

Community Wellness Center - RIVERSIDE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Strength & Conditioning 9am-9:45am 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) 4:15pm-5pm Zumba 5pm-6pm 3	 Free Mammograms 9am-5pm 4 Join us for self care activities, great info., and more! FREE goodie bags! RSVP Required, IEHP Members only. Midlife Muscle & Bone 9am-9:45am Healthy Hydration 10am-10:45am Arts & Crafts (Bilingual) 11am-11:45am Fitness Myth Busters 12pm-12:45pm Strong Through Your Cycle 1pm-1:45pm Practical Fitness, How to Start 2pm-2:45pm Breathing 101 3pm-3:45pm Physical Activity During Menopause 4pm-4:45pm Art & Crafts (Bilingual) 5pm-5:45pm	**IEHP Renewal Specialist Form & Functional 9am-10am Mom's Wellness Group 9am-11am Cardio & Strength Training 10:30am-11:30am Diabetes Among Friends #6 11:30am-12:30pm (Spanish) 1pm-2pm Yoga for Beginners 12pm-1pm Strength & Conditioning 1:30pm-2:30pm 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 (Spanish) 4pm-5pm Zumba 5pm-6pm 5	Cardio Dance 9am-10am The Mental Benefits of Fitness 9am-10am Member Service Orientation 10am-11am 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/disabilities 3pm-3:45pm Bootcamp 4pm-4:45pm Sweat to the Beat 5pm-6pm 6	 Well Child and Young Adult Clinic 10am-6pm 7 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 Mind Over Matter: Cohort 3, Session 2 (ages 5-17) 3pm-5pm Fit Kids (ages 4-11) 5:15pm-6pm
Strength & Conditioning 9am-9:45am 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 Tobacco 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 Zumba Canceled 10	CLOSED in observance of Veteran's Day  11	**IEHP Renewal Specialist Form & Functional 9am-10am Mom's Wellness Group 9am-11am Cardio & Strength Training 10:30am-11:30am Energy Conservation & Don't Use Cell While Driving (Bilingual) 11am-12pm Yoga for Beginners 12pm-1pm Digital Tools for a Healthier You 12:15pm-1:15pm Strength & Conditioning 1:30pm-2:30pm Healthy Heart #1 2:30pm-3:30pm Core Training 3pm-3:50pm Mat Pilates 4pm-4:45pm Healthy Heart #1 (Spanish) 4pm-5pm Zumba 5pm-6pm 12	Goodwill Hiring Event 10am-1pm **Scan the QR code to register   Balance & Stability 1:30pm-2:15pm The Mental Benefits of Fitness 1:30am-2:30pm 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 4pm-6pm Sweat to the Beat 5pm-6pm 13	 Well Child and Young Adult Clinic 10am-6pm 14 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 Cardio1pm-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
MEN'S HEALTH DAY 17 Cardio Dance 9am-10am Eat Smart — Being Active Series 3 (Bilingual) 9am-10:30am Yin Yoga 10:30am-11:30am Stronger Men: Muscle & Bone Health 11am-12pm Zumba12pm-1pm Happy & Healthy Me 1pm-2pm Mindful Stretch1:30pm-2:15pm Healthy Hydration 2pm-3pm Tai Chi 2:30pm-3pm The Mental Benefits of Fitness 3pm-4pm Strength & Conditioning 3pm-3:45pm Bootcamp 4pm-4:45pm Sweat to the Beat 5pm-6pm	Fit to Function 9am-10am Breathe Well, Live Well #1 (Spanish) 9am-10am Disco Cardio 10:30am-11:30am Diabetes Among Friends #3 (Spanish) 10:30am-11:30am Zumba 12pm-1pm Reproductive Anatomy (Bilingual) 12pm-1pm 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 18	**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 19	20  Community Wellness Center CLOSED	 Well Child and Young Adult Clinic 10am-6pm 21 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 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 CLOSED 2pm-5pm 24	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 5pm-6pm 25	**IEHP Renewal Specialist Form & Functional 9am-9:45am Mom's Wellness Group 9am-11am Cardio & Strength Training 10am-10:45am Stretch & Mobility 11am-11:45am *Success Circles Mentorship Program (ages 5-17) 11:30am-1:30pm *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) 5pm-5:45pm Zumba 5pm-5:45pm 26	27  CLOSED in observance of THANKSGIVING 	28
 Follow us on Facebook  Legend **Registration required Blue font — ages 0-3 with parents Purple font—ages 4-11 with parents Black font- ages 12 and older	 MEN'S HEALTH 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.

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