

## Community Wellness Center - RIVERSIDE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>April is Financial Awareness Month.</b></p> <p>Look for the image to join classes.</p> <p>Help Strengthen your financial knowledge and build healthy money habits.</p> 	 <p><b>SCAN ME!</b> Use your phone to scan the QR code to view our full schedule of FREE classes.</p>	<p><b>**IEHP Renewal Specialist</b> 1</p> <p>Eat Smart — Being Active Series 5 (Bilingual) 8:30am-10am</p> <p><b>Goodwill Hiring Event</b> 10am-1pm **Scan the QR code to register</p>   <p>I Am Strong Enough for Kids (ages 5-11) 1:15pm-2:15pm</p> <p>Strength &amp; Conditioning 1:15pm-2pm</p> <p>Healthy Hydration for Kids (ages 5-11) 2pm-2:45pm</p> <p>Mat Pilates 2pm-2:45pm</p> <p>My Feelings Make Me Stronger for Kids (ages 5-11) 3pm-3:45pm</p> <p>Seated Aerobics 3pm-3:45pm</p> <p>Stretch and Mobility 4pm-4:45pm</p> <p>Painting for kids (ages 5-11) 4pm-4:45pm</p> <p>Zumba 5pm-6pm</p>	<p><b>IEHP Member Services Representative</b> 2</p> <p>Mat Pilates 9am-9:45am</p> <p>Pregnancy Prevention Methods (Bilingual) 9am-10am</p> <p>Yin Yoga 10am-10:45am</p> <p>Fit to Function 11am-11:45am</p> <p>Coffee &amp; Paint (Bilingual) 12pm-12:45pm</p> <p>Zumba 12pm-12:45pm</p> <p>Balance &amp; Stability 1pm-1:45pm</p> <p>Game Hour for Kids (ages 5-11) 2pm-2:45pm</p> <p>Tai Chi 2pm-2:30pm</p> <p>Healthy Eating for Kids (ages 5-11) 3pm-3:45pm</p> <p>Seated Strength for Seniors &amp; People w/ disabilities 3pm-3:45pm</p> <p><b>Springtime Eggstravaganza</b> 4pm-5:30pm (ages 0-17) with family Egg hunt at 5pm Refreshments provided. While Supplies last.</p> 	<p>HIIT 9am-9:30am</p> <p><b>Living Well in the Community #2</b> 9am-10am</p> <p>Sweat to the Beat 10am-10:45am</p> <p><b>Diabetes Among Friends #3</b> (Spanish) 10:30am-11:30am</p> <p>Mat Pilates 11am-11:45am</p> <p>Chair Fitness 12pm-12:45pm</p> <p>Yarn &amp; Loom (Bilingual) 12pm-1pm</p> <p>Fit to Function 1pm-1:45pm</p> <p>Breathe Well Live Well #1 (Spanish) 1:30pm-2:30pm</p> <p>Meditation 2pm-2:45pm</p> <p><b>Diabetes Among Friends #3</b> 3pm-4pm</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-6pm</p>
<p>Mom's Wellness Group 9am-11am</p> <p>Healthy Living My Best Self #2 (Spanish) 9am-10am</p> <p>Meditation 10am-10:45am</p> <p>Healthy Heart #2 (Spanish) 10:30am-11:30am</p> <p>Mat Pilates 11am-11:45am</p> <p>Mindful Stretch 12pm-12:45pm</p> <p>Seated Strength for Seniors &amp; People w/disabilities 1pm-1:45pm</p> <p>Healthy Heart #2 1:30pm-2:30pm</p> <p>Aerobic Boxing 2pm-2:45pm</p> <p>Form &amp; Functional 3pm-3:45pm</p> <p>Healthy Living My Best Self #2 3pm-4pm</p> <p>Yoga Stretch for Kids (ages 5-11) 4pm-4:45pm</p> <p>Zumbini (ages 0-4) 4pm-4:45pm</p> <p>Game Hour for Kids (ages 5-11) 5pm-5:45pm</p> <p>Zumba 5pm-6pm</p>	<p><b>IEHP Member Services Representative</b> 7</p> <p><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.</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 &amp; 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><b>**IEHP Renewal Specialist</b> 8</p> <p>Form &amp; Functional 9am-9:45am</p> <p>Mindful Stretch 10am-10:45am</p> <p>Understanding Your Edison Bill Collection Agency (Bilingual) 10am-11am</p> <p>Cardio &amp; Strength Training 11am-11:45am</p> <p>Seated Aerobics 12pm-12:45pm</p> <p>Yoga for Beginners 12pm-12:45pm</p> <p>Strength &amp; Conditioning 1pm-1:45pm</p> <p>Digital Tools for a Healthier You 2:30pm-3:30pm</p> <p>Mat Pilates 2pm-2:45pm</p> <p>Core Training 3pm-3:45pm</p> <p>Stretch and Mobility 4pm-4:45pm</p> <p>Painting for kids (ages 5-11) 4pm-4:45pm</p> <p>Zumba 5pm-6pm</p>	<p><b>IEHP Member Services Representative</b> 9</p> <p><b>*Breast &amp; Cervical Cancer</b> (Bilingual) 9am-10am *Prize Raffles in Class</p> <p>Mat Pilates 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 &amp; Stability 1pm-1:45pm</p> <p>CPR (Ages 14+) 1:30pm-4:30pm</p> <p>Tai Chi 2pm-2:30pm</p> <p>Seated Strength for Seniors &amp; 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>Fitness Myth Busters 11am-11:45am</p> <p>Mat Pilates 11am-11:45am</p> <p>Chair Fitness 12pm-12:45pm</p> <p>Yarn &amp; Loom (Bilingual) 12pm-1pm</p> <p>Breathing 101 (Bilingual) 1pm-1:45pm</p> <p>Fit to Function 1pm-1:45pm</p> <p>Aerobic Boxing 2pm-2:45pm</p> <p>Meditation 2pm-2:45pm</p> <p>Stretch and Mobility 3pm-3:45pm</p> <p>The Beat Goes On 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>Mom's Wellness Group 9am-11am</p> <p>Strength &amp; Conditioning 9am-9:45am</p> <p>Meditation 10am-10:45am</p> <p>Mat Pilates 11am-11:45am</p> <p>Mindful Stretch 12pm-12:45pm</p> <p>Happy Heart Mind &amp; Body (Bilingual) 1pm-1:45pm</p> <p>Seated Strength for Seniors &amp; People w/disabilities 1pm-1:45pm</p> <p>Aerobic Boxing 2pm-2:45pm</p> <p>The Active Heart (Bilingual) 2pm-2:45pm</p> <p>Form &amp; Functional 3pm-3:45pm</p> <p>Strong Through Your Cycle 3pm-3:45pm</p> <p>Yoga Stretch for Kids (ages 5-11) 4pm-4:45pm</p> <p>Zumbini (ages 0-4) 4pm-4:45pm</p> <p>Zumba 5pm-6pm</p>	<p><b>IEHP Member Services Representative</b> 14</p> <p><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.</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 &amp; 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><b>**IEHP Renewal Specialist</b> 15</p> <p>Eat Smart — Being Active Series 6 (Bilingual) 9am-10:30am</p> <p>Form &amp; Functional 9am-9:45am</p> <p>Know Your Rights/Citizenship (Bilingual) 10:30am-11:30am</p> <p>Mindful Stretch 10am-10:45am</p> <p>Cardio &amp; Strength Training 11am-11:45am</p> <p>Seated Aerobics 12pm-12:45pm</p> <p>Yoga for Beginners 12pm-12:45pm</p> <p>Strength &amp; Conditioning 1pm-1:45pm</p> <p>Mat Pilates 2pm-2:45pm</p> <p>Core Training 3pm-3:45pm</p> <p>Stretch and Mobility 4pm-4:45pm</p> <p>Painting for kids (ages 5-11) 4pm-4:45pm</p> <p>Zumba 5pm-6pm</p>	<p><b>IEHP Member Services Representative</b> 16</p> <p>Mat Pilates 9am-9:45am</p> <p>Yin Yoga 10am-10:45am</p> <p>Fit to Function 11am-11:45am</p> <p>Coffee &amp; Paint (Bilingual) 12pm-12:45pm</p> <p>Zumba 12pm-12:45pm</p> <p>Balance &amp; Stability 1pm-1:45pm</p> <p>Healthy Hydration (Bilingual) 2pm-2:45pm</p> <p>Tai Chi 2pm-2:30pm</p> <p>Seated Strength for Seniors &amp; People w/disabilities 3pm-3:45pm</p> <p>The Beat Goes On 3pm-3:45pm</p> <p>Little Warriors for Kids (ages 5-11) 4pm-4:45pm</p> <p>What are Macronutrients &amp; Micronutrients? (Bilingual) 4pm-4:45pm</p> <p>Sweat to the Beat 5pm-6pm</p>	<p>HIIT 9am-9:30am</p> <p>Mindful Living #2 (Spanish) 9am-10am</p> <p>Sweat to the Beat 10am-10:45am</p> <p><b>Diabetes Among Friends #4</b> (Spanish) 10:30am-11:30am</p> <p>Mat Pilates 11am-11:45am</p> <p>Chair Fitness 12pm-12:45pm</p> <p>Yarn &amp; Loom (Bilingual) 12pm-1pm</p> <p>Fit to Function 1pm-1:45pm</p> <p><b>Diabetes Among Friends #4</b> 1:30pm-2:30pm</p> <p>Meditation 2pm-2:45pm</p> <p>Mindful Stretch 3pm-3:45pm</p> <p>Mindful Living #1 3pm-4pm</p> <p>Yoga Stretch for Kids (ages 5-11) 4pm-4:45pm</p> <p>Cardio Mix 5pm-6pm</p>
<p>Healthy Living My Best Self #3 (Spanish) 9am-10am</p> <p>Mom's Wellness Group 9am-11am</p> <p>Breathe Well Live Well #2 (Spanish) 10:30pm-11:30pm</p> <p>Mat Pilates 11am-11:45am</p> <p>Chair Fitness 1pm-1:45pm</p> <p>Breathe Well Live Well #1 1:30pm-2:30pm</p> <p>Yin Yoga 2pm-2:45pm</p> <p>Healthy Living My Best Self #3 3pm-4pm</p> <p>Tai Chi 3pm-3:45pm</p> <p>Yoga Stretch for Kids (ages 5-11) 4pm-4:45pm</p> <p>Zumbini (ages 0-4) 4pm-4:45pm</p> <p>Game Hour for Kids (ages 5-11) 5pm-5:45pm</p> <p>Zumba 5pm-6pm</p>	<p><b>IEHP Member Services Representative</b> 21</p> <p><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.</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 &amp; 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><b>**IEHP Renewal Specialist</b> 22</p> <p>Eat Smart — Being Active Series 7 (Bilingual) 9am-10:30am</p> <p>Form &amp; Functional 9am-9:45am</p> <p>Mindful Stretch 10am-10:45am</p> <p>Cardio &amp; Strength Training 11am-11:45am</p> <p>Seated Aerobics 12pm-12:45pm</p> <p>Yoga for Beginners 12pm-12:45pm</p> <p>Strength &amp; 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>Earth Day for Kids (ages 5-11) 4pm-4:45pm</p> <p>Stretch and Mobility 4pm-4:45pm</p> <p>Zumba 5pm-6pm</p> 	<p><b>IEHP Member Services Representative</b> 23</p> <p>Mat Pilates 9am-9:45am</p> <p>Yin Yoga 10am-10:45am</p> <p>Fit to Function 11am-11:45am</p> <p>Coffee &amp; Paint (Bilingual) 12pm-12:45pm</p> <p>Zumba 12pm-12:45pm</p> <p>Balance &amp; Stability 1pm-1:45pm</p> <p>Tai Chi 2pm-2:30pm</p> <p>The Active Heart (Bilingual) 2pm-2:45pm</p> <p>Seated Strength for Seniors &amp; People w/disabilities 3pm-3:45pm</p> <p>The Beat Goes On 3pm-3:45pm</p> <p>Little Warriors for Kids (ages 5-11) 4pm-4:45pm</p> <p>What are Macronutrients &amp; Micronutrients? (Bilingual) 4pm-4:45pm</p> <p>Sweat to the Beat 5pm-6pm</p>	<p><b>Building a Better Budget</b> 9am-10am 10am-11am (Spanish)</p>  <p>HIIT 9am-9:30am</p> <p>Sweat to the Beat 10am-10:45am</p> <p>Mat Pilates 11am-11:45am</p> <p>How to Age Gracefully — Mind &amp; Body (Bilingual) 11am-11:45pm</p> <p>Chair Fitness 12pm-12:45pm</p> <p>Yarn &amp; Loom (Bilingual) 12pm-1pm</p> <p>Arts &amp; Crafts 1pm-1:45pm</p> <p>Fit to Function 1pm-1:45pm</p> <p>Aerobic Boxing 2pm-2:45pm</p> <p>Meditation 2pm-2:45pm</p> <p>Happy Heart Mind &amp; Body 3pm-3:45pm</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>Eat Smart — Being Active Series 1 (Bilingual) 9am-10:30am</p> <p>Mom's Wellness Group 9am-11am</p> <p>Mat Pilates 11am-11:45am</p> <p>Ten Steps to Financial Success 11am-12pm 12pm-1pm (Spanish)</p>  <p>Mindful Stretch 12pm-12:45pm</p> <p>Coffee &amp; Paint (Bilingual) 1pm-1:45pm</p> <p>Seated Strength for Seniors &amp; People w/disabilities 1pm-1:45pm</p> <p>Aerobic Boxing 2pm-2:45pm</p> <p>What are Macronutrients &amp; Micronutrients? (Bilingual) 2pm-2:45pm</p> <p>Form &amp; Functional 3pm-3:45pm</p> <p>The Mental Benefits of Fitness 3pm-3:45pm</p> <p>Yoga Stretch for Kids (ages 5-11) 4pm-4:45pm</p> <p>Zumbini (ages 0-4) 4pm-4:45pm</p> <p>Zumba 5pm-6pm</p>	<p><b>IEHP Member Services Representative</b> 28</p> <p><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.</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 &amp; 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><b>**IEHP Renewal Specialist</b> 29</p> <p>Eat Smart — Being Active Series 8 (Bilingual) 9am-10:30am</p> <p>Form &amp; Functional 9am-9:45am</p> <p>Mindful Stretch 10am-10:45am</p> <p>Cardio &amp; Strength Training 11am-11:45am</p> <p>Seated Aerobics 12pm-12:45pm</p> <p>Yoga for Beginners 12pm-12:45pm</p> <p>Strength &amp; Conditioning 1pm-1:45pm</p> <p>Mat Pilates 2pm-2:45pm</p> <p>Core Training 3pm-3:45pm</p> <p>Painting for kids (ages 5-11) 4pm-4:45pm</p> <p>Stretch and Mobility 4pm-4:45pm</p> <p>Zumba 5pm-6pm</p>	<p><b>IEHP Member Services Representative</b> 30</p> <p><b>CLOSED</b> 9am-2pm</p> <p>Tai Chi 2:15pm-3pm</p> <p>Step by Step Drawing 2:15pm-3pm</p> <p>Happy Healthy Me (Bilingual) 3pm-3:45pm</p> <p>Seated Strength for Seniors &amp; People w/disabilities 3pm-3:45pm</p> <p><b>Dr. Seuss Day for Kids</b> (ages 0-17) 4pm-4:45pm Storytime, crafts &amp; more! Refreshments provided While Supplies last!</p>  <p>Sweat to the Beat 4pm-4:45pm</p>	<p><b>Legend</b></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>Follow us on Facebook</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