

## Community Wellness Center - RIVERSIDE

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

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.



*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](http://www.iehp.org/crcClasses)