

| MONDAY   | TUESDAY  | WEDNESDAY   | THURSDAY   | FRIDAY  |
|--|--|---|--|---|
| <div><div>Strength &amp; Conditioning 9am-9:45am</div><div>Diabetes Among Friends #8 (Spanish) 9am-10am</div><div>Meditation 10am-10:45am</div><div>Mindful Living #3 (Spanish) 10:30am-11:30am</div><div>Mat Pilates 11am-11:45am</div><div>Mindful Stretch 12pm-12:45pm</div><div>Seated Strength for Seniors &amp; People w/disabilities 1pm-1:45pm</div><div>Mindful Living #3 1:30pm-2:30pm</div><div>Aeroboxing 2pm-2:45pm</div><div>Diabetes Among Friends #8 3pm-4pm</div><div>Form &amp; Functional 3pm-3:45pm</div><div>Meditation for Kids (ages 5-11) 4pm-4:45pm</div><div>Zumba 5pm-6pm</div></div> <div>2</div>  | <div><div><div><div><div></div><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><div>Heart to Function 9am-9:45am</div><div>Disco Cardio 10am-10:45am</div><div>Heartful Stretch 11am-11:45am</div><div>Sweat to the Beat 12pm-12:45pm</div><div>Balance &amp; Rhythm 1pm-1:45pm</div><div>Zumba for Your Heart 2pm-2:45pm</div><div>Mobility Flow 3pm-3:45pm</div><div>Little Heartbeat for Kids (ages 5-11) 4pm-4:45pm</div></div> <div>3</div>      | <div><div><div>**IEHP Renewal Specialist</div><div>Form &amp; Functional 9am-9:45am</div><div>Mindful Stretch 10am-10:45am</div><div>Cardio &amp; Strength Training 11am-11:45pm</div><div>Yoga for Beginners 12pm-12:45pm</div><div>Strength &amp; Conditioning 1pm-1:45pm</div><div>Mat Pilates 2pm-2:45pm</div><div>Digital Tools for a Healthier You 2:30pm-3:30pm</div><div>Core Training 3pm-3:45pm</div><div>Stretch and Mobility 4pm-5pm</div><div>Painting for kids (ages 5-11) 4pm-4:45pm</div><div>Zumba 5pm-6pm</div></div></div> <div>4</div>  | <div><div>Chair Fitness 9am-9:45am</div><div>How to Have a healthy Relationship (Bilingual) 9am-10am</div><div>IEHP Member Benefits 10am-11am 11am-12pm (Spanish)</div><div>Yin Yoga 10am-10:45am</div><div>Fit to Function 11am-11:45am</div><div>Zumba 12pm-12:45pm</div><div>Coffee &amp; Paint for Your Heart (Bilingual) 12pm-1pm</div><div>Balance &amp; Stability 1pm-1:45pm</div><div>Healthy Hydration (Bilingual) 2pm-3pm</div><div>Tai Chi 2:15pm-2:45pm</div><div>Seated Strength for Seniors &amp; People w/ disabilities 3pm-3:45pm</div><div>Strong Trough Your Cycle 3pm-4pm</div><div>Stronger Men: Midlife &amp; Bone (Bilingual) 4pm-5pm</div><div>Little Warriors for Kids (ages 5-11) 4pm-4:45pm</div><div>Sweat to the Beat 5pm-6pm</div></div> <div>5</div> | <div><div>HIIT 9am-9:30am</div><div>Sweat to the Beat 10am-10:45am</div><div>Zumbini (ages 0-4) 10am-10:45am</div><div>The Beat Goes On 11am-12pm</div><div>Mat Pilates 11am-11:45am</div><div>Chair Fitness 12pm-12:45pm</div><div>Yarn &amp; Loom (Bilingual) 12pm-1pm</div><div>Arts &amp; Crafts 1pm-2pm</div><div>Fit to Function 1pm-1:45pm</div><div>Fitness Myth Busters 2pm-3pm</div><div>Meditation 2pm-2:45pm</div><div>Form and Functional 3pm-3:45pm</div><div>Happy Heart Mind &amp; Body 3pm-4pm</div><div>Meditation for Kids (ages 5-11) 4pm-4:45pm</div><div>Disco Cardio 5pm-5:45pm</div></div> <div>6</div>   |
| <div><div>Strength &amp; Conditioning 9am-9:45am</div><div>Stronger Men: Muscle &amp; Bone Health 9am-9:45am</div><div>Meditation 10am-10:45am</div><div>The Mental Benefits of Fitness 10am-10:45am</div><div>Mat Pilates 11am-11:45am</div><div>Mindful Stretch 12pm-12:45pm</div><div>Seated Strength for Seniors &amp; People w/disabilities 1pm-1:45pm</div><div>Coffee &amp; Paint for Your Heart (Bilingual) 1pm-1:45pm</div><div>Aeroboxing 2pm-2:45pm</div><div>Midlife Muscle and Bone 2pm-2:45pm</div><div>Form &amp; Functional 3pm-3:45pm</div><div>Fitness Myth Busters 3pm-3:45pm</div><div>Zumbini (ages 0-4) 4pm-4:45pm</div><div>Meditation for Kids (ages 5-11) 4pm-4:45pm</div><div>Zumba 5pm-6pm</div></div> <div>9</div> | <div><div><div><div><div></div><div></div></div><div>Well Child and Young Adult Clinic</div><div>11am-7pm</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><div>Fit to Function 9am-9:45am</div><div>Disco Cardio 10am-10:45am</div><div>Mindful Stretch 11am-11:45am</div><div>Zumba 12pm-12:45pm</div><div>Balance &amp; Stability 1pm-1:45pm</div><div>Chair Fitness 2pm-2:45pm</div><div>Yin Yoga 3pm-3:45pm</div><div>Little Warriors for Kids (ages 5-11) 4pm-4:45pm</div><div>Tai Chi 5pm-5:45pm</div></div> <div>10</div> | <div><div><div>**IEHP Renewal Specialist</div><div>Form &amp; Functional 9am-9:45am</div><div>Mindful Stretch 10am-10:45am</div><div>Gas Aggregation and Slamming (Bilingual) 10am-11am</div><div>Cardio &amp; Strength Training 11am-11:45pm</div><div>Yoga for Beginners 12pm-12:45pm</div><div>Strength &amp; Conditioning 1pm-1:45pm</div><div>Healthy Living: My Best Self #3 1:30pm-2:30pm</div><div>Mat Pilates 2pm-2:45pm</div><div>Core Training 3pm-3:45pm</div><div>Breathe Well, Live Well #1 3pm-4pm</div><div>Stretch and Mobility 4pm-5pm</div><div>Painting for kids (ages 5-11) 4pm-4:45pm</div><div>Zumba 5pm-6pm</div></div></div> <div>11</div> | <div><div>*Breast &amp; Cervical Cancer (Bilingual) 9am-10am</div><div>*Prize Raffles in Class</div><div>Chair Fitness 9am-9:45am</div><div>CPR (Ages 14+) (Spanish) 10am-1pm</div><div>Heart Centered Yin Yoga 10am-10:45am</div><div>Heart to Function 11am-11:45am</div><div>Zumba for Your Heart 12pm-12:45pm</div><div>Balance &amp; Rhythm 1pm-1:45pm</div><div>CPR (Ages 14+) 1:30pm-4:30pm</div><div>Tai Chi Heart Care 2:15pm-2:45pm</div><div>*Dance Your Heart Out (All ages) 4pm-5:30pm</div><div>*Small Dinner and Refreshments Provided. RSVP Required.</div></div> <div>12</div>  | <div><div>HIIT 9am-9:30am</div><div>Chinese New Year Arts &amp; Crafts 9am-10am</div><div>Sweat to the Beat 10am-10:45am</div><div>Zumbini (ages 0-4) 10am-10:45am</div><div>Mat Pilates 11am-11:45am</div><div>Chair Fitness 12pm-12:45pm</div><div>Yarn &amp; Loom (Bilingual) 12pm-1pm</div><div>Arts &amp; Crafts 1pm-2pm</div><div>Fit to Funtion 1pm-1:45pm</div><div>Meditation 2pm-2:45pm</div><div>Healthy Living: My Best Self #3 (Spanish) 2:30pm-3:30pm</div><div>Stretch and Mobility 3pm-3:45pm</div><div>Breathe Well, Live Well #2 (Spanish) 4pm-5pm</div><div>Meditation for Kids (ages 5-11) 4pm-4:45pm</div><div>Fit Kids (ages 5-11) 5pm-5:45pm</div></div> <div>13</div> |
| <div><div><div><div><div></div><div></div></div><div>CLOSED</div><div>in observance of Presidents' Day</div></div></div></div> <div>16</div>   | <div><div><div><div><div></div><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><div>Fit to Function 9am-9:45am</div><div>Disco Cardio 10am-10:45am</div><div>Mindful Stretch 11am-11:45am</div><div>Zumba 12pm-12:45pm</div><div>Balance &amp; Stability 1pm-1:45pm</div><div>Chair Fitness 2pm-2:45pm</div><div>Yin Yoga 3pm-3:45pm</div><div>Little Warriors for Kids (ages 5-11) 4pm-4:45pm</div><div>Tai Chi 5pm-5:45pm</div></div> <div>17</div> | <div><div><div>**IEHP Renewal Specialist</div><div>Form &amp; Functional 9am-9:45am</div><div>Mindful Stretch 10am-10:45am</div><div>Know Your Rights/Citizenship (Bilingual) 10am-11am</div><div>Cardio &amp; Strength Training 11am-11:45am</div><div>Yoga for Beginners 12pm-12:45pm</div><div>Strength &amp; Conditioning 1pm-1:45pm</div><div>Mat Pilates 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>Stretch and Mobility 4pm-5pm</div><div>Painting for kids (ages 5-11) 4pm-4:45pm</div><div>Zumba 5pm-6pm</div></div></div> <div>18</div>                                  | <div><div><div>CLOSED</div><div>9am-2pm</div></div></div> <div><div>Balance &amp; Stability 2:15pm-3pm</div><div>Arts &amp; Crafts 2:15pm-3:15pm</div><div>Tai-Chi 3pm-3:30pm</div><div>Game Hour (Bilingual) 3:30pm-4:30pm</div><div>Zumba 3:45pm-4:30pm</div></div> <div>19</div>  | <div><div>Healthy Heart #2 (Spanish) 9am-10am</div><div>HIIT The Beat 9am-9:30am</div><div>Sweat to the Beat 10am-10:45am</div><div>Diabetes Among Friends #9 (Spanish) 10:30am-11:30am</div><div>Mat Pulse Pilates 11am-11:45am</div><div>Strong Heart Chair Fitness 12pm-12:45pm</div><div>The Active Heart 12pm-1pm</div><div>Heart to Function 1pm-1:45pm</div><div>Diabetes Among Friends #9 1:30pm-2:30pm</div><div>Meditation 2pm-2:45pm</div><div>Healthy Heart #2 3pm-4pm</div><div>Mobility Flow 3pm-3:45pm</div><div>Meditation for Kids (ages 5-11) 4pm-4:45pm</div><div>Disco Cardio 5pm-5:45pm</div></div> <div>20</div>  |
| <div><div>Heart Pump Strength 9am-9:45am</div><div>Healthy Heart #3 (Spanish) 9am-10am</div><div>Meditation 10am-10:45am</div><div>Healthy Living: My Best Self #4 (Spanish) 10:30am-11:30am</div><div>Mat Pulse Pilates 11am-11:45am</div><div>Heartful Stretch 12pm-12:45pm</div><div>Seated Strong Hearts for Seniors &amp; People w/disabilities 1pm-1:45pm</div><div>Healthy Living: My Best Self #4 1:30pm-2:30pm</div><div>Aeroboxing 2pm-2:45pm</div><div>Form &amp; Heart Beat 3pm-3:45pm</div><div>Healthy Heart #3 3pm-4pm</div><div>Meditation for Kids (ages 5-11) 4pm-4:45pm</div><div>Zumba for Your Heart 5pm-6pm</div></div> <div>23</div>  | <div><div><div><div><div></div><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><div>Fit to Function 9am-9:45am</div><div>Disco Cardio 10am-10:45am</div><div>Mindful Stretch 11am-11:45am</div><div>Zumba 12pm-12:45pm</div><div>Balance &amp; Stability 1pm-1:45pm</div><div>Chair Fitness 2pm-2:45pm</div><div>Yin Yoga 3pm-3:45pm</div><div>Little Warriors for Kids (ages 5-11) 4pm-4:45pm</div><div>Tai Chi 5pm-5:45pm</div></div> <div>24</div> | <div><div><div>**IEHP Renewal Specialist</div><div>Form &amp; Functional 9am-9:45am</div><div>Mindful Stretch 10am-10:45am</div><div>Cardio &amp; Strength Training 11am-11:45am</div><div>Yoga for Beginners 12pm-12:45pm</div><div>Strength &amp; Conditioning 1pm-1:45pm</div><div>Arts &amp; Crafts 2pm-3pm</div><div>Mat Pilates 2pm-2:45pm</div><div>Coffee &amp; Paint for Your Heart (Bilingual) 3pm-4pm</div><div>Core Training 3pm-3:45pm</div><div>Stretch and Mobility 4pm-5pm</div><div>Painting for Kids (ages 5-11) 4pm-4:45pm</div><div>Zumba 5pm-6pm</div></div></div> <div>25</div>   | <div><div><div>*Black History Month Celebration (All Ages) 10am-12pm</div><div>*RSVP Required. Refreshments &amp; snacks provided. Bring your favorite dish to share. (Optional)</div><div>Balance &amp; Stability 1pm-1:45pm</div><div>Healthy Hydration (Bilingual) 2pm-3pm</div><div>Tai Chi 2:15pm-2:45pm</div><div>Seated Strength for Seniors &amp; People w/disabilities 3pm-3:45pm</div><div>Strong Trough Your Cycle 3pm-4pm</div><div>Stronger Men: Muscle &amp; Bone (Bilingual) 4pm-5pm</div><div>Little Warriors for Kids (ages 5-11) 4pm-4:45pm</div><div>Sweat to the Beat 5pm-6pm</div></div></div> <div>26</div>  | <div><div>HIIT 9am-9:30am</div><div>Sweat to the Beat 10am-10:45am</div><div>Zumbini (ages 0-4) 10am-10:45am</div><div>Mat Pilates 11am-11:45am</div><div>Connect IE Website 11am-12pm</div><div>Chair Fitness 12pm-12:45pm</div><div>Yarn &amp; Loom (Bilingual) 12pm-1pm</div><div>Arts &amp; Crafts 1pm-2pm</div><div>Fit to Function 1pm-1:45pm</div><div>Fitness Myth Busters 2pm-3pm</div><div>Meditation 2pm-2:45pm</div><div>Form and Functional 3pm-3:45pm</div><div>Happy Healthy Me 3pm-4pm</div><div>Meditation for Kids (ages 5-11) 4pm-4:45pm</div><div>Fit Kids (ages 5-11) 5pm-5:45pm</div></div> <div>27</div>   |

February is **American Heart Month**. 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**.



April 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.



**Legend**

\*\*Registration required

Blue font — ages 0-4 with parents

Purple font— ages 5-11 with parents

Black font- ages 12 and older



**SCAN ME!**

Use your phone to scan the QR code to view our full schedule of **FREE** classes.

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



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



www.iehp.org/crcClasses