

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
<p>Do you need assistance filling out your Medi-Cal Renewal? Call us at 1-888-860-1296 or visit our center to make an appointment.</p> <p>Do you need help with benefits, updating demographics, or changing your provider? We have Member Services Representatives on-site Monday-Friday 9am-5:30pm. Ask to speak with them today!</p> <p>To better serve you, the Community Wellness Center will operate on a revised schedule for a limited time, with closures on Saturdays. We appreciate your understanding and support as we actively enhance our staffing levels to improve service for you.</p> <p>Legend **Pre-registration Required Blue font color - Infant & toddler classes ages 0-5 with parents Purple font color - Kids classes ages 5-11 with parents Green font color - Teens classes ages 12-17 Black font color - Classes for ages 12 and older</p>		<p>CLOSED</p>		<p>3</p> <p>Zumba 9am-10am Chapter Chats & Activities 10am-11am Playdate Hour (Self Led) 10am-11am Reading & Crafts Club for Littles 11:15am-12pm Healthy Habits with Lizette 12pm-1pm Zumba Gold 1:30pm-2:30pm Yin Yoga 2pm-3pm Flex and Move 4pm-5pm Zumba Kids 4:15pm-5pm Kidfit Sports Training 5pm-5:45pm <i>Sport exercise & conditioning</i> Zumba Toning 5pm-6pm Bump & Balance 5pm-6pm <i>Prenatal Yoga. Significant others welcome. First time participants receive a free gift. While supplies last.</i></p>	
<p>6</p> <p>Strength & Conditioning 9am-10am Energy Education & Budgeting** 9am-10am & 1pm-2pm Playdate Hour (Self Led) 9am-10am & 10am-11am Becoming a Mom 1 9:30am-10:30am</p> <p>Cal Fresh Applications 10am-2pm</p> <p>Zumbini 10:15am-11am & 11:15am-12pm Kickboxing 10:30am-11:30am Healthy Living My Best Self 4 11am-12pm Movement & Mobility 12pm-1pm Lean Fusion 1pm-2pm <i>Combo of Dance Fit & Kickboxing</i> Goodwill Orientation 1:30pm-2:30pm Healthy Heart 1 1:30pm-2:30pm (Spanish) Tea Meditation 3pm-4pm My Life, My Choice (Spanish) 3pm-4pm Arts & Crafts for Kids 4:30pm-5:15pm Tone & Sculpt 4:30pm-5:30pm Dance Kids 5pm-5:45pm Stretch 5:30pm-6pm</p>	<p>7</p> <p>Medi-Cal Renewal Specialist Energy Education & Budgeting** 9am-10am & 1pm-2pm Play Time for Little Minds 9am-10am Bootcamp Training 10am-11am Playdate Hour (Self Led) 10am-11am Citizenship Class 10am-11am & 4pm-5pm Resume & Development** 10am-12pm Zumba 10:30am-11:30am Reading & Crafts Club for Littles 11:15am-12pm Chair Yoga 12pm-1pm Computer Basics 12pm-1:30pm Zumba Gold 1pm-2pm Word Fundamentals 1:30pm-2:30pm Healthy Habits with Lizette 2:30pm-3:30pm <i>Food demo</i> Intro to AI 2:30pm-3:30pm Tasty Eats for Kids with Alex 4:15pm-5pm <i>Food Demo</i> Hot Coco & Crafts 4:30pm-5:30pm Family Fitness Hour 5pm-5:45pm Circuit Training 5pm-6pm</p>	<p>8</p> <p>HIIT 9am-10am Energy Education & Budgeting** 9am-10am & 1pm-2pm Playdate Hour (Self Led) 9am-10am & 10am-11am CPR 9:30am-12:30pm 1:30pm-4:30pm (Spanish) Chapter Chats & Activities 10am-11am Job Club** 10am-12pm Your Health and Wellness Benefits 10am-11am Zumbini 10:15am-11am & 11:15am-12pm Tone & Sculpt 10:30am-11:30am Chair Fitness 12pm-1pm Circuit Training 12pm-1pm Zumba Chair 2pm-3pm Arts & Crafts for Kids 4pm-4:45pm Flex and Move 4pm-5pm Kidfit Sports Training 5pm-5:45pm <i>Sport exercise & conditioning</i> Zumba 5pm-6pm</p>	<p>9</p> <p>Power Yoga 9am-10am Energy Education & Budgeting** 9am-10am & 1pm-2pm Playdate Hour (Self Led) 9am-10am & 10am-11am HIIT 9:30am-10:30am English as a Second Language 10am-11am & 4pm-5pm</p> <p>New Parent Support 10am-2:30pm Calling all new & expecting parents! We would like to invite you to get help with answering questions, make connections, and receive support! Partners encouraged. Light lunch provided.</p> <p>Lactation New Parent Group 10am-12pm Mommy Social 12pm-1pm Midwifery-Led Prenatal Group 1pm-2:30pm</p> <p>Zumbini 10:15am-11am & 11:15am-12pm Dance Fitness 10:30am-11:30am Chair Yoga 12pm-1pm Excel Fundamentals** 12pm-1:30pm Movement & Mobility 1pm-2pm PowerPoint Fundamentals** 1:30pm-2:30pm Intro to AI 2:30pm-3:30pm Nutrition Fundamentals 3pm-4pm Bootcamp Kids 4:15pm-5pm Family Fitness Hour 5pm-5:45pm Bootcamp Training 5pm-6pm</p>	<p>10</p> <p>Zumba 9am-10am Kickboxing 9:30am-10:30am Chapter Chats & Activities 10am-11am Playdate Hour (Self Led) 10am-11am Circuit Training 10:30am-11:30am Reading & Crafts Club for Littles 11:15am-12pm Healthy Habits with Lizette 12pm-1pm Zumba Gold 1:30pm-2:30pm Yin Yoga 2pm-3pm Flex and Move 4pm-5pm</p> <p>Family Movie Night 4pm-6pm For kids ages 5-11 with parents Light snacks provided. While Supplies last.</p> <p>Zumba Kids 4pm-4:30pm Movie 4:30pm-6pm</p> <p>Zumba Toning 5pm-6pm Bump & Balance 5pm-6pm <i>Prenatal Yoga. Significant others welcome. First time participants receive a free gift. While supplies last.</i></p>	
<p>13</p> <p>Strength & Conditioning 9am-10am Energy Education & Budgeting** 9am-10am & 1pm-2pm Playdate Hour (Self Led) 9am-10am & 10am-11am Living Well 3 9:30am-10:30am</p> <p>Cal Fresh Applications 10am-2pm</p> <p>Zumbini 10:15am-11am & 11:15am-12pm Kickboxing 10:30am-11:30am Breathe Well, Live Well 1 11am-12pm Movement & Mobility 12pm-1pm Lean Fusion 1pm-2pm <i>Combo of Dance Fit & Kickboxing</i> Mindful Living 3 1:30pm-2:30pm (Spanish) Goodwill Orientation 1:30pm-2:30pm Tea Meditation 3pm-4pm Healthy Living My Best Self 1 3pm-4pm (Spanish) Tone & Sculpt 4:30pm-5:30pm Dance Kids 5pm-5:45pm Stretch 5:30pm-6pm</p>	<p>14</p> <p>Medi-Cal Renewal Specialist Energy Education & Budgeting** 9am-10am & 1pm-2pm Bootcamp Training 10am-11am Playdate Hour (Self Led) 10am-11am Citizenship Class 10am-11am & 4pm-5pm Resume & Development** 10am-12pm Zumba 10:30am-11:30am Disaster Preparedness 11am-11:30am (Spanish) Reading & Crafts Club for Littles 11:15am-12pm Chair Yoga 12pm-1pm Computer Basics 12pm-1:30pm Sewing Class 1pm-3pm Word Fundamentals 1:30pm-2:30pm Healthy Habits with Lizette 2:30pm-3:30pm <i>Food demo</i> Intro to AI 2:30pm-3:30pm Tasty Eats for Kids with Alex 4:15pm-5pm <i>Food Demo</i> Hot Coco & Crafts 4:30pm-5:30pm Family Fitness Hour 5pm-5:45pm Circuit Training 5pm-6pm</p>	<p>15</p> <p>HIIT 9am-10am Energy Education & Budgeting** 9am-10am & 1pm-2pm Playdate Hour (Self Led) 9am-10am & 10am-11am Chapter Chats & Activities 10am-11am Job Club** 10am-12pm A Better Me 10am-11am Zumbini 10:15am-11am & 11:15am-12pm Tone & Sculpt 10:30am-11:30am Grief & Loss Support Group 11am-12pm (Spanish) Chair Fitness 12pm-1pm Circuit Training 12pm-1pm Zumba Chair 2pm-3pm Body Image 4pm-5pm <i>Talking to teens about self-image.</i> Arts & Crafts for Kids 4pm-4:45pm Flex and Move 4pm-5pm Kidfit Sports Training 5pm-5:45pm <i>Sport exercise & conditioning</i> Zumba 5pm-6pm</p>	<p>16</p> <p>Power Yoga 9am-10am Energy Education & Budgeting** 9am-10am & 1pm-2pm Playdate Hour (Self Led) 9am-10am & 10am-11am HIIT 9:30am-10:30am English as a Second Language 10am-11am & 4pm-5pm</p> <p>New Parent Support 10am-2:30pm Calling all new & expecting parents! We would like to invite you to get help with answering questions, make connections, and receive support! Partners encouraged. Light lunch provided.</p> <p>Lactation New Parent Group 10am-12pm Mommy Social 12pm-1pm Midwifery-Led Prenatal Group 1pm-2:30pm</p> <p>Zumbini 10:15am-11am & 11:15am-12pm Dance Fitness 10:30am-11:30am Chair Yoga 12pm-1pm Excel Fundamentals** 12pm-1:30pm Movement & Mobility 1pm-2pm PowerPoint Fundamentals** 1:30pm-2:30pm Intro to AI 2:30pm-3:30pm Nutrition Fundamentals 3pm-4pm Bootcamp Kids 4:15pm-5pm Family Fitness Hour 5pm-5:45pm Bootcamp Training 5pm-6pm</p>	<p>17</p> <p>Zumba 9am-10am Kickboxing 9:30am-10:30am Chapter Chats & Activities 10am-11am</p> <p>Pamper My Baby** 10am-1pm Free gifts for participating care givers Scan QR code to register</p> <p>Circuit Training 10:30am-11:30am Healthy Habits with Lizette 12pm-1pm Zumba Gold 1:30pm-2:30pm Yin Yoga 2pm-3pm Flex and Move 4pm-5pm Zumba Kids 4:15pm-5pm Kidfit Sports Training 5pm-5:45pm <i>Sport exercise & conditioning</i> Zumba Toning 5pm-6pm</p>	
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<p>27</p> <p>Strength & Conditioning 9am-10am Energy Education & Budgeting** 9am-10am & 1pm-2pm Playdate Hour (Self Led) 9am-10am & 10am-11am Quitting Tobacco 9:30am-10:30am</p> <p>Cal Fresh Applications 10am-2pm</p> <p>Zumbini 10:15am-11am & 11:15am-12pm Kickboxing 10:30am-11:30am Healthy Heart 1 11am-12pm Movement & Mobility 12pm-1pm Lean Fusion 1pm-2pm <i>Combo of Dance Fit & Kickboxing</i> Breathe Well, Live Well 1 1:30pm-2:30pm (Spanish) Goodwill Orientation 1:30pm-2:30pm Tea Meditation 2pm-3pm Understanding Diabetes 9 3pm-4pm (Spanish) Arts & Crafts for Kids 4pm-4:45pm Tone & Sculpt 4:30pm-5:30pm Dance Kids 5pm-5:45pm Stretch 5:30pm-6pm</p>	<p>28</p> <p>Medi-Cal Renewal Specialist Energy Education & Budgeting** 9am-10am & 1pm-2pm Playdate Hour (Self Led) 9am-10am & 10am-11am Bootcamp Training 10am-11am Family Playtime 10am-11am Citizenship Class 10am-11am & 4pm-5pm Resume & Development** 10am-12pm Reading & Crafts Club for Littles 11:15am-12pm Chair Yoga 12pm-1pm Computer Basics 12pm-1:30pm Zumba Gold 1pm-2pm Word Fundamentals 1:30pm-2:30pm Healthy Habits with Lizette 2:30pm-3:30pm <i>Food demo</i> Intro to AI 2:30pm-3:30pm Tasty Eats for Kids with Alex 4:15pm-5pm <i>Food Demo</i> Hot Coco & Crafts 4:30pm-5:30pm Family Fitness Hour 5pm-5:45pm Circuit Training 5pm-6pm</p>	<p>29</p> <p>HIIT 9am-10am Energy Education & Budgeting** 9am-10am & 1pm-2pm Playdate Hour (Self Led) 9am-10am & 10am-11am Beginning Zumba 9:30am-10:30am Chapter Chats & Activities 10am-11am Job Club** 10am-12pm Zumbini 10:15am-11am & 11:15am-12pm Tone & Sculpt 10:30am-11:30am Chair Fitness 12pm-1pm Circuit Training 12pm-1pm Zumba Chair 2pm-3pm Arts & Crafts for Kids 4pm-4:45pm Flex and Move 4pm-5pm Kidfit Sports Training 5pm-5:45pm <i>Sport exercise & conditioning</i> Zumba 5pm-6pm</p>	<p>CLOSED</p>		
			<p>30</p> <p>Zumba 9am-10am Kickboxing 9:30am-10:30am Chapter Chats & Activities 10am-11am</p> <p>Birthday Bash Ages 0-5 with parents 10am-12pm Bring your tiny human and celebrate with us!</p> <p>Circuit Training 10:30am-11:30am Healthy Habits with Lizette 12pm-1pm Zumba Gold 1:30pm-2:30pm Yin Yoga 2pm-3pm Flex and Move 4pm-5pm Zumba Kids 4:15pm-5pm Kidfit Sports Training 5pm-5:45pm <i>Sport exercise & conditioning</i> Zumba Toning 5pm-6pm</p>	<p>31</p> <p>Zumba 9am-10am Kickboxing 9:30am-10:30am Chapter Chats & Activities 10am-11am</p>	