

## Community Wellness Center - RIVERSIDE

| MONDAY   | TUESDAY  | WEDNESDAY  | THURSDAY  | FRIDAY   | SATURDAY  |
|--|--|--|---|--|---|
| <p><b>March Medi-Cal packets have been mailed out, not sure what to do? IEHP is here to help. Let us schedule an appointment with our Renewal Specialist every Wednesday.</b></p>  |  |  | <p><b>Chair Fitness</b> 9am-10am<br/> <b>Knitting &amp; Crochet</b> (Bilingual, Self-led) 10am-11:30am<br/> <b>Yin Yoga</b> 10:30am-11:30am<br/> <b>Game Hour</b> (Bilingual) 12pm-1pm<br/> <b>Tabata Gold</b> 2pm-3pm<br/> <b>Body Sculpting</b> 3:30pm-4:30pm<br/> <b>Cardio Kickboxing</b> 5pm-6pm</p>   | <p><b>Bootcamp</b> 9am-10am<br/> <b>Zumbini (ages 0-3)</b> 10:30am-11:15am<br/> <b>Honey &amp; Tea Social</b> (Bilingual) 12pm-12:30pm<br/> <b>Arts &amp; Crafts</b> (Bilingual) 1:30pm-2:30pm<br/> <b>Yoga for Kids (ages 4-11)</b> 4pm-4:45pm<br/> <b>Strength &amp; Conditioning</b> 5pm-6pm</p>  | <p><b>Community Wellness Center CLOSED</b></p>  |
| <p><b>Strength &amp; Conditioning</b> 9am-10am<br/> <b>Arts &amp; Craft</b> (Bilingual) 10am-11am<br/> <b>Meditation</b> 10:30am-11:30am<br/> <b>Pure Strength</b> 12pm-1pm<br/> <b>Tabata Dance</b> 1:30pm-2:30pm<br/> <b>HIIT &amp; Core Training</b> 3pm-4pm<br/> <b>Bootcamp for Kids (ages 4-11)</b> 5pm-5:45pm</p>   | <p><b>Living Well in the Community #8</b> 9am-10am<br/> <b>Becoming a Mom #2</b> (Spanish) 10:30am-11:30am<br/> <b>Fitness Training</b> 10:30am-11:30am<br/> <b>Body Flow</b> 12pm-1pm<br/> <b>Healthy Living My Best Self #3</b> (Spanish) 1pm-2pm<br/> <b>Chair Fitness</b> 3:30pm-4:30pm<br/> <b>Healthy Living My Best Self #3</b> 4pm-5pm<br/> <b>Arts &amp; Crafts for Kids (ages 4-11)</b> 5pm-5:45pm</p> | <p><i>IEHP Renewal Specialist</i><br/> <b>Yoga Flow for Beginners</b> 9am-10am<br/> <b>Electric &amp; Natural Gas Safety &amp; Understanding Your Bill</b> (Bilingual) 10am-11am<br/> <b>Aerobic Boxing</b> 11:15am-12:15pm<br/> <b>Pure Strength</b> 12:30pm-1:30pm<br/> <b>Tabata Chair</b> 2pm-3pm<br/> <b>Boot Camp</b> 3:30pm-4:30pm<br/> <b>Body Flow</b> 5pm-6pm<br/> <b>Tabata for Kids (ages 4-11)</b> 5:15pm-6pm</p> | <p><b>Chair Fitness</b> 9am-10am<br/> <b>CPR</b> 10am-1pm<br/> <b>Yin Yoga</b> 10:30am-11:30am<br/> <b>CPR (Spanish)</b> 1:30pm-4:30pm<br/> <b>Tabata Gold</b> 2pm-3pm<br/> <b>Body Sculpting</b> 3:30pm-4:30pm<br/> <b>Game Hour for Kids (ages 4-11)</b> 5pm-5:45pm<br/> <b>Cardio Kickboxing</b> 5pm-6pm</p>   | <p><b>Bootcamp</b> 9am-10am<br/> <b>Game Hour</b> (Bilingual) 10am-11am<br/> <b>Zumbini (ages 0-3)</b> 10:30am-11:15am<br/> <b>Your Health &amp; Wellness Benefits</b> 1pm-2pm<br/> <b>Arts &amp; Craft</b> (Bilingual) 2:30pm-3:30pm<br/> <b>24/7 Dads: Cohort 6, Session 1</b> 4pm-6pm<br/> <b>Yoga for Kids (ages 4-11)</b> 4pm-4:45pm<br/> <b>Strength &amp; Conditioning</b> 5pm-6pm</p>  | <p><b>Community Wellness Center CLOSED</b></p>  |
| <p><b>Strength &amp; Conditioning</b> 9am-10am<br/> <b>Arts &amp; Craft</b> (Bilingual) 10am-11am<br/> <b>Meditation</b> 10:30am-11:30am<br/> <b>Pure Strength</b> 12pm-1pm<br/> <b>Tabata Dance</b> <b>Canceled</b><br/> <b>HIIT &amp; Core Training</b> 3pm-4pm<br/> <b>Bootcamp for Kids (ages 4-11)</b> 5pm-5:45pm</p> | <p><b>STIs</b> (Bilingual) 9am-10am<br/> <b>Knitting &amp; Crochet</b> (Bilingual, Self-led) 10am-11:30am<br/> <b>Fitness Training</b> 10:30am-11:30am<br/> <b>Body Flow</b> 12pm-1pm<br/> <b>Game Hour</b> (Bilingual) 1:30pm-2:30pm<br/> <b>Chair Fitness</b> 3:30pm-4:30pm<br/> <b>Game Hour for Kids (ages 4-11)</b> 5pm-5:45pm</p>  | <p><i>IEHP Renewal Specialist</i><br/> <b>Yoga Flow for Beginners</b> 9am-10am<br/> <b>Know Your Rights/Citizenship</b> (Bilingual) 10am-11am<br/> <b>Aerobic Boxing</b> 11:15am-12:15pm<br/> <b>Pure Strength</b> 12:30pm-1:30pm<br/> <b>Tabata Chair</b> 2pm-3pm<br/> <b>Boot Camp</b> 3:30pm-4:30pm<br/> <b>Body Flow</b> 5pm-6pm<br/> <b>Tabata for Kids (ages 4-11)</b> 5:15pm-6pm</p>                                    | <p><b>9am-11am</b><br/> <b>Chair Fitness Canceled</b><br/> <b>Yin Yoga Canceled</b><br/> <b>Tabata Gold</b> 2pm-3pm<br/> <b>Body Sculpting</b> 3:30pm-4:30pm<br/> <b>Arts &amp; Crafts for Kids (ages 4-11)</b> 4pm-4:45pm<br/> <b>Cardio Kickboxing</b> 5pm-6pm</p>  | <p><b>Bootcamp</b> 9am-10am<br/> <b>Breathe Well Live Well #1</b> (Spanish) 9am-10am<br/> <b>Healthy Heart #2</b> (Spanish) 10:30am-11:30am<br/> <b>Zumbini (ages 0-3)</b> 10:30am-11:15am<br/> <b>Breathe Well Live Well #1</b> 12pm-1pm<br/> <b>Healthy Heart #2</b> 2:30pm-3:30pm<br/> <b>24/7 Dads: Cohort 6, Session 2</b> 4pm-6pm<br/> <b>Yoga for Kids (ages 4-11)</b> 4pm-4:45pm<br/> <b>Strength &amp; Conditioning</b> 5pm-6pm</p>   |   |
|  | <p><b>Living Well in the Community #9</b> 9am-10am<br/> <b>Fitness Training</b> 10:30am-11:30am<br/> <b>Quitting Tobacco</b> 10:30am-11:30am<br/> <b>Body Flow</b> 12pm-1pm<br/> <b>Understanding Diabetes #1</b> (Spanish) 1pm-2pm<br/> <b>Chair Fitness</b> 3:30pm-4:30pm<br/> <b>Understanding Diabetes #1</b> 4pm-5pm</p>  | <p><i>IEHP Renewal Specialist</i><br/> <b>Yoga Flow for Beginners</b> 9am-10am<br/> <b>Game Hour</b> (Bilingual) 10am-11am<br/> <b>Aerobic Boxing</b> 11:15am-12:15pm<br/> <b>Pure Strength</b> 12:30pm-1:30pm<br/> <b>Tabata Chair</b> 2pm-3pm<br/> <b>Boot Camp</b> 3:30pm-4:30pm<br/> <b>Body Flow</b> 5pm-6pm<br/> <b>Tabata for Kids (ages 4-11)</b> 5:15pm-6pm</p>   | <p><b>Chair Fitness</b> 9am-10am<br/> <b>*Breast and Cervical Cancer</b> (Bilingual) 10am-11am<br/> <i>*Prize Raffle in Class</i><br/> <b>Knitting &amp; Crochet</b> (Bilingual, Self-led) 11am-12:30pm<br/> <b>Yin Yoga</b> 10:30am-11:30am<br/> <b>Tabata Gold</b> 2pm-3pm<br/> <b>Body Sculpting</b> 3:30pm-4:30pm<br/> <b>Game Hour for Kids (ages 4-11)</b> 4pm-4:45pm<br/> <b>Cardio Kickboxing</b> 5pm-6pm</p> | <p><b>Bootcamp</b> 9am-10am<br/> <b>Zumbini (ages 0-3)</b> 10:30am-11:15am<br/> <b>Honey &amp; Tea Social</b> (Bilingual) 12pm-12:30pm<br/> <b>Your Health &amp; Wellness Benefits</b> (Spanish) 1pm-2pm<br/> <b>24/7 Dads: Cohort 6, Session 3</b> 4pm-6pm<br/> <b>Yoga for Kids (ages 4-11)</b> 4pm-4:45pm<br/> <b>Strength &amp; Conditioning</b> 5pm-6pm</p>   | <p><b>Community Wellness Center CLOSED</b></p>  |
| <p><b>Strength &amp; Conditioning</b> 9am-10am<br/> <b>Food Demo</b> (Spanish) 10am-11am<br/> <b>Meditation</b> 10:30am-11:30am<br/> <b>Food Demo</b> 11:30am-12:30pm<br/> <b>Pure Strength</b> 12pm-1pm<br/> <b>HIIT &amp; Core Training</b> 1:30pm-2:30pm<br/> <b>Bootcamp for Kids (ages 4-11)</b> 5pm-5:45pm</p>       | <p><b>Circuit Training</b> 9am-10am<br/> <b>Honey &amp; Tea Social</b> (Bilingual) 9:30am-10am<br/> <b>Balance &amp; Stability</b> 10:30am-11:30am<br/> <b>Fitness Training</b> 12pm-1pm<br/> <b>Body Flow</b> 1:30pm-2:30pm<br/> <b>Chair Fitness</b> 3:30pm-4:30pm<br/> <b>Game Hour for Kids (ages 4-11)</b> 5pm-5:45pm</p>   | <p><i>IEHP Renewal Specialist</i><br/> <b>Yoga Flow for Beginners</b> 9am-10am<br/> <b>Game Hour</b> (Bilingual) 10am-11am<br/> <b>Core Fitness</b> 10:30am-11:30am<br/> <b>Aerobic Boxing</b> 12pm-1pm<br/> <b>Pure Strength</b> 1:30pm-2:30pm<br/> <b>Boot Camp</b> 3:30pm-4:30pm<br/> <b>Tabata for Kids (ages 4-11)</b> 5:15pm-6pm</p>   | <p><b>Community Wellness Center CLOSED</b></p>  | <p><b>Bootcamp</b> 9am-10am<br/> <b>Mindful Living #1</b> (Spanish) 9am-10am<br/> <b>Understanding Diabetes #2</b> (Spanish) 10:30am-11:30am<br/> <b>Zumbini (ages 0-3)</b> 10:30am-11:15am<br/> <b>Mindful Living #1</b> 12pm-1pm<br/> <b>Yoga Flow for Beginners</b> 12:30am-1:30pm<br/> <b>Circuit Training</b> 2pm-3pm<br/> <b>Understanding Diabetes #2</b> 2:30pm-3:30pm<br/> <b>Balance &amp; Stability</b> 3:30pm-4:30pm<br/> <b>Arts &amp; Crafts for Kids (ages 4-11)</b> 5pm-5:45pm</p> | <p><b>SCAN ME!</b><br/>         Use your phone to scan the QR code to view our full schedule of FREE classes.</p> |

*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](http://www.iehp.org/crcClasses)