

EPHP Class Calendar - November 2025

Community Wellness Center - RIVERSIDE

Strength & Conditioning 9am-9:45am 3 Eat Smart — Being Active Series 1 (Bilingual) 9am-10:30am Meditation 10am-10:45am

Zumbini (ages 0-3)11am-11:45am Mat Pilates 11am-11:45am

Happy & Healthy Me 12pm-12:45pm Mindful Stretch 12pm-12:45pm Seated Strength for Seniors and People w/disabilities 1pm-1:45pm Arts & Crafts (Bilingual) 1pm-1:45pm

Core Training 2pm-2:45pm Stronger Men: Muscle & Bone Health 2pm-2:45pm

Form & Functional 3pm-3:45pm Fitness Myth Busters 3pm-3:45pm

Yoga for Kids (ages 4-11) 4pm-4:45pm Baby & Me Social (ages 0-3)

Zumba 5pm-6pm

Strength & Conditioning 9am-9:45am 10 Diabetes Among Friends #2

9am-10am (Spanish) 10:30am-11:30am Meditation 10am-10:45am Mat Pilates 11am-11:45am Mindful Stretch 12pm-12:45pm

Seated Strength for Seniors and People w/disabilities
1pm-1:45pm
Quitting Tabacco 1pm-2pm 2:30pm-3:30pm (Spanish)

Disco Cardio 2pm-2:45pm Form & Functional 3pm-3:45pm Yoga for Kids (ages 4-11) 4pm-4:45pm

MEN'S HEALTH DAY

Cardio Dance 9am-10am

Eat Smart — Being Active Series 3 (Bilingual) 9am-

Yin Yoga 10:30am-11:30am

Health 11am-12pm

Zumba12pm-1pm

Tai Chi 2:30pm-3pm

Stronger Men: Muscle & Bone

Happy & Healthy Me 1pm-2pm

Mindful Stretch1:30pm-2:15pm

The Mental Benefits of Fitness

Healthy Hydration 2pm-3pm

Strength & Conditioning 3pm-3:45pm

Bootcamp 4pm-4:45pm

Sweat to the Beat 5pm-6pm

Zumba Canceled

10:30am

TUESDAY Free Mammograms

Join us for self care activities, great info., and more! FREE goodie bags! RSVP Required, IEHP Members only.

Midlife Muscle & Bone

Healthy Hydration 10am-10:45am Arts & Crafts (Bilingual)

Fitness Myth Busters

Strong Through Your Cycle

Practical Fitness, How to Start

Breathing 101 3pm-3:45pm Physical Activity During Menopause 4pm-4:45pm Art & Crafts (Bilingual) 5pm-5:45pm

WEDNESDAY

IEHP Renewal Specialist Form & Functional 9am-10am Mom's Wellness Group 9am-11am **Cardio & Strength Training

Diabetes Among Friends #6

Yoga for Beginners 12pm-1pm Strength & Conditioning

Healthy Living My Best Self #4 2:30pm-3:30pm

Core Training 3pm-3:50pm Mat Pilates 4pm-4:45pm Healthy Living My Best Self #4

**IEHP Renewal Specialist

(Spanish) 4pm-5pm Zumba 5pm-6pm

THURSDAY

Cardio Dance 9am-10am The Mental Benefits of Fitness 9am-10am

Member Service Orientation

11am-12pm (Spanish) Yin Yoga 10:30am-11:30am

CPR (Spanish) 12pm-3pm Zumba 12pm-1pm

Balance & Stability 1:30pm-2:15pm

Tai Chi 2:30pm-3pm

CPR 3pm-6pm Seated Strength for Seniors and People w/disăbilities

3pm-3:45pm Bootcamp 4pm-4:45pm

Sweat to the Beat 5pm-6pm





12

Balance & Stability 1:30pm-2:15pm The Mental Benefits of Fitness 1:30am

Tai Chi 2:30pm-3pm

Seated Strength for Seniors and People w/disabilities 3pm-3:45pm Happy & Healthy Me 3:15pm-4pm Bootcamp 4pm-4:45pm

24/7 Dads: Cohort 1, Session 1 Sweat to the Beat 5pm-6pm

13

14 Well Child and **Young Adult Clinic** 10am-6pm

Well Child and

10am-6pm

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.

Bootcamp 9am-9:45am

Meditation 11am-11:45am

Disco Cardio 1pm-1:45pm

Fit to Function 12pm-12:45pm

Stretch & Mobility 2pm-2:45pm

Mind Over Matter: Cohort 3, Session 2 (ages 5-17) 3pm-5pm

Zumba 10am-10:45am

Fit Kids (ages 4-11) 5:15pm-6pm

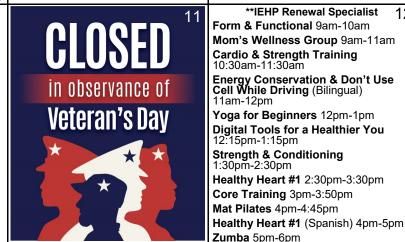
Young Adult Clinic

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.

Bootcamp 9am-9:45am **Zumba** 10am-10:45am Meditation 11am-11:45am Fit to Function12pm-12:45pm **Disco Cardio**1pm-1:45pm Stretch & Mobility 2pm-2:45pm

Dream Big, Plan Bigger: Cohort 3, Session 3 (ages 5-17) 3pm-5pm

Fit Kids (ages 4-11) 5:15pm-6pm



Fit to Function 9am-10am Breathe Well, Live Well #1 (Spanish) 9am-10am

18

25

Disco Cardio 10:30am-11:30am

Diabetes Among Friends #3 (Spanish) 10:30am-11:30am Zumba 12pm-1pm

Reproductive Anatomy (Bilingual)

Diabetes Among Friends #3 1pm-2pm

Balance & Stability 1:30pm-2:30pm

Financial Literacy (Spanish) 2:30pm-3:30pm

Chair Fitness 3pm-3:45pm Breathe Well, Live Well #1 4pm-5pm

Zumbini (ages 0-3) 4pm-4:45pm Yin Yoga 5pm-6pm

**IEHP Renewal Specialist Form & Functional 9am-10am Mom's Wellness Group 9am-11am

Cardio & Strength Training 10:30am-11:30am

Know Your Rights/Citizenship (Bilingual) 11am-12pm Yoga for Beginners 12pm-1pm

Financial Literacy 1pm-2pm Strength & Conditioning 1:30pm-2:30pm

Digital Tools for a Healthier You (Spanish) 2:30pm-3:30pm Core Training 3pm-3:50pm IEHP Website 4pm-5pm

Mat Pilates 4pm-4:45pm Zumba 5pm-6pm



Community Wellness Center CLOSED



20

Well Child and 21 **Young Adult Clinic** 10am-6pm

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.

Bootcamp 9am-9:45am Zumba 10am-10:45am Meditation 11am-11:45am Fit to Function 12pm-12:45pm Disco Cardio 1pm-1:45pm Stretch & Mobility 2pm-2:45pm

Fuel you Body, Feed your Future: Cohort 3, Session 4 (ages 5-17) 3pm-5pm Fit Kids (ages 4-11) 5:15pm-6pm

Strength & Conditioning 24 9am-9:45am

Eat Smart — Being Active Series 3 (Bilingual) 9am-10:30am

Meditation 10am-10:45am

*Turkey Burn Fitness
*Join a special workout with
all 3 coaches
11am-12pm

Seated Strength for Seniors and People w/ disabilities 1pm-1:45pm

Arts & Crafts (Bilingual) 1pm-1:45pm



Fit to Function 9am-9:45am

IEHP Website 9am-10am Chair Fitness 10am-10:45am *Turkey Burn Fitness *Join a special workout with all the coaches

11am-12pm *Friendsgiving Gathering (Bilingual) 1pm-3pm

RSVP Required. Refreshments & snacks provided. Bring your favorite dish to share. (Optional)

Mindful Stretch 3pm-4pm Cardio Dance 4pm-5pm Zumbini (ages 0-3) 4pm-4:45pm

Little Turkeys Fitness (ages 4-11) 5pm-5:45pm

Yin Candlelight

**IEHP Renewal Specialist 26 Form & Functional 9am-9:45am Mom's Wellness Group 9am-11am Cardio & Strength Training

Stretch & Mobility 11am-11:45am *Success Circles Mentorship Program (ages 5-17)
*Free prizes for those who attend

Yoga for Beginners12pm-12:45pm Strength & Conditioning 1pm-1:45pm

Arts & Crafts for Kids (ages 4-11) 2pm-2:45pm Core Training 2pm-2:45pm

*Movie Time for Kids (ages 0-17)
*Snacks & Refreshments Provided 3pm-3:45pm

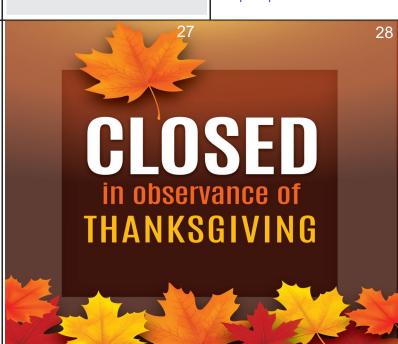
Mat Pilates 3pm-3:45pm

Step by Step Drawing for Kids (ages 4-11) 4pm-4:45pm

Seated Strength for Seniors & People w/disabilities 4pm-4:45pm

Breathing 101 for Kids (ages 4-11)

Zumba 5pm-5:45pm





Legend

**Registration required Purple font—ages 4-11 with parents Black font- ages 12 and older



AWARENESS MONTH

Join us for men's health programs throughout the month of November and don't forget to wear Blue on the days you see the mustache.

December 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.



SCAN ME!

Use your phone to scan the QR code to view our full schedule of FREE classes.

We heal and inspire the human spirit.

(across from Galleria at Tyler) Monday-Friday, 9am-6pm • Saturday, 8:30am-1pm

3590 Tyler Street, Suite 101, Riverside, CA 92503



Classes are subject to change. All classes are first come, first serve.



1-866-228-4347 • TTY users should call 711 www.iehp.org/crcClasses