

Community Wellness Center - RIVERSIDE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
<p>February 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.</p> <p>Legend **Registration required Blue font — ages 0-3 with parents Purple font—ages 4-11 with parents Black font- ages 12 and older</p>	<p>Follow us on Facebook</p> <p> </p>	<p></p> <p>SCAN ME! Use your phone to scan the QR code to view our full schedule of FREE classes.</p>	<p>CLOSED in observance of New Year's Day</p>	<p>1 HIIT Canceled Zumbini (ages 0-3) Canceled Sweat to the Beat 10am-10:45am Yoga for Beginners 10am-10:45am Mat Pilates 11am-11:45am Chair Fitness 12pm-12:45pm Knitting & Crochet (Bilingual, Self-led) 12pm-1pm Fit to Function 1pm-1:45pm Meditation 2pm-2:45pm Form and Functional 3pm-3:45pm Meditation for Kids (ages 4-11) 4pm-4:45pm Fit Kids (ages 4-11) 5pm-5:45pm</p>	
<p>Strength & Conditioning 9am-9:45am Stronger Men: Muscle & Bone Health 9am-9:45am Meditation 10am-10:45am The Mental Benefits of Fitness 10am-10:45am Mat Pilates 11am-11:45am Mindful Stretch 12pm-12:45pm Seated Strength for Seniors and People w/disabilities 1pm-1:45pm Arts & Crafts (Bilingual) 1pm-1:45pm Bootcamp 2pm-2:45pm Midlife Muscle and Bone 2pm-3pm Form & Functional 3pm-3:45pm Fitness Myth Busters 3pm-4pm Zumbini (ages 0-3) 4pm-4:45pm Meditation for Kids (ages 4-11) 4pm-4:45pm Zumba 5pm-6pm</p>	<p>Well Child and Young Adult Clinic 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 Disco Cardio 10am-10:45am Mindful Stretch 11am-11:45am Zumba 12pm-12:45pm Balance & Stability 1pm-1:45pm Chair Fitness 2pm-2:45pm Yin Yoga 3pm-3:45pm Little Warriors for Kids (ages 4-11) 4pm-4:45pm Cardio Dance 5pm-6pm</p>	<p>**IEHP Renewal Specialist Form & Functional 9am-9:45am Mindful Stretch 10am-10:45am Cardio & Strength Training 11am-11:45pm Yoga for Beginners 12pm-12:45pm Strength & Conditioning 1pm-1:45pm Mat Pilates 2pm-2:45pm Core Training 3pm-3:45pm The Mental Benefits of Fitness 4pm-5pm Yoga for Kids (ages 4-11) 4pm-4:45pm Zumba 5pm-6pm</p>	<p>Cardio Dance 9am-9:45am STIs (Bilingual) 9am-10am CPR (Spanish) 10am-1pm Yin Yoga 10am-10:45am Fit to Function 11am-11:45am Zumba 12pm-12:45pm Balance & Stability 1pm-1:45pm CPR 1:30pm-4:30pm Tai Chi 2:15pm-2:45pm Seated Strength for Seniors and People w/disabilities 3pm-3:45pm Little Warriors for Kids (ages 4-11) 4pm-4:45pm Sweat to the Beat 5pm-6pm</p>	<p>8 HIIT 9am-9:30am Diabetes Among Friends #6 (Spanish) 9am-10am Zumba 10am-10:45am Mindful Living #2 (Spanish) 10:30am-11:30am Mindful Living #2 11:45am-12:45pm Mat Pilates 11am-11:45am Chair Fitness 12pm-12:45pm Fit to Function 1pm-1:45pm Meditation 2pm-2:45pm Diabetes Among Friends #6 2pm-3pm Stretch and Mobility 3pm-3:45pm Meditation for Kids (ages 4-11) 4pm-4:45pm Disco Cardio 5pm-6pm</p>	
<p>Strength & Conditioning 9am-9:45am Midlife Muscle and Bone 9am-10am Meditation 10am-10:45am The Mental Benefits of Fitness 10am-11am Mat Pilates 11am-11:45am Mindful Stretch 12pm-12:45pm Seated Strength for Seniors and People w/disabilities 1pm-1:45pm Arts & Crafts (Bilingual) 1pm-1:45pm Bootcamp 2pm-2:45pm Healthy Hydration (Bilingual) 2pm-3pm Form & Functional 3pm-3:45pm Fitness Myth Busters 3pm-4pm Zumbini (ages 0-3) 4pm-4:45pm Meditation for Kids (ages 4-11) 4pm-4:45pm Zumba 5pm-6pm</p>	<p>Well Child and Young Adult Clinic 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 Disco Cardio 10am-10:45am Mindful Stretch 11am-11:45am Zumba 12pm-12:45pm Balance & Stability 1pm-1:45pm Chair Fitness 2pm-2:45pm Yin Yoga 3pm-3:45pm</p> <p>Family Movie Night 4:15pm-6pm Snacks & Refreshments provided. While Supplies last. Call 1-866-228-4347 to RSVP.</p>	<p>**IEHP Renewal Specialist Form & Functional 9am-9:45am Electric and Natural Gas Safety & Understanding Your Phone Bill (Bilingual) 10am-11am Mindful Stretch 10am-10:45am Cardio & Strength Training 11am-11:45am Yoga for Beginners 12pm-12:45pm Strength & Conditioning 1pm-1:45pm Digital Tools for a Healthier You 2:30pm-3:30pm Core Training 3pm-3:45pm Practical Fitness, How to Start 4pm-5pm Yoga for Kids (ages 4-11) 4pm-4:45pm Zumba 5pm-6pm</p>	<p>Cardio Dance 9am-9:45am Strong Through Your Cycle 9am-10am Arts & Crafts (Bilingual) 10am-11am Fit to Function 10am-10:45am Knitting & Crochet (Bilingual, Self-led) 11am-12pm Yin Yoga 11am-11:45am Physical Activity during Menopause (Bilingual) 12pm-1pm Zumba 12pm-12:45pm Balance & Stability 1pm-1:45pm Healthy Hydration (Bilingual) 2pm-3pm Tai Chi 2:15pm-2:45pm Seated Strength for Seniors and People w/disabilities 3pm-3:45pm Practical Fitness, How to Start 3pm-4pm Midlife Muscle & Bone (Bilingual) 4pm-5pm Little Warriors for Kids (ages 4-11) 4pm-4:45pm Sweat to the Beat 5pm-6pm</p>	<p>15 HIIT 9am-9:30am Healthy Living: My Best Self #2 (Spanish) 9am-10am Zumba 10am-10:45am Breathe Well, Live Well #1 (Spanish) 10:30am-11:30am Mat Pilates 11am-11:45am Chair Fitness 12pm-12:45pm Fit to Function 1pm-1:45pm Breathe Well, Live Well #1 1:30pm-2:30pm Meditation 2pm-2:45pm Healthy Living: My Best Self #2 3pm-4pm Stretch and Mobility 3pm-3:45pm Meditation for Kids (ages 4-11) 4pm-4:45pm Disco Cardio 5pm-6pm</p>	
<p>Strength & Conditioning 9am-9:45am Live Well in the Community #1 9am-10am Meditation 10am-10:45am Quitting Tobacco: Where to Start (Spanish) 10:30am-11:30am Mat Pilates 11am-11:45am Mindful Stretch 12pm-12:45pm Seated Strength for Seniors and People w/disabilities 1pm-1:45pm Quitting Tobacco: Where to Start 1:30pm-2:30pm Bootcamp 2pm-2:45pm Breathe Well, Live Well #2 (Spanish) 3pm-4pm Form & Functional 3pm-3:45pm Zumbini (ages 0-3) 4pm-4:45pm Yoga for Kids (ages 4-11) 4pm-4:45pm Zumba 5pm-6pm</p>	<p>Well Child and Young Adult Clinic 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 Disco Cardio 10am-10:45am Mindful Stretch 11am-11:45am Zumba 12pm-12:45pm Balance & Stability 1pm-1:45pm Chair Fitness 2pm-2:45pm Yin Yoga 3pm-3:45pm Little Warriors for Kids (ages 4-11) 4pm-4:45pm Cardio Dance 5pm-6pm</p>	<p>**IEHP Renewal Specialist Form & Functional 9am-9:45am Know Your Rights/Citizenship (Bilingual) 10am-11am Mindful Stretch 10am-10:45am Cardio & Strength Training 11am-11:45am Eat Smart — Being Active Series 1 (Bilingual) 11am-12:30pm Yoga for Beginners 12pm-12:45pm Strength & Conditioning 1pm-1:45pm Arts & Crafts (Bilingual) 2:30pm-3:30pm Core Training 3pm-3:45pm ConnectIE Website 4pm-5pm Yoga for Kids (ages 4-11) 4pm-4:45pm Zumba 5pm-6pm</p>	<p>Cardio Dance 9am-9:45am The Mental Benefits of Fitness 9am-10am Fit to Function 10am-10:45am Happy and Healthy Me 10am-11am Knitting & Crochet (Bilingual, Self-led) 11am-12pm Yin Yoga 11am-11:45am Zumba 12pm-12:45pm Arts & Crafts (Bilingual) 12pm-1pm Balance & Stability 1pm-1:45pm Stronger Men: Muscle & Bone (Bilingual) 2pm-3pm Tai Chi 2:15pm-2:45pm Seated Strength for Seniors and People w/disabilities 3pm-3:45pm Strong Trough Your Cycle 3pm-4pm Healthy Hydration (Bilingual) 4pm-5pm Little Warriors for Kids (ages 4-11) 4pm-4:45pm Sweat to the Beat 5pm-6pm</p>	<p>22 HIIT 9am-9:30am Healthy Heart #1 (Spanish) 9am-10am Zumba 10am-10:45am Diabetes Among Friends #7 (Spanish) 10:30am-11:30am Mat Pilates 11am-11:45am Chair Fitness 12pm-12:45pm Healthy Heart #1 12pm-1pm Fit to Function 1pm-1:45pm Meditation 2pm-2:45pm Diabetes Among Friends #7 3pm-4pm Stretch and Mobility 3pm-3:45pm Meditation for Kids (ages 4-11) 4pm-4:45pm Disco Cardio 5pm-6pm</p>	
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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 • Saturday, 8:30am-1pm

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

www.iehp.org/crcClasses