

| MONDAY                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |  | TUESDAY                                                                                                                                                                                                               |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  | WEDNESDAY |    | THURSDAY                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |  | FRIDAY                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |  |    |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |  |
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| <div>Strength &amp; Conditioning 9am-9:45am</div> <div>Eat Smart — Being Active Series 4 (Bilingual) 9am-10:30am</div> <div>Meditation 10am-10:45am</div> <div>Zumbini (ages 0-3) 11am-11:45am</div> <div>Mat Pilates 11am-11:45am</div> <div>Mindful Stretch 12pm-12:45pm</div> <div>Baby &amp; Me Social (ages 0-3) 12pm-12:45pm</div> <div>Seated Strength for Seniors and People w/disabilities 1pm-1:45pm</div> <div>Arts &amp; Crafts (Bilingual) 1pm-1:45pm</div> <div>Core Training 2pm-2:45pm</div> <div>Stronger Men: Muscle &amp; Bone Health 2pm-2:45pm</div> <div>Form &amp; Functional 3pm-3:45pm</div> <div>Fitness Myth Busters 3pm-3:45pm</div> <div>IEHP Website 4pm-5pm</div> <div>Yoga for Kids (ages 4-11) 4pm-4:45pm</div> <div>Zumba 5pm-6pm</div> |  | 1                                                                                                                                                                                                                     | <div>Fit to Function 9am-10am</div> <div>Human Trafficking (Bilingual) 9am-10am</div> <div>Disco Cardio 10:30am-11:30am</div> <div>Zumba 12pm-1pm</div> <div>Healthy Hydration 12pm-1pm</div> <div>Diabetes Among Friends #4 (Spanish) 1pm-2pm</div> <div>Balance &amp; Stability 1:30pm-2:30pm</div> <div>Diabetes Among Friends #4 2:30pm-3:30pm</div> <div>Chair Fitness 3pm-3:45pm</div> <div>Breathe Well, Live Well #2 (Spanish) 4pm-5pm</div> <div>Zumbini (ages 0-3) 4pm-4:45pm</div> <div>Yin Yoga 5pm-6pm</div>                                                                                                        |           | 2  | <div><div><div><div>**IEHP Renewal Specialist</div><div>Free Mammograms 9am-5pm</div></div><div>Join us for self care activities, great info., and more! FREE goodie bags! RSVP Required, IEHP Members only.</div><div>Form &amp; Functional 9am-9:45am</div><div>Mom's Wellness Group 9am-11am</div><div>Cardio &amp; Strength Training 10am-10:45am</div><div>Knitting &amp; Crochet (Bilingual, Self-led) 11am-12:30pm</div><div>Fitness Myth Busters 11am-11:45am</div><div>Yoga for Beginners 12pm-12:45pm</div><div>Arts &amp; Crafts (Bilingual) 1pm-1:45pm</div><div>Strength &amp; Conditioning 1pm-1:45pm</div><div>Stretch and Mobility 2pm-2:45pm</div><div>Physical Activity During Menopause 2pm-2:45pm</div><div>Core Training 3pm-3:45pm</div><div>IEHP Website 3pm-3:45pm</div><div>Mat Pilates 4pm-4:45pm</div><div>The Mental Benefits of Fitness 4pm-4:45pm</div><div>Zumba 5pm-6pm</div></div></div> <div>3</div> |  | <div>Cardio Dance 9am-9:45am</div> <div>Medicare 101 9am-9:30am 9:30am-10am (Spanish)</div> <div>Member Service Orientation 10am-11am 11am-12pm (Spanish)</div> <div>Yin Yoga 10am-10:45am</div> <div>Fit to Function 11am-11:45am</div> <div>Connect IE 12pm-12:45pm</div> <div>Zumba 12pm-12:45pm</div> <div>Balance &amp; Stability 1pm-1:45pm</div> <div>Happy and Healthy Me 1pm-1:45pm</div> <div>Tai Chi 2pm-2:45pm</div> <div>IEHP Website 2pm-2:45pm</div> <div>Seated Strength for Seniors and People w/ disabilities 3pm-3:45pm</div> <div>Practical Fitness, How to Start 3pm-3:45pm</div> <div>Bootcamp 4pm-4:45pm</div> <div>24/7 Dads: Cohort 1, Session 3 4pm-6pm</div> <div>Sweat to the Beat 5pm-6pm</div>                     |  | 4  | <div><div><div><div>Well Child and Young Adult Clinic</div><div>10am-6pm</div></div><div>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.</div></div></div> <div>5</div> <div>Bootcamp 9am-9:45am</div> <div>Zumba 10am-10:45am</div> <div>Mat Pilates 11am-11:45am</div> <div>Chair Fitness 12pm-12:45pm</div> <div>Meditation 1pm-1:45pm</div> <div>Disco Cardio 2pm-2:45pm</div> <div>I Am Enough: Cohort 3, Session 5 (ages 5-17) 3pm-5pm</div> <div>Family Arts and Crafts (ages 4+) 5:15pm-6pm</div>                                                                                                                                                    |  |
| <div>Strength &amp; Conditioning 9am-9:45am</div> <div>Eat Smart — Being Active Series 5 (Bilingual) 9am-10:30am</div> <div>Meditation 10am-10:45am</div> <div>Zumbini (ages 0-3)11am-11:45am</div> <div>Mat Pilates 11am-11:45am</div> <div>Mindful Stretch 12pm-12:45pm</div> <div>Baby &amp; Me Social (ages 0-3) 12pm-12:45pm</div> <div>Seated Strength for Seniors and People w/disabilities 1pm-1:45pm</div> <div>Arts &amp; Crafts (Bilingual) 1pm-1:45pm</div> <div>Core Training 2pm-2:45pm</div> <div>Stronger Men: Muscle &amp; Bone Health 2pm-2:45pm</div> <div>Form &amp; Functional 3pm-3:45pm</div> <div>Fitness Myth Busters 3pm-3:45pm</div> <div>IEHP Website 4pm-5pm</div> <div>Yoga for Kids (ages 4-11) 4pm-4:45pm</div> <div>Zumba 5pm-6pm</div>  |  | 8                                                                                                                                                                                                                     | <div>Fit to Function 9am-10am</div> <div>Healthy Heart #3 (Spanish) 9am-10am</div> <div>Disco Cardio 10:30am-11:30am</div> <div>Healthy Living: My Best Self #1 (Spanish) 10:30am-11:30am</div> <div>Midlife Muscle &amp; Bone 12pm-1pm</div> <div>Zumba 12pm-1pm</div> <div>Healthy Living: My Best Self #1 1pm-2pm</div> <div>Balance &amp; Stability 1:30pm-2:30pm</div> <div>Breathing 101 2pm-2:45pm</div> <div>Chair Fitness 3pm-3:45pm</div> <div>Strong Though Your Cycle 3pm-3:45pm</div> <div>Healthy Heart #3 4pm-5pm</div> <div>Zumbini (ages 0-3) 4pm-4:45pm</div> <div>Yin Yoga 5pm-6pm</div>                      |           | 9  | <div><div><div><div>**IEHP Renewal Specialist</div><div>Job Search Strategies (Spanish) 9am-10am</div><div>Mom's Wellness Group 9am-11am</div><div>Form &amp; Functional 10am-10:45am</div><div>Cardio &amp; Strength Training 11am-11:45am</div><div>High Energy Usage &amp; 3rd Party Services (Bilingual) 11am-12pm</div><div>Yoga for Beginners 12pm-1pm</div><div>Arts &amp; Crafts (Bilingual) 1pm-1:45pm</div><div>Strength &amp; Conditioning 1pm-1:45pm</div><div>Stretch and Mobility 2pm-2:45pm</div><div>Digital Tools for a Healthier You 2:30pm-3:30pm</div><div>Core Training 3pm-3:45pm</div><div>Mat Pilates 4pm-4:45pm</div><div>The Mental Benefits of Fitness 4pm-4:45pm</div><div>Zumba 5pm-6pm</div></div></div><div>10</div></div>                                                                                                                                                                              |  | <div>Cardio Dance 9am-9:45am</div> <div>The Mental Benefits of Fitness 9am-9:45am</div> <div>Healthy Hydration (Bilingual) 10am-10:45am</div> <div>Yin Yoga 10am-10:45am</div> <div>Fit to Function 11am-11:45am</div> <div>Breathing 101 11am-11:45am</div> <div>Connect IE 12pm-12:45pm</div> <div>Zumba 12pm-12:45pm</div> <div>Balance &amp; Stability 1pm-1:45pm</div> <div>Happy and Healthy Me 1pm-1:45pm</div> <div>Tai Chi 2pm-2:45pm</div> <div>IEHP Website 2pm-2:45pm</div> <div>Seated Strength for Seniors and People w/ disabilities 3pm-3:45pm</div> <div>Practical Fitness, How to Start 3pm-3:45pm</div> <div>Bootcamp 4pm-4:45pm</div> <div>24/7 Dads: Cohort 1, Session 3 4pm-6pm</div> <div>Sweat to the Beat 5pm-6pm</div> |  | 11 | <div><div><div><div>Well Child and Young Adult Clinic</div><div>10am-6pm</div></div><div>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.</div></div></div> <div>12</div> <div>Bootcamp 9am-9:45am</div> <div>Zumba 10am-10:45am</div> <div>Mat Pilates 11am-11:45am</div> <div>Chair Fitness 12pm-12:45pm</div> <div>Meditation 1pm-1:45pm</div> <div>Disco Cardio 2pm-2:45pm</div> <div>Lead the Way: Cohort 3, Session 6 (ages 5-17) 3pm-5pm</div> <div>Family Arts and Crafts (ages 4+) 5:15pm-6pm</div>                                                                                                                                                  |  |
| <div>Strength &amp; Conditioning 9am-9:45am</div> <div>Eat Smart — Being Active Series 6 (Bilingual) 9am-10:30am</div> <div>Meditation 10am-10:45am</div> <div>Zumbini (ages 0-3)11am-11:45am</div> <div>Mat Pilates 11am-11:45am</div> <div>Mindful Stretch 12pm-12:45pm</div> <div>Baby &amp; Me Social (ages 0-3) 12pm-12:45pm</div> <div>Seated Strength for Seniors and People w/disabilities 1pm-1:45pm</div> <div>Arts &amp; Crafts (Bilingual) 1pm-1:45pm</div> <div>Core Training 2pm-2:45pm</div> <div>Stronger Men: Muscle &amp; Bone Health 2pm-2:45pm</div> <div>Form &amp; Functional 3pm-3:45pm</div> <div>Fitness Myth Busters 3pm-3:45pm</div> <div>IEHP Website 4pm-5pm</div> <div>Yoga for Kids (ages 4-11) 4pm-4:45pm</div> <div>Zumba 5pm-6pm</div>  |  | 15                                                                                                                                                                                                                    | <div>Fit to Function 9am-10am</div> <div>Mindful Living #1 (Spanish) 9am-10am</div> <div>Disco Cardio 10:30am-11:30am</div> <div>Diabetes Among Friends #5 (Spanish) 10:30am-11:30am</div> <div>Healthy Hydration 12pm-1pm</div> <div>Zumba 12pm-1pm</div> <div>Mindful Living #1 1pm-2pm</div> <div>Balance &amp; Stability 1:30pm-2:30pm</div> <div>Physical Activity During Menopause 2pm-2:45pm</div> <div>Chair Fitness 3pm-3:45pm</div> <div>Practical Fitness, How to Start 3pm-3:45pm</div> <div>Diabetes Among Friends #5 4pm-5pm</div> <div>Zumbini (ages 0-3) 4pm-4:45pm</div> <div>Yin Yoga 5pm-6pm</div>            |           | 16 | <div><div><div><div>**IEHP Renewal Specialist</div><div>Job Search Strategies (Spanish) 9am-10am</div><div>Mom's Wellness Group 9am-11am</div><div>Form &amp; Functional 10am-10:45am</div><div>Cardio &amp; Strength Training 11am-11:45am</div><div>Know Your Rights/Citizenship (Bilingual) 11am-12pm</div><div>Yoga for Beginners 12pm-1pm</div><div>Arts &amp; Crafts (Bilingual) 1pm-1:45pm</div><div>Strength &amp; Conditioning 1pm-1:45pm</div><div>Stretch and Mobility 2pm-2:45pm</div><div>Digital Tools for a Healthier You (Spanish) 2:30pm-3:30pm</div><div>Core Training 3pm-3:45pm</div><div>ConnectIE Website 4pm-5pm</div><div>Mat Pilates 4pm-4:45pm</div><div>Zumba 5pm-6pm</div></div></div><div>17</div></div>                                                                                                                                                                                                  |  | <div><div><div><div>Community Wellness Center</div><div>CLOSED</div></div></div></div>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |  | 18 | <div><div><div><div>Well Child and Young Adult Clinic</div><div>10am-6pm</div></div><div>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.</div></div></div> <div>19</div> <div>Bootcamp 9am-9:45am</div> <div>Zumba 10am-10:45am</div> <div>Balance &amp; Stability 11am-11:45am</div> <div>Chair Yoga 12pm-12:45pm</div> <div>Chair Fitness 1pm-1:45pm</div> <div>Mat Pilates 2pm-2:45pm</div> <div><div><div>Winter Wonderland</div><div>4:30pm-6pm</div><div>Join Us For Our Toy Giveaway</div></div><div>RSVP Required (ages 0-17)<br/>Call 1-866-228-4347 for more info.<br/>Limited quantities. Child &amp; Legal Guardian must be present.</div></div> |  |
| <div>Meditation 9am-9:45am</div> <div>Bootcamp 10am-10:45am</div> <div>Happy &amp; Healthy Me 10am-10:45am</div> <div>Mat Pilates 11am-11:45am</div> <div>Practical Fitness, How to Start 11am-11:45am</div> <div>Zumba 12pm-12:45pm</div> <div>Breathing 101 12pm-12:45pm</div> <div>Zumbini (ages 0-3) 1pm-1:45pm</div> <div>Family Arts &amp; Crafts (ages 4+) 2:15pm-3pm</div> <div>Family Yoga (ages 4+) 3pm-3:45pm</div> <div>Family Step by Step Drawing (ages 4+) 3pm-3:45pm</div> <div>Little Warriors for Families (ages 4+) 4pm-4:45pm</div> <div>Family Breathing 101 4pm-4:45pm</div> <div>Family Game Hour 5pm-6pm</div>                                                                                                                                    |  | 22                                                                                                                                                                                                                    | <div>Bootcamp 9am-9:45am</div> <div>The Mental Benefits of Fitness 10am-11am</div> <div>Cardio Dance 10:30am-11:15am</div> <div>Balance &amp; Stability 11am-11:50am</div> <div>Physical Activity during Menopause 11:30am-12:30pm</div> <div>Zumba 12pm-1pm</div> <div>Chair Fitness 1pm-2pm</div> <div>Family Arts &amp; Crafts (ages 4+) 2:15pm-3pm</div> <div>Little Warriors for Families (ages 4+) 3pm-3:45pm</div> <div>Family Yoga (ages 4+) 3:15pm-4pm</div> <div>*Family Movie Time 4pm-4:45pm</div> <div>*Snacks &amp; Refreshments Provided</div> <div>Family Game Hour 5pm-5:45pm</div> <div>Yin Yoga 5pm-6pm</div> |           | 23 | <div><div><div><div>**IEHP Renewal Specialist</div><div>Cardio Dance 9am-10am</div><div>Knitting &amp; Crochet (Bilingual, Self-led) 10am-11:30am</div><div>Yin Yoga 10:15am-11:15am</div><div>Zumba 11:30am-12:30pm</div><div>Stretch &amp; Mobility 12:45pm-1:45pm</div><div>Family Yoga (ages 4+) 2pm-3pm</div><div>Family Arts &amp; Crafts (ages 4+) 3pm-3:45pm</div><div>Little Warriors for Families (ages 4+) 3:15pm-4pm</div><div>*Gift Wrapping Station 4pm-5pm</div><div>*Wrapping supplies provided. Bring your gifts.</div></div></div><div>24</div></div>                                                                                                                                                                                                                                                                                                                                                                |  | <div>25</div> <div>26</div>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |  |    |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |  |
| <div>*Sleigh Fitness with all Coaches 9am-10am</div> <div>*Space is limited. First Come, First Serve.</div> <div>Meditation 10:15am-11am</div> <div>Zumbini (ages 0-3)11am-11:45am</div> <div>Mat Pilates 11am-11:45am</div> <div>Mindful Stretch 12pm-12:45pm</div> <div>Baby &amp; Me Social (ages 0-3) 12pm-12:45pm</div> <div>Seated Strength for Seniors and People w/disabilities 1pm-1:45pm</div> <div>Arts &amp; Crafts (Bilingual) 1pm-1:45pm</div> <div>Core Training 2pm-2:45pm</div> <div>Stronger Men: Muscle &amp; Bone Health 2pm-2:45pm</div> <div>CLOSED 3pm-6pm</div>                                                                                                                                                                                   |  | 29                                                                                                                                                                                                                    | <div>Fit to Function 9am-9:45am</div> <div>CPR (Spanish) 10am-1pm</div> <div>Disco Cardio 10am-10:45am</div> <div>Fit Kids (ages 4-11) 11am-11:45am</div> <div>Zumba 12pm-12:45pm</div> <div>CPR 1:30pm-4:30pm</div> <div>Little Warriors for Kids (ages 4-11) 1pm-1:45pm</div> <div>Yoga for Kids (ages 4-11) 2pm-2:45pm</div> <div>Chair Fitness 3pm-3:45pm</div> <div>*Birthday Celebration (All Ages) 4:30pm-6pm</div> <div>*Snacks &amp; Refreshments Provided</div>                                                                                                                                                        |           | 30 | <div><div><div><div>**IEHP Renewal Specialist</div><div>Form &amp; Functional 9am-9:45am</div><div>Happy and Healthy Me 9am-9:45am</div><div>Breathing 101 10am-10:45am</div><div>Cardio &amp; Strength Training 10am-10:45am</div><div>Fitness Myth Busters 11am-11:45am</div><div>Knitting &amp; Crochet (Bilingual, Self-led) 11am-12pm</div><div>Meditation for Kids (ages 4-11) 12pm-12:45pm</div><div>Arts &amp; Crafts for Kids (ages 4-11) 1pm-1:45pm</div><div>Strength &amp; Conditioning 1pm-1:45pm</div><div>Stretch and Mobility 2pm-2:45pm</div><div>Breathing 101 for kids (ages 4-11) 2pm-2:45pm</div><div>Core Training 3pm-3:45pm</div><div>Healthy Hydration for Kids (ages 4-11) 3pm-3:45pm</div><div>Mat Pilates 4pm-4:45pm</div><div>Step by Step Drawing for Kids (ages 4-11) 4pm-4:45pm</div></div></div><div>31</div></div>                                                                                   |  | <div><div><div><div>The IEHP Community Wellness Center</div><div>thanks you for making your health and well-being a priority.</div><div>We wish you a safe and healthy Holiday Season!</div></div></div><div>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.</div></div>                                                                                                                                                                                                                                                                                                                                                              |  |    |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |  |
| <div><div><div><div>Facebook</div><div>Follow us on Facebook</div></div><div><div><div>QR Code</div><div>SCAN ME!</div><div>Use your phone to scan the QR code to view our full schedule of FREE classes.</div></div></div></div></div>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |  | <div><div><div><div>Legend</div><div>**Registration required</div><div>Blue font — ages 0-3 with parents</div><div>Purple font—ages 4-11 with parents</div><div>Black font- ages 12 and older</div></div></div></div> |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |           |    |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |  |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |  |    |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |  |

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