







IEHP Inland Empire Health Plan		COMMUNITY WELLNESS CENTER SAN BERNARDINO		CLASS CALENDAR September 2025	
MONDAY		TUESDAY		WEDNESDAY	
1		2		3	
<div>CLOSED in observance of Labor Day</div>		<div>IEHP Renewal Specialist</div> <div>Aerobic Boxing 9am-10am Medicare 101 10am-10:30am (Spanish) 10:30am-11am Pure Stretch 10:30am-11:30am Fitness Training 1pm-2pm Fitness for Kids 4pm-4:45pm</div>		<div>HIIT 12:30pm-1pm Pure Stretch 1pm-2pm Chair Fitness 4pm-5pm</div>	
THURSDAY		FRIDAY			
4		5			
<div>We're Here for Your Health Plan Questions. Walk In Anytime!</div> <div>CLOSED 12pm-6pm</div>		<div>We're Here for Your Health Plan Questions. Walk In Anytime!</div> <div>Well Child &amp; Young Adult Clinic 1pm-6pm</div> <div>Active IEHP Direct members ages 3-21</div> <div>Is your child due for a WellCare Visit? Call (866) 228-4347, option 4 to verify eligibility and schedule an appointment or walk-in to participate.</div> <div></div>			
8		9			
<div>Fitness Training 10am-11am HIIT 11:30am-12pm Healthy Living My Best Self #2 12:30pm-1:30pm Pure Strength 1:30pm-2:30pm Healthy Heart #2 2:30pm-3:30pm (Spanish) Strength &amp; Conditioning for Kids 4pm-4:45pm</div> <div></div>		<div>IEHP Renewal Specialist</div> <div>Aerobic Boxing 9am-10am Pure Stretch 10:30am-11:30am Let's Talk About Fitness 11:30am-12pm Fitness Training 1pm-2pm Stress Management 2pm-3pm Fitness for Kids 4pm-4:45pm</div> <div></div>			
15		16			
<div>Fitness Training 10am-11am HIIT 11:30am-12pm Mindful Living #1 11:30am-12:30pm Pure Strength 1:30pm-2:30pm Diabetes with Friends #3 2:30pm-3:30pm (Spanish) Strength &amp; Conditioning for Kids 4pm-4:45pm</div> <div></div>		<div>IEHP Renewal Specialist</div> <div>Aerobic Boxing 9am-10am *Breast &amp; Cervical Health 10am-11am (Bilingual) *Prize Raffle in Class Pure Stretch 10:30am-11:30am Know Your Rights/ Citizenship 12pm-1pm (Bilingual) Fitness Training 1pm-2pm Digital Tools for a Healthier You 2pm-3pm (Spanish) Stress Management 3:30pm-4:30pm (Spanish) Fitness for Kids 4pm-4:45pm</div> <div></div>			
22		23			
<div>Fitness Training 10am-11am HIIT 11:30am-12pm Healthy Heart #2 11:30am-12:30pm Talking About Sex: Getting Past Roadblocks 1pm-2pm Breathe Well, Live Well #2 2:30pm-3:30pm (Spanish)</div>		<div>IEHP Renewal Specialist</div> <div>Aerobic Boxing 9am-10am CPR 9:30am-12:30pm Pure Stretch 10:30am-11:30am Fitness Training 1pm-2pm Electric &amp; Natural Gas Safety &amp; Understanding Your Phone Bill 2pm-3pm (Bilingual) Talking About Sex: Getting Past Roadblocks 3:30pm-4:30pm (Spanish)</div>			
29		30			
<div>Fitness Training 10am-11am HIIT 11:30am-12pm Living Well in the Community #1 11:30am-12:30pm Giggles &amp; Games 12pm-12:45pm Diabetes with Friends #3 2:30pm-3:30pm</div>		<div>IEHP Renewal Specialist</div> <div>Aerobic Boxing 9am-10am CPR 9:30am-12:30pm (Spanish) Pure Stretch 10:30am-11:30am Fitness Training 1pm-2pm Digital Tools for a Healthier You 2pm-3pm</div>			
<div>Legend</div> <div>Green font color - Kids classes ages 4-11 with parents</div> <div>Blue font color - Infant &amp; toddler classes ages 0-3 with parents</div> <div>Black font color - Classes for ages 12 and older</div>					
<div>September is: Self Care Awareness Month!</div> <div>Take time for yourself and stay healthy.</div> <div>Look for  to join a free class</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>					
805 West 2nd Street, Suite C, San Bernardino, CA 92410 (at the Marshalls Plaza) *Monday-Friday, 9am-5pm 1-866-228-4347 TTY users should call 711 * <a href="http://www.iehp.org/crcClasses">www.iehp.org/crcClasses</a> * All classes are first come first serve. Classes are subject to change.					