




IEHP Inland Empire Health Plan		COMMUNITY WELLNESS CENTER VICTORVILLE		<div><div><div></div><div><div></div><div></div><div><div></div><div><div></div><div><div></div></div></div></div></div></div></div>		CLASS CALENDAR February 2026			
MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
<div>Breakfast with Lizette 9am-10am</div> <div>Healthy Heart #2 9am-10am</div> <div>Energy Education &amp; Budgeting** 9am-10am &amp; 1pm-2pm</div> <div>Cal Fresh Applications 10am-2pm</div> <div>Zumba 10am-11am</div> <div>Little Learners 10:15am-11am</div> <div>Nutrition Fundamentals 11am-12pm</div> <div>Diabetes Among Friends #2 11am-12pm (Spanish)</div> <div>Zumba Chair 12pm-1pm</div> <div>Breathe Well, Live Well #1 1pm-2pm</div> <div>Cozy Coffee/Hot Cocoa Corner 2pm-3pm</div> <div>Self Care Through Art 3pm-4pm</div> <div>Boys &amp; Girls Club 3pm-6pm</div> <div>Healthy Living My Best Self #3 4pm-5pm (Spanish)</div> <div>Playdate Hour (Self Led) 4pm-6pm</div> <div>Podcast for Teens 4:30pm-5:50pm</div> <div>Pound Fitness 5pm-6pm</div>		<div><div><div>Medi-Cal Renewal Specialist</div><div>3</div></div><div>Zumba 9am-10am</div><div>Playtime for Little Minds 9am-10am</div><div>Energy Education &amp; Budgeting** 9am-10am &amp; 1pm-2pm</div><div>Resume Writing 10am-11am</div><div>Citizenship Class 10am-12pm &amp; 4pm-6pm</div><div>Zumba Gold 10am-11am</div><div>Zumbini 10:15am-11am</div><div>Healthy Habits with Lizette 12pm-1pm</div><div>Zumba Chair 1pm-2pm</div><div>Word Fundamentals 2pm-3pm</div><div>Intro to Artificial Intelligence 3pm-4pm</div><div>Home Work Support 3pm-4pm</div><div>Self Care &amp; Crafts 4pm-5pm</div><div>Build A Bite 4pm-5pm</div><div>Playdate Hour (Self Led) 4pm-6pm</div><div>Triple Play 5pm-5:45pm</div><div>Pound Fitness 5pm-6pm</div></div>		<div>Strength Training 9am-10am</div> <div>Playdate Hour (Self Led) 9am-10am</div> <div>Energy Education &amp; Budgeting** 9am-10am &amp; 1pm-2pm</div> <div>Chapter Chats &amp; Activities 10am-11am</div> <div>A Better Me 10am-11am</div> <div>Interview Prep 10am-11am</div> <div>Little Learners 10:15am-11am</div> <div>Pound Fitness 11am-12pm</div> <div>Grief &amp; Loss 11am-12pm</div> <div>Giggles &amp; Games 11:15am-12pm</div> <div>Express Fitness 12pm-12:30pm</div> <div>Boys &amp; Girls Club 3pm-6pm</div> <div>Zumba 4pm-5pm</div> <div>Playdate Hour (Self Led) 4pm-6pm</div> <div>Podcast for Teens 4:30pm-5:50pm</div> <div>Zumba Toning 5pm-6pm</div>		<div>Zumba Gold 9am-10am</div> <div>Energy Education &amp; Budgeting** 9am-10am &amp; 1pm-2pm</div> <div>English as a Second Language 10am-12pm &amp; 4pm-6pm</div> <div>Well Child &amp; Young Adult Clinic 10am-6pm</div> <div>Tiny Tots Nutrition 10:15am-11am</div> <div>Zumbini 11:15am-12pm</div> <div>Pound Fitness 12pm-1pm</div> <div>Barre 1pm-2pm</div> <div>Computer Basics 1:30pm-3pm</div> <div>Nourish &amp; Flourish 2pm-3pm</div> <div>Boys &amp; Girls Club 3pm-4pm</div> <div>Excel Fundamentals 3pm-4:30pm</div> <div>Build A Bite 4pm-5pm</div> <div>Playdate Hour (Self Led) 4pm-6pm</div> <div>Triple Play 5pm-5:45pm</div> <div>Restorative Yoga 5pm-6pm</div>		<div>Dance Fitness 9am-10am</div> <div>Playdate Hour (Self Led) 9am-10am</div> <div>Brunch with Lizette 10am-11am</div> <div>Zumbini 10:15am-11am</div> <div>Knit &amp; Crochet (Self Led) 11am-12pm</div> <div>Stories &amp; Crafts for Littles 11:15am-12pm</div> <div>Belly Dancing 12pm-1pm</div> <div>Nutrition Fundamentals 1pm-2pm (Spanish)</div> <div>Yin Yoga 2pm-3pm</div> <div>Valentine's Bash 3:30pm-5:30pm Ages 12 &amp; Up Celebrate Love, Friendship &amp; Community Light dinner &amp; Snacks. While Supplies Last.</div>	
<div>Breakfast with Lizette 9am-10am</div> <div>Energy Education &amp; Budgeting** 9am-10am &amp; 1pm-2pm</div> <div>Cal Fresh Applications 10am-2pm</div> <div>Zumba 10am-11am</div> <div>Little Learners 10:15am-11am</div> <div>Digital Tools for a Healthier You 11am-12pm</div> <div>Nutrition Fundamentals 11am-12pm</div> <div>HACSB Application Overview 11am-12pm</div> <div>Zumba Chair 12pm-1pm</div> <div>Cozy Coffee/Hot Cocoa Corner 2pm-3pm</div> <div>Boys &amp; Girls Club 3pm-6pm</div> <div>Restorative Yoga 4pm-5pm</div> <div>Playdate Hour (Self Led) 4pm-6pm</div> <div>Podcast for Teens 4:30pm-5:50pm</div> <div>Pound Fitness 5pm-6pm</div>		<div><div><div>Medi-Cal Renewal Specialist</div><div>10</div></div><div>Zumba 9am-10am</div><div>Mindful Living #3 9am-10am</div><div>Energy Education &amp; Budgeting** 9am-10am &amp; 1pm-2pm</div><div>Resume Writing 10am-11am</div><div>Citizenship Class 10am-12pm &amp; 4pm-6pm</div><div>Zumba Gold 10am-11am</div><div>Zumbini 10:15am-11am</div><div>Healthy Living My Best Self #4 11am-12pm (Spanish)</div><div>Healthy Habits with Lizette 12pm-1pm</div><div>Zumba Chair 1pm-2pm</div><div>Diabetes Among Friends #2 1pm-2pm</div><div>Word Fundamentals 2pm-3pm</div><div>Intro to Artificial Intelligence 3pm-4pm</div><div>Homework Support 3pm-4pm</div><div>Self Care &amp; Crafts 4pm-5pm</div><div>Healthy Heart #3 4pm-5pm (Spanish)</div><div>Build A Bite 4pm-5pm</div><div>Playdate Hour (Self Led) 4pm-6pm</div><div>Triple Play 5pm-5:45pm</div><div>Pound Fitness 5pm-6pm</div></div>		<div>Strength Training 9am-10am</div> <div>Playdate Hour (Self Led) 9am-10am</div> <div>Energy Education &amp; Budgeting** 9am-10am &amp; 1pm-2pm</div> <div>CPR 9:30am-12:30pm</div> <div>1:30pm-4:30pm (Spanish)</div> <div>Chapter Chats &amp; Activities 10am-11am</div> <div>Interview Prep 10am-11am</div> <div>A Better Me 10am-11am</div> <div>Little Learners 10:15am-11am</div> <div>Giggles &amp; Games 11:15am-12pm</div> <div>Pound Fitness 11am-12pm</div> <div>Grief &amp; Loss 11am-12pm</div> <div>Express Fitness 12pm-12:30pm</div> <div>Boys &amp; Girls Club 3pm-6pm</div> <div>Zumba 4pm-5pm</div> <div>Playdate Hour (Self Led) 4pm-6pm</div> <div>Podcast for Teens 4:30pm-5:50pm</div> <div>Zumba Toning 5pm-6pm</div>		<div>Zumba Gold 9am-10am</div> <div>Energy Education &amp; Budgeting** 9am-10am &amp; 1pm-2pm</div> <div>Partner Network Meeting 9:30am-11am</div> <div>Pregnancy &amp; Postpartum Group 10am-1pm</div> <div>Well Child &amp; Young Adult Clinic 10am-6pm</div> <div>English as a Second Language 10am-12pm &amp; 4pm-6pm</div> <div>Tiny Tots Nutrition 10:15am-11am</div> <div>Zumbini 11:15am-12pm</div> <div>IEHP Member Benefits 11:30am-12:30pm &amp; 12:30-1:30pm (Spanish)</div> <div>Pound Fitness 12pm-1pm</div> <div>Barre 1pm-2pm</div> <div>Computer Basics 1:30pm-3pm</div> <div>Nourish &amp; Flourish 2pm-3pm</div> <div>Boys &amp; Girls Club 3pm-4pm</div> <div>Excel Fundamentals 3pm-4:30pm</div> <div>Build A Bite 4pm-5pm</div> <div>Playdate Hour (Self Led) 4pm-6pm</div> <div>Triple Play 5pm-5:45pm</div> <div>Restorative Yoga 5pm-6pm</div>		<div>Dance Fitness 9am-10am</div> <div>Playdate Hour (Self Led) 9am-10am</div> <div>Brunch with Lizette 10am-11am</div> <div>Zumbini 10:15am-11am</div> <div>Knit &amp; Crochet (Self Led) 11am-12pm</div> <div>Stories &amp; Crafts for Littles 11:15am-12pm</div> <div>Belly Dancing 12pm-1pm</div> <div>Nutrition Fundamentals 1pm-2pm (Spanish)</div> <div>Yin Yoga 2pm-3pm</div> <div>Happy Heart Dance for Kids 4pm-5:30pm Ages 0-11 with parent Light Snacks. While Supplies Last.</div>	
<div>16</div> <div>CLOSED in observance of Presidents' Day</div>		<div><div><div>Medi-Cal Renewal Specialist</div><div>17</div></div><div>Tone &amp; Sculpt 9am-10am</div><div>Diabetes Among Friends #3 9am-10am</div><div>Energy Education &amp; Budgeting** 9am-10am &amp; 1pm-2pm</div><div>Resume Writing 10am-11am</div><div>Citizenship Class 10am-12pm &amp; 4pm-6pm</div><div>Zumbini 10:15am-11am</div><div>Chair Fitness 11am-12pm</div><div>Healthy Heart #1 11am-12pm (Spanish)</div><div>Healthy Habits with Lizette 12pm-1pm</div><div>Color Meditation 1pm-2pm</div><div>Healthy Living My Best Self #3 1pm-2pm</div><div>Word Fundamentals 2pm-3pm</div><div>Intro to Artificial Intelligence 3pm-4pm</div><div>Homework Support 3pm-4pm</div><div>Mindful Living #3 4pm-5pm (Spanish)</div><div>Build A Bite 4pm-5pm</div><div>Playdate Hour (Self Led) 4pm-6pm</div><div>Triple Play 5pm-5:45pm</div><div>Pound Fitness 5pm-6pm</div></div>		<div>Strength Training 9am-10am</div> <div>Playdate Hour (Self Led) 9am-10am</div> <div>Energy Education &amp; Budgeting** 9am-10am &amp; 1pm-2pm</div> <div>Job Searching 10am-11am</div> <div>Little Learners 10:15am-11am</div> <div>Community Vital Signs Initiative 11am-1pm For more information please call Karen Rodriguez (909)520-1410</div> <div>Giggles &amp; Games 11:15am-12pm</div> <div>Express Fitness 12pm-12:30pm</div> <div>Boys &amp; Girls Club 3pm-6pm</div> <div>Zumba 4pm-5pm</div> <div>Playdate Hour (Self Led) 4pm-6pm</div> <div>Podcast for Teens 4:30pm-5:50pm</div> <div>Zumba Toning 5pm-6pm</div>		<div>19</div> <div>CLOSED 9am-2pm</div> <div>Nourish &amp; Flourish 2pm-3pm</div> <div>Boys &amp; Girls Club 3pm-4pm</div> <div>Excel Fundamentals 3pm-4:30pm</div> <div>Build A Bite 4pm-5pm</div> <div>Express Fitness 4pm-4:30pm</div> <div>Playdate Hour (Self Led) 4pm-5pm</div> <div>English as a Second Language 4pm-5pm</div>		<div>Dance Fitness 9am-10am</div> <div>Brunch with Lizette 10am-11am</div> <div>Pregnancy &amp; Postpartum Group 10am-1pm</div> <div>Zumbini 10:15am-11am</div> <div>Knit &amp; Crochet (Self Led) 11am-12pm</div> <div>Stories &amp; Crafts for Littles 11:15am-12pm</div> <div>Belly Dancing 12pm-1pm</div> <div>Nutrition Fundamentals 1pm-2pm (Spanish)</div> <div>Black History Celebration Come for a night of games, prizes and food! Light dinner &amp; Snacks. While Supplies Last. 3:30pm-5:30pm</div>	
<div>23</div> <div>VITA Free Tax Preparation** 8:30am-11am Call to schedule your appointment 877-410-8829</div> <div>Breakfast with Lizette 9am-10am</div> <div>Energy Education &amp; Budgeting** 9am-10am &amp; 1pm-2pm</div> <div>Zumba 10am-11am</div> <div>Little Learners 10:15am-11am</div> <div>Nutrition Fundamentals 11am-12pm</div> <div>HACSB Application Overview 11am-12pm</div> <div>Zumba Chair 12pm-1pm</div> <div>Tone &amp; Sculpt 1pm-2pm</div> <div>Cozy Coffee/Hot Cocoa Corner 2pm-3pm</div> <div>Boys &amp; Girls Club 3pm-6pm</div> <div>Playdate Hour (Self Led) 4pm-6pm</div> <div>Podcast for Teens 4:30pm-5:50pm</div> <div>Pound Fitness 5pm-6pm</div>		<div><div><div>Medi-Cal Renewal Specialist</div><div>24</div></div><div>Zumba 9am-10am</div><div>Healthy Heart #3 9am-10am</div><div>Energy Education &amp; Budgeting** 9am-10am &amp; 1pm-2pm</div><div>Resume Writing 10am-11am</div><div>Citizenship Class 10am-12pm &amp; 4pm-6pm</div><div>Family Playtime 10am-11am</div><div>Zumba Gold 10am-11am</div><div>Breathe Well, Live Well #1 11am-12pm (Spanish)</div><div>Sunshine Circle 11:15am-12pm</div><div>Healthy Habits with Lizette 12pm-1pm</div><div>Zumba Chair 1pm-2pm</div><div>Healthy Living My Best Self #4 1pm-2pm</div><div>Digital Tools for a Healthier You 2pm-3pm (Spanish)</div><div>Word Fundamentals 2pm-3pm</div><div>Intro to Artificial Intelligence 3pm-4pm</div><div>Homework Support 3pm-4pm</div><div>Diabetes Among Friends #3 4pm-5pm (Spanish)</div><div>Build A Bite 4pm-5pm</div><div>Playdate Hour (Self Led) 4pm-6pm</div><div>Triple Play 5pm-5:45pm</div><div>Pound Fitness 5pm-6pm</div></div>		<div>Strength Training 9am-10am</div> <div>Playdate Hour (Self Led) 9am-10am</div> <div>Energy Education &amp; Budgeting** 9am-10am &amp; 1pm-2pm</div> <div>Chapter Chats &amp; Activities 10am-11am</div> <div>Money Basics 10am-11am</div> <div>Little Learners 10:15am-11am</div> <div>Giggles &amp; Games 11:15am-12pm</div> <div>Pound Fitness 11am-12pm</div> <div>Express Fitness 12pm-12:30pm</div> <div>Boys &amp; Girls Club 3pm-6pm</div> <div>Zumba 4pm-5pm</div> <div>Playdate Hour (Self Led) 4pm-6pm</div> <div>Podcast for Teens 4:30pm-5:50pm</div> <div>Zumba Toning 5pm-6pm</div>		<div>Zumba Gold 9am-10am</div> <div>Energy Education &amp; Budgeting** 9am-10am &amp; 1pm-2pm</div> <div>English as a Second Language 10am-12pm &amp; 4pm-6pm</div> <div>Well Child &amp; Young Adult Clinic 11am-7pm</div> <div>Sunshine Circle 10:15am-12pm</div> <div>Pound Fitness 12pm-1pm</div> <div>Barre 1pm-2pm</div> <div>Computer Basics 1:30pm-3pm</div> <div>Medicare 101 2pm-3pm &amp; 3pm-4pm (Spanish)</div> <div>Boys &amp; Girls Club 3pm-4pm</div> <div>Excel Fundamentals 3pm-4:30pm</div> <div>Build A Bite 4pm-5pm</div> <div>Playdate Hour (Self Led) 4pm-6pm</div> <div>Triple Play 5pm-5:45pm</div> <div>Self Care &amp; Crafts 5pm-6pm</div>		<div>Dance Fitness 9am-10am</div> <div>Active IEHP Members Only CPR 9:30am-12:30pm 1:30pm-4:30pm (Spanish)</div> <div>Sunshine Circle 10:15am-11am</div> <div>Knit &amp; Crochet (Self Led) 11am-12pm</div> <div>Stories &amp; Crafts for Littles 11:15am-12pm</div> <div>Belly Dancing 12pm-1pm</div> <div>Podcast for Teens 4:30pm-5:50pm</div> <div>Crafty Crew Collective 4pm-5:30pm Bring the whole family Come create a snack &amp; craft that are themed</div>	
<div>Legend</div> <div>**Pre-registration and/or application required</div> <div>Blue font color - Infant &amp; toddler classes ages 0-4 with parents</div> <div>Purple font color - Kids classes ages 5-11 with parents</div> <div>Green font color - Teens classes ages 12-17</div> <div>Black font color - Classes for ages 12 and older</div> <div>Dark Orange - All age classes</div> <div>HACSB - Housing Authority of the County of San Bernardino</div> <div>Dark Blue font color - Boy &amp; Girls Club classes for kids ages 6-12 with parent on premises</div>				<div>Boys &amp; Girls Club Great Futures Start Here!**</div> <div>After school programming for children ages 6-12.</div> <div>Application is required.</div> <div>For more information call 909-856-8689 or Scan QR code to apply.</div> <div>Do you need assistance renewing your Medi-Cal or applying for IEHP health coverage?</div> <div>Call us at 1-888-860-1296 or visit our center to make an appointment.</div> <div>Do you need help with benefits, updating demographics, or changing your provider?</div> <div>We have Member Services Representatives on-site Monday-Friday 9am-5:30pm. Ask to speak with them today!</div>				<div>February is American Heart Month.</div> <div>Take steps to lower your risk for heart disease. Check out our Free heart-healthy classes this month. Wear RED on the days you see the hearts.</div>	
<div>Well Child &amp; Young Adult Clinic</div> <div>Is your child due for a WellCare Visit?</div> <div>Call 866-228-4347 option 5 to verify eligibility and schedule an appointment or walk-in to participate.</div> <div>Active IEHP Direct members ages 3-21welcome!</div>									
<div>12353 Mariposa Rd. Suites C-2 &amp; C-3, Victorville, CA 92395 (near Vallarta Supermarket) * Monday-Friday, 9am-6pm</div> <div>1-866-228-4347 TTY users should call 711 * www.iehp.org/crcClasses * All classes are first come first serve. Classes are subject to change.</div>									