills (Spanish) 11:30am-12:30pm Zumba 12pm-1pm Self-care Art & Crafts (Bilingual) 12:30pm-1:30pm Balance & Stability 1:30pm-2:30pm Tai Chi 2pm-3pm Seated Strength for Seniors and People w/disabilities 3pm-3:50pm Bootcamp 4pm-4:45pm Mind Over Matter: Cohort 2, Session 2 4pm-5pm (K-5th grade) 5pm-6pm (6th-12th grade) Sweat to the Beat 5pm-6pm</div></div>	<div>26</div> <div>Bootcamp 9am-10am 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 Fitness Myth Busters 1:30pm-2:30pm Yoga Chair 2:45pm-3:45pm Stretch & 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 & Conditioning 5pm-6pm</div>
<div>29</div> <div><div>Well Child and Young Adult Clinic 1pm-5pm <small>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.</small></div><div>Strength & Conditioning 9am-9:45am Healthy Hydration 9am-9:45am Meditation 10am-10:45am Practical Fitness, How to Start 10am-10:45am Bootcamp 11am-11:45am Mat Paliates 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 & Functional 3pm-3:45pm Yoga for Kids (ages 4-11) 4pm-4:45pm Zumba 5pm-6pm</div></div>	<div>30</div> <div>Fit to Function 9am-10am Diabetes Among Friends #5 9am-10am (Spanish) 10:30am-11:30am Disco Cardio 10:30am-11:30am Zumba 12pm-1pm Healthy Living My Best Self #2 (Spanish) 1pm-2pm Balance & Stability 1:30pm-2:30pm Interview Skills 2:30pm-3:30pm Chair Fitness 3pm-3:45pm Little Warrior for Kids (ages 4-11) 3:45pm-4:30pm Healthy Living My Best Self #2 4pm-5pm Yin Yoga 5pm-6pm</div>	<div><div>September is: Self-Care Awareness Month Take time for yourself and stay healthy. Look for self-care activities in PURPLE. Deaf Awareness Month Celebrate with us. Come learn sign language for the whole family. Join a FREE class. 🙋 October 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></div><div>SCAN ME! Use your phone to scan the QR code to view our full schedule of FREE classes.</div></div>


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(across from Galleria at Tyler)
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Monday-Friday, 9am-6pm • Saturday, 8:30am-1pm
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1-866-228-4347 • TTY users should call 711
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www.iehp.org/crcClasses