

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>Well Child &amp; Young Adult Clinic</b> <i>Is your child due for a WellCare Visit? Call 866-228-4347 option 5 to verify eligibility and schedule an appointment or walk-in to participate. Active IEHP Direct members ages 3-21 welcome!</i></p>		<p><b>Zumba Toning</b> 9am-10am <b>Chapter Chats &amp; Activities</b> 10am-11am <b>Interview Prep</b> 10am-11am</p> <p><b>Well Child &amp; Young Adult Clinic</b> 10am-6pm</p> <p><b>Little Egg-Splorers Party</b> 10am-12pm <i>Kids ages 0-5 with family Egg hunt, craft &amp; more! Light treats provided.</i></p> <p><b>Chair Fitness</b> 1pm-2pm <b>Boys &amp; Girls Club</b> 3pm-6pm <b>Playdate Hour (Self Led)</b> 3pm-6pm <b>Zumba</b> 4pm-5pm <b>Podcast for Teens</b> 4:30pm-5:50pm <b>Express Fitness</b> 5pm-5:30pm</p>	<p><b>Zumba Gold</b> 9am-10am <b>English as a Second Language</b> 10am-12pm &amp; 4pm-6pm <b>Tiny Tots Nutrition</b> 10:15am-11am <b>Sunshine Circle</b> 11:15am-12pm <b>Pound Fitness</b> 12pm-1pm <b>Barre Fitness</b> 1pm-2pm <b>Computer Basics</b> 1:30pm-3pm <b>Nourish &amp; Flourish</b> 2pm-3pm <b>Excel Fundamentals</b> 3pm-4:30pm</p> <p><b>Springtime Eggstravaganza</b> 3pm-5pm <i>Kids ages 6-12 with family Egg hunt, craft &amp; more! Light dinner &amp; treats provided. While Supplies last.</i></p> <p><b>Tone &amp; Sculpt</b> 5pm-6pm</p>	<p><b>Brunch with Lizette</b> 9am-10am <b>Strength Training</b> 10am-11am <b>Breast &amp; Cervical Health</b> 11am-12pm <b>Stories &amp; Crafts for Littles</b> 11:15am-12pm <b>Spanish Class</b> 12pm-2pm <b>Core Dancing</b> 2pm-3pm <b>Nutrition Fundamentals</b> 3pm-4pm <b>Boys &amp; Girls Club</b> 3pm-6pm <i>Join for as little or as long as works for you and your child.</i> <b>Eat Smart, Be Active</b> 4pm-5:30pm</p>
<p><b>Boys &amp; Girls Club Great Futures Start Here!</b> <i>**After school programming for children ages 6-12. Application is required. For more information call 909-856-8689 or Scan QR code to apply. 3pm-6pm Join for as little or as long as works for you and your child.</i></p>	<p><b>Week of the Young Child</b> <i>A fun-filled week celebrating early learning, young children, families, &amp; communities.</i></p> <p><b>Look for and join our FREE week of the young child workshops.</b></p>	<p><b>Zumba Toning</b> 9am-10am <b>CPR</b> 9:30am-12:30pm <b>1:30pm-4:30pm (Spanish)</b> <b>Job Searching</b> 10am-11am</p> <p><b>Well Child &amp; Young Adult Clinic</b> 10am-6pm</p> <p><b>Little Learners</b> 10:15am-11am <b>Pound Fitness</b> 11am-12pm <b>Giggles &amp; Games</b> 11:15am-12pm <b>Chair Fitness</b> 1pm-2pm <b>Boys &amp; Girls Club</b> 3pm-6pm <b>Playdate Hour (Self Led)</b> 3pm-6pm <b>Zumba</b> 4pm-5pm <b>Mindful Living #1</b> 4pm-5pm (Spanish) <b>Podcast for Teens</b> 4:30pm-5:50pm <b>Express Fitness</b> 5pm-5:30pm</p>	<p><b>Zumba Gold</b> 9am-10am <b>English as a Second Language</b> 10am-12pm &amp; 4pm-6pm <b>Tiny Tots Nutrition</b> 10:15am-11am <b>Sunshine Circle</b> 11:15am-12pm <b>Pound Fitness</b> 12pm-1pm <b>Barre Fitness</b> 1pm-2pm <b>Computer Basics</b> 1:30pm-3pm <b>Nourish &amp; Flourish</b> 2pm-3pm <b>Excel Fundamentals</b> 3pm-4:30pm <b>Boys &amp; Girls Club</b> 3pm-6pm <b>Playdate Hour (Self Led)</b> 3pm-6pm <b>Color Meditation</b> 4pm-5pm <b>Tone &amp; Sculpt</b> 5pm-6pm</p>	<p><b>CLOSED</b></p> <p><b>9am-1pm</b></p> <p><b>Core Dancing</b> 1pm-2pm <b>Nutrition Fundamentals</b> 3pm-4pm <b>Boys &amp; Girls Club</b> 3pm-6pm <i>Join for as little or as long as works for you and your child.</i> <b>Playdate Hour (Self Led)</b> 3pm-6pm <b>Barre</b> 4pm-5pm <b>Selfcare &amp; Crafts</b> 5pm-6pm</p>
<p><b>Zumba</b> 9am-10am <b>Playdate Hour (Self Led)</b> 9am-10am <b>Healthy Living My Best Self #3</b> 9am-10am (Spanish) <b>Cal Fresh Applications</b> 10am-2pm</p> <p><b>Breakfast with Lizette</b> 10am-11am <b>Little Learners</b> 10:15am-11am <b>HACSB Application Overview</b> 11am-12pm <b>Diabetes Among Friends #6</b> 11am-12pm <b>Zumba Chair</b> 12pm-1pm <b>Healthy Heart #2</b> 1pm-2pm (Spanish) <b>Nutrition Fundamentals</b> 2pm-3pm <b>Boys &amp; Girls Club</b> 3pm-6pm <b>Playdate Hour (Self Led)</b> 3pm-6pm <b>Breathe Well, Live Well #1</b> 4pm-5pm <b>Podcast for Teens</b> 4:30pm-5:50pm <b>Pound Fitness</b> 5pm-6pm</p>	<p><b>Medi-Cal Renewal Specialist</b></p> <p><b>Bootcamp Training</b> 9am-10am <b>Playtime for Little Minds</b> 10am-11am <b>Resume Writing</b> 10am-11am <b>Citizenship Class</b> 10am-12pm &amp; 4pm-6pm <b>Zumba Gold</b> 10am-11am <b>Sunshine Circle</b> 10:15am-11am <b>Healthy Habits with Lizette</b> 12pm-1pm <b>Zumba Chair</b> 1pm-2pm <b>Word Fundamentals</b> 2pm-3pm <b>Intro to Artificial Intelligence</b> 3pm-4pm <b>Boys &amp; Girls Club</b> 3pm-6pm <b>Playdate Hour (Self Led)</b> 3pm-6pm <b>Zumba</b> 4pm-5pm <b>Pound Fitness</b> 5pm-6pm</p>	<p><b>Zumba Toning</b> 9am-10am <b>Playdate Hour (Self Led)</b> 9am-10am &amp; 10am-11am <b>Chapter Chats &amp; Activities</b> 10am-11am <b>Money Basics</b> 10am-11am</p> <p><b>Well Child &amp; Young Adult Clinic</b> 10am-6pm</p> <p><b>Pound Fitness</b> 11am-12pm <b>A Better Me</b> 12pm-1pm (Spanish) <b>Grief &amp; Loss</b> 1pm-2pm (Spanish) <b>Boys &amp; Girls Club</b> 3pm-6pm <b>Playdate Hour (Self Led)</b> 3pm-6pm <b>Zumba</b> 4pm-5pm <b>Podcast for Teens</b> 4:30pm-5:50pm <b>Express Fitness</b> 5pm-5:30pm</p>	<p><b>Breakfast with Lizette</b> 9am-10am <b>English as a Second Language</b> 10am-12pm &amp; 4pm-6pm <b>Sunshine Circle</b> 11:15am-12pm <b>Tiny Tots Nutrition</b> 12pm-12:45pm <b>Barre Fitness</b> 1pm-2pm <b>Computer Basics</b> 1:30pm-3pm <b>Nourish &amp; Flourish</b> 2pm-3pm <b>Excel Fundamentals</b> 3pm-4:30pm <b>Playdate Hour (Self Led)</b> 3pm-6pm <b>Boys &amp; Girls Club</b> 3pm-6pm <b>Color Meditation</b> 4pm-5pm <b>Tone &amp; Sculpt</b> 5pm-6pm</p>	<p><b>Brunch with Lizette</b> 9am-10am <b>Strength Training</b> 10am-11am <b>Stories &amp; Crafts for Littles</b> 11:15am-12pm <b>Tiny Tots Nutrition</b> 12pm-12:45pm <b>Spanish Class</b> 12pm-2pm <b>Core Dancing</b> 2pm-3pm <b>Nutrition Fundamentals</b> 3pm-4pm <b>Boys &amp; Girls Club</b> 3pm-6pm <b>Playdate Hour (Self Led)</b> 3pm-6pm <b>Eat Smart, Be Active</b> 4pm-5:30pm</p> <p><b>Movie Night</b> 4pm-5:30pm <i>Kids all ages with family All Ages &amp; child with parents Light dinner &amp; snacks provided. While supplies last.</i></p>
<p><b>Zumba</b> 9am-10am <b>Playdate Hour (Self Led)</b> 9am-10am &amp; 10am-11am <b>Cal Fresh Applications</b> 10am-2pm</p> <p><b>Breakfast with Lizette</b> 10am-11am <b>Playtime for Little Minds</b> 10am-11am <b>Healthy Heart #1</b> 11am-12pm <b>Zumba Chair</b> 12pm-1pm <b>Breathe Well, Live Well #1</b> 1pm-2pm (Spanish) <b>Nutrition Fundamentals</b> 2pm-3pm <b>Beginning Zumba</b> 3pm-4pm <b>Boys &amp; Girls Club</b> 3pm-6pm <b>Playdate Hour (Self Led)</b> 3pm-6pm <b>Healthy Living My Best Self #2</b> 4pm-5pm <b>Podcast for Teens</b> 4:30pm-5:50pm <b>Pound Fitness</b> 5pm-6pm</p>	<p><b>Medi-Cal Renewal Specialist</b></p> <p><b>Zumba</b> 9am-10am <b>Playdate Hour (Self Led)</b> 9am-10am <b>Resume Writing</b> 10am-11am <b>Citizenship Class</b> 10am-12pm &amp; 4pm-6pm <b>Zumba Gold</b> 10am-11am <b>Stories &amp; Crafts for Littles</b> 10:15am-11am <b>Healthy Habits with Lizette</b> 12pm-1pm <b>Zumba Chair</b> 1pm-2pm <b>Word Fundamentals</b> 2pm-3pm <b>Intro to Artificial Intelligence</b> 3pm-4pm <b>Digital Tools for a Healthier You</b> 3pm-4pm <b>Boys &amp; Girls Club</b> 3pm-6pm <b>Playdate Hour (Self Led)</b> 3pm-6pm <b>Zumba</b> 4pm-5pm <b>Pound Fitness</b> 5pm-6pm</p>	<p><b>Zumba Toning</b> 9am-10am <b>Chapter Chats &amp; Activities</b> 10am-11am <b>Keeping a Job</b> 10am-11am</p> <p><b>Well Child &amp; Young Adult Clinic</b> 10am-6pm</p> <p><b>Little Learners</b> 10:15am-11am <b>Giggles &amp; Games</b> 11:15am-12pm <b>Pound Fitness</b> 11am-12pm <b>Express Fitness</b> 1pm-1:30pm</p> <p><b>Earth Day</b> 3pm-5pm <i>Kids ages 6-12 with family Storytime, planting &amp; crafting! Light dinner &amp; treats provided. While Supplies last.</i></p> <p><b>Zumba</b> 4pm-5pm <b>Podcast for Teens</b> 4:30pm-5:50pm <b>Express Fitness</b> 5pm-5:30pm</p>	<p><b>Zumba Gold</b> 9am-10am <b>English as a Second Language</b> 10am-12pm &amp; 4pm-6pm <b>Tiny Tots Nutrition</b> 10:15am-11am <b>Sunshine Circle</b> 11:15am-12pm <b>Pound Fitness</b> 12pm-1pm <b>Barre Fitness</b> 1pm-2pm <b>Computer Basics</b> 1:30pm-3pm <b>Nourish &amp; Flourish</b> 2pm-3pm <b>Excel Fundamentals</b> 3pm-4:30pm <b>Boys &amp; Girls Club</b> 3pm-6pm <b>Playdate Hour (Self Led)</b> 3pm-6pm <b>Color Meditation</b> 4pm-5pm <b>Tone &amp; Sculpt</b> 5pm-6pm</p>	<p><b>Brunch with Lizette</b> 9am-10am</p> <p><b>Active IEHP Members Only CPR</b> 9:30am-12:30pm 1:30pm-4:30pm (Spanish)</p> <p><b>Strength Training</b> 10am-11am <b>Stories &amp; Crafts for Littles</b> 11:15am-12pm <b>Tiny Tots Nutrition</b> 12pm-12:45pm <b>Spanish Class</b> 12pm-2pm <b>Core Dancing</b> 2pm-3pm <b>Boys &amp; Girls Club</b> 3pm-6pm <i>Join for as little or as long as works for you and your child.</i> <b>Nutrition Fundamentals</b> 3pm-4pm <b>Playdate Hour (Self Led)</b> 3pm-6pm <b>Eat Smart, Be Active</b> 4pm-5:30pm</p>
<p><b>Zumba</b> 9am-10am <b>Mindful Living #3</b> 9am-10am (Spanish) <b>Playdate Hour (Self Led)</b> 9am-10am</p> <p><b>Cal Fresh Applications</b> 10am-2pm</p> <p><b>Breakfast with Lizette</b> 10am-11am <b>Playtime for Little Minds</b> 10am-11am <b>Healthy Living My Best Self #3</b> 11am-12pm <b>HACSB Application Overview</b> 11am-12pm <b>Zumba Chair</b> 12pm-1pm <b>Diabetes Among Friends #7</b> 1pm-2pm (Spanish) <b>Nutrition Fundamentals</b> 2pm-3pm <b>Beginning Zumba</b> 3pm-4pm <b>Boys &amp; Girls Club</b> 3pm-6pm <b>Playdate Hour (Self Led)</b> 3pm-6pm <b>Healthy Heart #2</b> 4pm-5pm <b>Beginning Zumba</b> 4pm-5pm <b>Podcast for Teens</b> 4:30pm-5:50pm <b>Pound Fitness</b> 5pm-6pm</p>	<p><b>Medi-Cal Renewal Specialist</b></p> <p><b>Bootcamp Training</b> 9am-10am <b>Resume Writing</b> 10am-11am <b>Citizenship Class</b> 10am-12pm &amp; 4pm-6pm <b>Family Playtime</b> 10am-11am <b>Sunshine Circle</b> 11:15am-12pm <b>Zumba Gold</b> 10am-11am <b>Digital Tools for a Healthier You</b> 11am-12pm (Spanish) <b>Healthy Habits with Lizette</b> 12pm-1pm <b>Zumba Chair</b> 1pm-2pm <b>Word Fundamentals</b> 2pm-3pm <b>Intro to Artificial Intelligence</b> 3pm-4pm <b>Boys &amp; Girls Club</b> 3pm-6pm <b>Playdate Hour (Self Led)</b> 3pm-6pm <b>Zumba</b> 4pm-5pm <b>Pound Fitness</b> 5pm-6pm</p>	<p><b>Zumba Toning</b> 9am-10am <b>Chapter Chats &amp; Activities</b> 10am-11am <b>Interview Prep</b> 10am-11am <b>Little Learners</b> 10:15am-11am</p> <p><b>Well Child &amp; Young Adult Clinic</b> 11am-7pm</p> <p><b>Giggles &amp; Games</b> 11:15am-12pm <b>Pound Fitness</b> 11am-12pm <b>A Better Me</b> 12pm-1pm <b>Grief &amp; Loss</b> 1pm-2pm <b>Express Fitness</b> 2pm-2:30pm <b>Boys &amp; Girls Club</b> 3pm-6pm <b>Playdate Hour (Self Led)</b> 3pm-6pm <b>Zumba</b> 4pm-5pm <b>Podcast for Teens</b> 4:30pm-5:50pm <b>Express Fitness</b> 5pm-5:30pm</p>	<p><b>CLOSED</b></p> <p><b>9am-2pm</b></p> <p><b>Nourish &amp; Flourish</b> 2pm-3pm <b>Medicare 101</b> 2pm-3pm &amp; 3pm-4pm (Spanish) <b>Excel Fundamentals</b> 3pm-4:30pm</p> <p><b>Dr. Suess Day</b> 3pm-4:30pm <i>Kids ages 6-12 with family Storytime, Craft &amp; Games Light Dinner &amp; Treats Provided. While Supplies Last.</i></p> <p><b>English as a Second Language</b> 4pm-6pm</p>	<p><b>Legend</b></p> <p><b>**Pre-registration and/or application required</b></p> <p><b>Blue font color</b> - Infant &amp; toddler classes ages 0-5 with parents</p> <p><b>Green font color</b> - Teens classes ages 12-17</p> <p><b>Black font color</b> - Classes for ages 12 and older</p> <p><b>Orange</b> - Well Child &amp; Young Adult Clinic</p> <p><b>HACSB</b> - Housing Authority of the County of San Bernardino</p> <p><b>Purple font color</b> - Boys &amp; Girls Club classes for kids ages 6-12 with parent on premises</p>