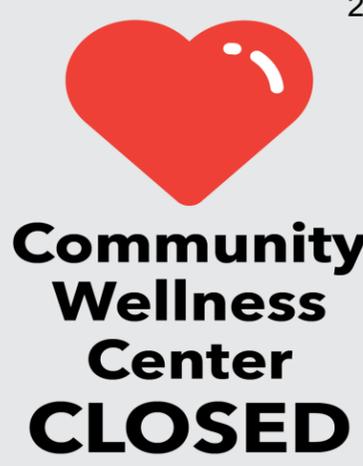


Community Wellness Center - RIVERSIDE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
<p>Diabetes Among Friends #1 (Spanish) 9am-10am</p> <p>Arts & Crafts (Bilingual) 10am-11am</p> <p>Breathe Well, Live Well #2 (Spanish) 10:30am-11:30am</p> <p>IEHP CWC Bingo 11:30am-12:30pm</p> <p>Breathe Well, Live Well #2 1:30pm-2:30pm</p> <p>Fun with ASL 2pm-3pm</p> <p>Diabetes Among Friends #1 3pm-4pm</p> <p>Arts & Crafts for Kids (ages 5-11) 4pm-4:45pm</p>	<p>Well Child and Young Adult Clinic 10am-6pm</p> <p>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.</p> <p>Fit to Function 9am-9:45am</p> <p>Cardio Mix 10am-10:45am</p> <p>Mindful Stretch 11am-11:45am</p> <p>Zumba 12pm-12:45pm</p> <p>Balance & Stability 1pm-1:45pm</p> <p>IEHP CWC Trivia 2pm-2:45pm</p> <p>Yin Yoga 3pm-3:45pm</p> <p>Little Warriors for Kids (ages 5-11) 4pm-4:45pm</p> <p>Tai Chi 5pm-5:45pm</p>	<p>**IEHP Renewal Specialist Form & Functional 9am-9:45am</p> <p>Eat Smart — Being Active Series 1 (Bilingual) 9am-10:30am</p> <p>Mindful Stretch 10am-10:45am</p> <p>Cardio & Strength Training 11am-11:45pm</p> <p>*Share your CWC Story 11:30am-12:30pm</p> <p>*Light refreshments provided</p> <p>Yoga for Beginners 12pm-12:45pm</p> <p>Strength & Conditioning 1pm-1:45pm</p> <p>Mat Pilates 2pm-2:45pm</p> <p>Digital Tools for a Healthier You 2:30pm-3:30pm</p> <p>Core Training 3pm-3:45pm</p> <p>Stretch and Mobility 4pm-5pm</p> <p>Painting for kids (ages 5-11) 4pm-4:45pm</p> <p>Zumba 5pm-6pm</p>	<p>Online Safety (Bilingual) 9am-10am</p> <p>Medicare 101 9am-9:30am</p> <p>Yin Yoga 10am-10:45am</p> <p>Fit to Function 11am-11:45am</p> <p>Zumba 12pm-12:45pm</p> <p>Coffee & Paint (Bilingual) 12pm-1pm</p> <p>Balance & Stability 1pm-1:45pm</p> <p>Healthy Hydration (Bilingual) 2pm-3pm</p> <p>Tai Chi 2:15pm-2:45pm</p> <p>*Anniversary/Birthday Celebration (All Ages) 4pm-5:30pm</p> <p>*Small Dinner and Refreshments Provided. RSVP Required.</p>	<p>International Women's Day 9am-10:30am</p> <p>Join us for selfcare activities. *Refreshments and snacks provided.</p> <p>Mat Pilates 11am-11:45am</p> <p>Mental Benefits of Fitness 11am-11:45am</p> <p>Chair Fitness 12pm-12:45pm</p> <p>Yarn & Loom (Bilingual) 12pm-1pm</p> <p>IEHP Anniversary Photoshoot 1pm-2pm</p> <p>*Everyone Welcome</p> <p>Fit to Function 1pm-1:45pm</p> <p>Meditation 2pm-2:45pm</p> <p>Stretch and Mobility 3pm-3:45pm</p> <p>Yoga Stretch for Kids (ages 5-11) 4pm-4:45pm</p> <p>Cardio Mix 5pm-5:45pm</p>	
<p>Living Well in the Community #1 9am-10am</p> <p>Mom's Wellness Group 9am-11am</p> <p>Healthy Heart #1 (Spanish) 10:30am-11:30am</p> <p>Game Hour (Bilingual) 11:30am-12:30pm</p> <p>Healthy Living My Best Self #1 (Spanish) 1:30pm-2:30pm</p> <p>Fun with ASL 2pm-3pm</p> <p>Healthy Heart #1 3pm-4pm</p> <p>Arts & Crafts (Bilingual) 3:30pm-4:30pm</p> <p>Arts & Crafts for Kids (ages 5-11) 4pm-4:45pm</p>	<p>Well Child and Young Adult Clinic 11am-7pm</p> <p>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.</p> <p>Fit to Function 9am-9:45am</p> <p>Cardio Mix 10am-10:45am</p> <p>Mindful Stretch 11am-11:45am</p> <p>Zumba 12pm-12:45pm</p> <p>Balance & Stability 1pm-1:45pm</p> <p>Chair Fitness 2pm-2:45pm</p> <p>Yin Yoga 3pm-3:45pm</p> <p>Little Warriors for Kids (ages 5-11) 4pm-4:45pm</p> <p>Tai Chi 5pm-5:45pm</p>	<p>**IEHP Renewal Specialist Form & Functional 9am-9:45am</p> <p>Eat Smart — Being Active Series 2 (Bilingual) 9am-10:30am</p> <p>Mindful Stretch 10am-10:45am</p> <p>Avoiding Disconnection/Payment Options/Billing Cycle (Bilingual) 11am-12pm</p> <p>Cardio & Strength Training 11am-11:45pm</p> <p>Yoga for Beginners 12pm-12:45pm</p> <p>Strength & Conditioning 1pm-1:45pm</p> <p>Mat Pilates 2pm-2:45pm</p> <p>Fuel Your Workout 2pm-3pm</p> <p>Core Training 3pm-3:45pm</p> <p>Stretch and Mobility 4pm-5pm</p> <p>Painting for kids (ages 5-11) 4pm-4:45pm</p> <p>Zumba 5pm-6pm</p>	<p>*Breast & Cervical Cancer (Bilingual) 9am-10am</p> <p>*Prize Raffles in Class</p> <p>Chair Fitness 9am-9:45am</p> <p>CPR (Ages 14+) (Spanish) 10am-1pm</p> <p>Yin Yoga 10am-10:45am</p> <p>Fit to Function 11am-11:45am</p> <p>Zumba 12pm-12:45pm</p> <p>Balance & Stability 1pm-1:45pm</p> <p>CPR (Ages 14+) 1:30pm-4:30pm</p> <p>Tai Chi 2:15pm-2:45pm</p> <p>Seated Strength for Seniors & People w/disabilities 3pm-3:45pm</p> <p>Little Warriors for Kids (ages 5-11) 4pm-4:45pm</p> <p>Sweat to the Beat 5pm-6pm</p>	<p>HIIT 9am-9:30am</p> <p>Sweat to the Beat 10am-10:45am</p> <p>Zumbini (ages 0-4) 10am-10:45am</p> <p>Mat Pilates 11am-11:45am</p> <p>What are Macronutrients & Micronutrients? (Bilingual) 11am-12pm</p> <p>Chair Fitness 12pm-12:45pm</p> <p>Yarn & Loom (Bilingual) 12pm-1pm</p> <p>Breathing 101 (Bilingual) 1pm-2pm</p> <p>Fit to Function 1pm-1:45pm</p> <p>Meditation 2pm-2:45pm</p> <p>Strong Through Your Cycle 2pm-3pm</p> <p>Stretch and Mobility 3pm-3:45pm</p> <p>Yoga Stretch for Kids (ages 5-11) 4pm-4:45pm</p> <p>Fit Kids (ages 5-11) 5pm-5:45pm</p>	
<p>Strength & Conditioning 9am-9:45am</p> <p>Mom's Wellness Group 9am-11am</p> <p>Meditation 10am-10:45am</p> <p>Mat Pilates 11am-11:45am</p> <p>Mindful Stretch 12pm-12:45pm</p> <p>Seated Strength for Seniors & People w/disabilities 1pm-1:45pm</p> <p>Coffee & Paint (Bilingual) 1pm-1:45pm</p> <p>Aeroboxing 2pm-2:45pm</p> <p>What are Macronutrients & Micronutrients? (Bilingual) 2pm-2:45pm</p> <p>Form & Functional 3pm-3:45pm</p> <p>Fuel Your Workout 3pm-3:45pm</p> <p>Zumbini (ages 0-4) 4pm-4:45pm</p> <p>Yoga Stretch for Kids (ages 5-11) 4pm-4:45pm</p> <p>Zumba 5pm-6pm</p>	<p>Well Child and Young Adult Clinic 10am-6pm</p> <p>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.</p> <p>Fit to Function 9am-9:45am</p> <p>Cardio Mix 10am-10:45am</p> <p>Mindful Stretch 11am-11:45am</p> <p>Zumba 12pm-12:45pm</p> <p>Balance & Stability 1pm-1:45pm</p> <p>Chair Fitness 2pm-2:45pm</p> <p>Yin Yoga 3pm-3:45pm</p> <p>Little Warriors for Kids (ages 5-11) 4pm-4:45pm</p> <p>Tai Chi 5pm-5:45pm</p>	<p>**IEHP Renewal Specialist Form & Functional 9am-9:45am</p> <p>Eat Smart — Being Active Series 3 (Bilingual) 9am-10:30am</p> <p>Mindful Stretch 10am-10:45am</p> <p>Know Your Rights/Citizenship (Bilingual) 11am-12pm</p> <p>Cardio & Strength Training 11am-11:45am</p> <p>Yoga for Beginners 12pm-12:45pm</p> <p>Strength & Conditioning 1pm-1:45pm</p> <p>Mat Pilates 2pm-2:45pm</p> <p>Digital Tools for a Healthier You (Spanish) 2:30pm-3:30pm</p> <p>Core Training 3pm-3:45pm</p> <p>Stretch and Mobility 4pm-5pm</p> <p>Painting for kids (ages 5-11) 4pm-4:45pm</p> <p>Zumba 5pm-6pm</p>	<p>Chair Fitness 9am-9:45am</p> <p>Yin Yoga 10am-10:45am</p> <p>Fit to Function 11am-11:45am</p> <p>Zumba 12pm-12:45pm</p> <p>Coffee & Paint (Bilingual) 12pm-1pm</p> <p>Balance & Stability 1pm-1:45pm</p> <p>The Active Heart (Bilingual) 2pm-3pm</p> <p>Tai Chi 2:15pm-2:45pm</p> <p>Seated Strength for Seniors & People w/disabilities 3pm-3:45pm</p> <p>The Beat Goes On 3pm-4pm</p> <p>What are Macronutrients & Micronutrients? (Bilingual) 4pm-5pm</p> <p>Little Warriors for Kids (ages 5-11) 4pm-4:45pm</p> <p>Sweat to the Beat 5pm-6pm</p>	<p>Diabetes Among Friends #2 (Spanish) 9am-10am</p> <p>HIIT 9am-9:30am</p> <p>Sweat to the Beat 10am-10:45am</p> <p>Quitting Tobacco (Spanish) 10:30am-11:30am</p> <p>Mat Pilates 11am-11:45am</p> <p>Chair Fitness 12pm-12:45pm</p> <p>Fit to Function 1pm-1:45pm</p> <p>Quitting Tobacco 1:30pm-2:30pm</p> <p>Meditation 2pm-2:45pm</p> <p>Diabetes Among Friends #2 3pm-4pm</p> <p>Mindful Stretch 3pm-3:45pm</p> <p>Yoga Stretch for Kids (ages 5-11) 4pm-4:45pm</p> <p>Cardio Mix 5pm-5:45pm</p>	
<p>Strength & Conditioning 9am-9:45am</p> <p>Mom's Wellness Group 9am-11am</p> <p>Meditation 10am-10:45am</p> <p>Mat Pilates 11am-11:45am</p> <p>Breathing 101 (Bilingual) 11am-12pm</p> <p>Mindful Stretch 12pm-12:45pm</p> <p>Seated Strength for Seniors & People w/disabilities 1pm-1:45pm</p> <p>Coffee & Paint (Bilingual) 1pm-1:45pm</p> <p>Aeroboxing 2pm-2:45pm</p> <p>What are Macronutrients & Micronutrients? (Bilingual) 2pm-3pm</p> <p>Form & Functional 3pm-3:45pm</p> <p>Fitness Myth Busters 3pm-3:45pm</p> <p>Zumbini (ages 0-4) 4pm-4:45pm</p> <p>Yoga Stretch for Kids (ages 5-11) 4pm-4:45pm</p> <p>Zumba 5pm-6pm</p>	<p>Well Child and Young Adult Clinic 10am-6pm</p> <p>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.</p> <p>Fit to Function 9am-9:45am</p> <p>Cardio Mix 10am-10:45am</p> <p>Mindful Stretch 11am-11:45am</p> <p>Zumba 12pm-12:45pm</p> <p>Balance & Stability 1pm-1:45pm</p> <p>Chair Fitness 2pm-2:45pm</p> <p>Yin Yoga 3pm-3:45pm</p> <p>Little Warriors for Kids (ages 5-11) 4pm-4:45pm</p> <p>Tai Chi 5pm-5:45pm</p>	<p>**IEHP Renewal Specialist Form & Functional Canceled</p> <p>Eat Smart — Being Active Series 4 (Bilingual) 9am-10:30am</p> <p>Healthy Living My Best Self #2 (Spanish) 9am-10am</p> <p>Mindful Stretch Canceled</p> <p>Mindful Living #1 (Spanish) 10:30am-11:30am</p> <p>Cardio & Strength Training 11am-11:45am</p> <p>Yoga for Beginners 12pm-12:45pm</p> <p>Strength & Conditioning 1pm-1:45pm</p> <p>Mindful Living #1 1:30pm-2:30pm</p> <p>Mat Pilates 2pm-2:45pm</p> <p>Healthy Living My Best Self #1 3pm-4pm</p> <p>Core Training 3pm-3:45pm</p> <p>Stretch and Mobility 4pm-5pm</p> <p>Painting for Kids (ages 5-11) 4pm-4:45pm</p> <p>Zumba 5pm-6pm</p>			<p>HIIT 9am-9:30am</p> <p>Sweat to the Beat 10am-10:45am</p> <p>Zumbini (ages 0-4) 10am-10:45am</p> <p>Mat Pilates 11am-11:45am</p> <p>What are Macronutrients & Micronutrients? (Bilingual) 11am-12pm</p> <p>Chair Fitness 12pm-12:45pm</p> <p>Yarn & Loom (Bilingual) 12pm-1pm</p> <p>Arts & Crafts 1pm-2pm</p> <p>Fit to Function 1pm-1:45pm</p> <p>Practical Fitness, How to Start 2pm-3pm</p> <p>Meditation 2pm-2:45pm</p> <p>Stretch and Mobility 3pm-3:45pm</p> <p>Happy Heart Mind & Body 3pm-4pm</p> <p>Yoga Stretch for Kids (ages 5-11) 4pm-4:45pm</p> <p>Fit Kids (ages 5-11) 5pm-5:45pm</p>
<p>Strength & Conditioning 9am-9:45am</p> <p>Mom's Wellness Group 9am-11am</p> <p>Meditation 10am-10:45am</p> <p>Mat Pilates 11am-11:45am</p> <p>Mindful Stretch 12pm-12:45pm</p> <p>Seated Strength for Seniors & People w/disabilities 1pm-1:45pm</p> <p>Healthy Eating for Kids (ages 5-11) 1pm-1:45pm</p> <p>Aeroboxing 2pm-2:45pm</p> <p>Healthy Hydration for Kids (ages 5-11) 2pm-2:45pm</p> <p>Form & Functional 3pm-3:45pm</p> <p>Step by Step Drawing for Kids (ages 5-11) 3pm-3:45pm</p> <p>Zumbini (ages 0-4) 4pm-4:45pm</p> <p>Yoga Stretch for Kids (ages 5-11) 4pm-4:45pm</p> <p>Fit Kids (ages 5-11) 5pm-5:45pm</p> <p>Zumba 5pm-5:45pm</p>	<p>Well Child and Young Adult Clinic 10am-6pm</p> <p>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.</p> <p>Fit to Function 9am-9:45am</p> <p>Cardio Mix 10am-10:45am</p> <p>Mindful Stretch 11am-11:45am</p> <p>Zumba 12pm-12:45pm</p> <p>Family Block Party Join us for a day filled with fun activities for children. (ages 0-17) 1:30pm-5:30pm</p>	<p>Riverside CWC 9 Year Anniversary! Celebrate with our FREE classes and special activities. Programming begins the first week of March.</p>		<p>Legend</p> <p>**Registration required</p> <p>Blue font — ages 0-4 with parents</p> <p>Purple font — ages 5-11 with parents</p> <p>Black font — ages 12 and older</p>	
<p>March is National Nutrition Month. Choose healthy food and set healthy habits for a healthy body.</p> <p>Look for  and join our FREE classes.</p>		<p>May Medi-Cal packets have been mailed out, not sure what to do? IEHP is here to help. Let us schedule an appointment with our Renewal Specialist every Wednesday.</p>		<p>SCAN ME! Use your phone to scan the QR code to view our full schedule of FREE classes.</p>	

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