

Community Wellness Center - SAN BERNARDINO

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>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.</p>		<p>1</p>	<p>2</p> <p>Body Sculpting 9am-10am Knitting & Crochet (Self-Led) 10:15am-11:15am Cardio Dance Cancelled Core Training 12:45pm-1:45pm Game Hour (Bilingual) 2pm-3pm Aerobic Boxing 3:30pm-4:30pm Arts & Crafts for Kids (ages 4-11) 4pm-4:45pm Chair Fitness 5pm-6pm</p>	<p>3</p> <p>Yoga Flow: 9am-10am Baby and Me Social (Bilingual) (ages 0-3 and expecting parents) 9am-9:45am Strength and Conditioning 10:30am-11:30am Zumbini (Ages 0-3) 12pm-12:45pm HIIT & Core Training 1:30pm-2:30pm Body Flow: 3pm-4pm Fitness Training 4:30pm-5:30pm Boot Camp for Kids (Ages 4-11) 4:30pm-5:15pm</p>	<p>4</p> <p>Community Wellness Center CLOSED</p>
<p>6</p> <p>Tabata Dance 9am-10am Healthy Living My Best Self #2 10am-11am Body Sculpting 10:30am-11:30am Mindful Living #2 (Spanish) 11:30am-12:30pm Healthy Heart #3 (Spanish) 1:30pm-2:30pm Understanding Diabetes #1 2:30pm-3:30pm Chair Fitness 3:30pm-4:30pm Cardio Dance 5pm-6pm</p>	<p>Medi-Cal Eligibility Worker 7</p> <p>Cardio Kickboxing 9am-10am Medicare 101 10am-10:30am (Spanish) 10:30am-11am Tabata Chair 10:30am-11:30am Meditation 1pm-2pm Arts & Crafts (Bilingual) 2:30pm-3:30pm Pure Strength 4pm-5pm HIIT 5:30pm-6pm</p>	<p>IEHP Renewal Specialist 8</p> <p>Tabata Dance 9am-10am Cal Fresh (Resource Table) 10am-1pm Zumbini (ages 0-3) 10:30am-11:15am New Year Celebration (bilingual) *Refreshments provided 11:30am-1pm Fitness Training 2:30pm-3:15pm Strength & Conditioning 3:30pm-4:30pm Honey & Tea Social (Bilingual) 4:30pm-5pm Yin Yoga 5pm-6pm</p>	<p>9</p> <p>Body Sculpting 9am-10am Knitting & Crochet (Self-Led) 10:15am-11:15am Cardio Dance Cancelled Core Training 12:30pm-1:30pm Game Hour (Bilingual) 2pm-3pm Aerobic Boxing 2pm-3pm Chair Fitness 3:30pm-4:30pm Arts & Crafts for Kids (ages 4-11) 4pm-4:45pm Yoga Flow for Beginners 5pm-6pm</p>	<p>10</p> <p>Yoga Flow: 9am-10am Baby and Me Social (Bilingual) (ages 0-3 and expecting parents) 9am-9:45am *Lactation-Led New Parent Group *Open to all New Parents (Bilingual) 10am-12pm Strength and Conditioning 10:30am-11:30am Zumbini (ages 0-3) 12pm-12:45pm *Midwifery-Led Prenatal Group *Open to all Expecting Parents (Bilingual) 12:30pm-2:30pm HIIT & Core Training 1:30pm-2:30pm Body Flow: 3pm-4pm Fitness Training: 4:30pm-5:30pm Boot Camp for Kids (Ages 4-11) 4:30pm-5:15pm</p>	<p>11</p> <p>Community Wellness Center CLOSED</p>
<p>13</p> <p>Tabata Dance 9am-10am Body Sculpting 10:30am-11:30am My Life My Choice (Spanish) 11:30am-12:30pm Understanding Diabetes #8 (Spanish) 2:30pm-3:30pm Chair Fitness 3:30pm-4:30pm Cardio Dance 5pm-6pm</p>	<p>Medi-Cal Eligibility Worker 14</p> <p>Cardio Kickboxing 9am-10am Tabata Chair 10:30am-11:30am Breast & Cervical Health (Bilingual) *Prize raffle in class 12pm-1pm Meditation 1pm-2pm Your Heart Your Life #1 2pm-3pm Your Health & Wellness Benefits (Spanish) 3pm-4pm Pure Strength 4pm-5pm HIIT 5:30pm-6pm</p>	<p>IEHP Renewal Specialist 15</p> <p>Tabata Dance: 9am-10am Cal Fresh (Resource Table) 10am-1pm Game Hour (Bilingual) 10:15am-11:15am Zumbini (ages 0-3) 10:30am-11:15am Childhood Lead Poisoning Prevention (Bilingual) 11:30am-12:30pm Talking with Your Teen About Reproductive Health 1pm-2pm Fitness Training 2:30pm-3:15pm Strength & Conditioning 3:30pm-4:30pm Honey & Tea Social (Bilingual) 4:30pm-5pm Yin Yoga: 5pm-6pm</p>	<p>CLOSED 9am-11am 16</p> <p>Body Sculpting Cancelled Knitting & Crochet (Self-Led) Cancelled Cardio Dance Cancelled Core Training 12:30pm-1:30pm Talking with your Teen About Reproductive Health (Spanish) 2pm-3pm Aerobic Boxing 2pm-3pm Chair Fitness: 3:30pm-4:30pm Arts & Crafts for Kids (ages 4-11) 4pm-4:45pm Yoga Flow for Beginners: 5pm-6pm</p>	<p>17</p> <p>Yoga Flow: 9am-10am Baby and Me Social (Bilingual) (ages 0-3 and expecting parents) 9am-9:45am *Lactation-Led New Parent Group *Open to all New Parents (Bilingual) 10am-12pm Strength and Conditioning 10:30am-11:30am Zumbini (ages 0-3) 12pm-12:45pm *Midwifery-Led Prenatal Group *Open to all Expecting Parents (Bilingual) 12:30pm-2:30pm HIIT & Core Training 1:30pm-2:30pm Body Flow: 3pm-4pm Fitness Training: 4:30pm-5:30pm Boot Camp for Kids (Ages 4-11) 4:30pm-5:15pm</p>	<p>18</p>
<p>20</p>	<p>Medi-Cal Eligibility Worker 21</p> <p>Cardio Kickboxing 9am-10am Healthy Living My Best Self #1 (Spanish) 10am-11am Tabata Chair 10:30am-11:30am Know Your Rights/ Citizenship (Bilingual) 12pm-1pm Meditation: 1pm-2pm Healthy Heart #2 1:30pm-2:30pm Breathe Well, Live Well #1 2:30pm-3:30pm Living Well in the Community #1 4pm-5pm Pure Strength 4pm-5pm HIIT: 5:30pm-6pm</p>	<p>IEHP Renewal Specialist 22</p> <p>Tabata Dance 9am-10am Cal Fresh (Resource Table) 10am-1pm Game Hour (Bilingual) 10:15am-11:15am Zumbini (ages 0-3) 10:30am-11:15am Electric and Natural Gas Safety & Understanding Your Phone Bill (Bilingual) 2pm-3pm Fitness Training 2:30pm-3:15pm Strength & Conditioning 3:30pm-4:30pm Honey & Tea Social (Bilingual) 4:30pm-5pm Yin Yoga: 5pm-6pm</p>	<p>23</p> <p>Body Sculpting 9am-10am Knitting & Crochet (Self-Led) 10:15am-11:15am Cardio Dance Cancelled Core Training 12:30pm-1:30pm Stress Management 1pm-2pm (Spanish) 2pm-3pm Aerobic Boxing 2pm-3pm Chair Fitness 3:30pm-4:30pm Arts & Crafts for Kids (ages 4-11) 4pm-4:45pm Yoga Flow for Beginners 5pm-6pm</p>	<p>24</p> <p>Yoga Flow: 9am-10am Baby and Me Social (Bilingual) (ages 0-3 and expecting parents) 9am-9:45am *Lactation-Led New Parent Group *Open to all New Parents (Bilingual) 10am-12pm Strength and Conditioning 10:30am-11:30am Zumbini (ages 0-3) 12pm-12:45pm *Midwifery-Led Prenatal Group *Open to all Expecting Parents (Bilingual) 12:30pm-2:30pm HIIT & Core Training 1:30pm-2:30pm Body Flow: 3pm-4pm Fitness Training: 4:30pm-5:30pm Boot Camp for Kids (Ages 4-11) 4:30pm-5:15pm</p>	<p>25</p> <p>Community Wellness Center CLOSED</p>
<p>27</p> <p>Bootcamp 9am-10am Core Training 10:30am-11:30am Understanding Diabetes #9 (Spanish) 11:30am-12:30pm Balance & Stability 1:30pm-2:30pm Quitting Tobacco 2:30pm-3:30pm Chair Fitness 3:30pm-4:30pm Food Demo (Bilingual) 4pm-5pm Cardio Dance 5pm-6pm</p>	<p>Medi-Cal Eligibility Worker 28</p> <p>Cardio Kickboxing 9am-10am Tabata Chair: 10:30am-11:30am Talking with Your Teen About Birth Control 12pm-1pm Meditation 12pm-1pm Your Heart Your Life #1 (Spanish) 2pm-3pm Your Health & Wellness Benefits 3pm-4pm Pure Strength: 4pm-5pm HIIT: 5:30pm-6pm</p>	<p>IEHP Renewal Specialist 29</p> <p>Tabata Dance: 9am-10am Cal Fresh (Resource Table) 10am-1pm Talking with Your Teen About Birth Control (Spanish) 10:30am-11:30pm Zumbini (ages 0-3) 10:30am-11:15am Balance & Stability 12:30pm-1:30pm Circuit Training: 2pm-3pm Strength & Conditioning 3:30pm-4:30pm Honey & Tea Social (Bilingual) 4:30pm-5pm Yin Yoga: 5pm-6pm</p>	<p>30</p> <p>Community Wellness Center CLOSED</p>	<p>31</p> <p>Yoga Flow: 9am-10am Baby and Me Social (Bilingual) (ages 0-3 and expecting parents) 9am-9:45am Strength and Conditioning 10:30am-11:30am Zumbini (ages 0-3) 12pm-12:45pm HIIT & Core Training 1:30pm-2:30pm Body Flow: 3pm-4pm Fitness Training 4:30pm-5:30pm Boot Camp for Kids (Ages 4-11) 4:30pm-5:15pm</p>	<p> <p>SCAN ME! Use your phone to scan the QR code to view our full schedule of FREE classes.</p> </p>

We heal and inspire the human spirit.

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

805 West 2nd Street, Suite C, San Bernardino, CA 92410 (at the Marshalls Plaza)

Monday-Friday, 9am-6pm • Saturday, 8:30am-1pm

1-866-228-4347 • TTY users should call 711

www.iehp.org/crcClasses