

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<div><div>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.</div><div><div><div>Legend</div><div><div>**Registration required</div><div>Blue font — ages 0-3 with parents</div><div>Purple font—ages 4-11 with parents</div><div>Black font- ages 12 and older</div></div></div><div><div><div>Follow us on Facebook</div><div></div></div><div></div></div><div><div>SCAN ME!</div><div>Use your phone to scan the QR code to view our full schedule of FREE classes.</div></div></div></div>		<div><div></div><div></div></div>	<div><div></div><div></div></div>	<div><div></div><div></div></div>
<div><div>Strength & Conditioning 9am-9:45am</div><div>Stronger Men: Muscle & Bone Health 9am-9:45am</div><div>Meditation 10am-10:45am</div><div>The Mental Benefits of Fitness 10am-10:45am</div><div>Mat Pilates 11am-11:45am</div><div>Mindful Stretch 12pm-12:45pm</div><div>Seated Strength for Seniors and People w/disabilities 1pm-1:45pm</div><div>Arts & Crafts (Bilingual) 1pm-1:45pm</div><div>Bootcamp 2pm-2:45pm</div><div>Midlife Muscle and Bone 2pm-3pm</div><div>Form & Functional 3pm-3:45pm</div><div>Fitness Myth Busters 3pm-4pm</div><div>Zumbini (ages 0-3) 4pm-4:45pm</div><div>Meditation for Kids (ages 4-11) 4pm-4:45pm</div><div>Zumba 5pm-6pm</div></div>	<div><div><div>Well Child and Young Adult Clinic</div><div>10am-6pm</div><div>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.</div></div><div><div>Fit to Function 9am-9:45am</div><div>Disco Cardio 10am-10:45am</div><div>Mindful Stretch 11am-11:45am</div><div>Zumba 12pm-12:45pm</div><div>Balance & Stability 1pm-1:45pm</div><div>Chair Fitness 2pm-2:45pm</div><div>Yin Yoga 3pm-3:45pm</div><div>Little Warriors for Kids (ages 4-11) 4pm-4:45pm</div><div>Cardio Dance 5pm-6pm</div></div></div>	<div><div><div>**IEHP Renewal Specialist</div><div>Form & Functional 9am-9:45am</div><div>Mindful Stretch 10am-10:45am</div><div>Cardio & Strength Training 11am-11:45pm</div><div>Yoga for Beginners 12pm-12:45pm</div><div>Strength & Conditioning 1pm-1:45pm</div><div>Mat Pilates 2pm-2:45pm</div><div>Core Training 3pm-3:45pm</div><div>The Mental Benefits of Fitness 4pm-5pm</div><div>Yoga for Kids (ages 4-11) 4pm-4:45pm</div><div>Zumba 5pm-6pm</div></div></div>	<div><div>Cardio Dance 9am-9:45am</div><div>STIs (Bilingual) 9am-10am</div><div>CPR (Spanish) 10am-1pm</div><div>Yin Yoga 10am-10:45am</div><div>Fit to Function 11am-11:45am</div><div>Zumba 12pm-12:45pm</div><div>Balance & Stability 1pm-1:45pm</div><div>CPR 1:30pm-4:30pm</div><div>Tai Chi 2:15pm-2:45pm</div><div>Seated Strength for Seniors and People w/disabilities 3pm-3:45pm</div><div>Little Warriors for Kids (ages 4-11) 4pm-4:45pm</div><div>Sweat to the Beat 5pm-6pm</div></div>	<div><div>HIIT Canceled</div><div>Zumbini (ages 0-3) Canceled</div><div>Sweat to the Beat 10am-10:45am</div><div>Yoga for Beginners 10am-10:45am</div><div>Mat Pilates 11am-11:45am</div><div>Chair Fitness 12pm-12:45pm</div><div>Knitting & Crochet (Bilingual, Self-led) 12pm-1pm</div><div>Fit to Function 1pm-1:45pm</div><div>Meditation 2pm-2:45pm</div><div>Form and Functional 3pm-3:45pm</div><div>Meditation for Kids (ages 4-11) 4pm-4:45pm</div><div>Fit Kids (ages 4-11) 5pm-5:45pm</div></div>
<div><div>Strength & Conditioning 9am-9:45am</div><div>Midlife Muscle and Bone 9am-10am</div><div>Meditation 10am-10:45am</div><div>The Mental Benefits of Fitness 10am-11am</div><div>Mat Pilates 11am-11:45am</div><div>Mindful Stretch 12pm-12:45pm</div><div>Seated Strength for Seniors and People w/disabilities 1pm-1:45pm</div><div>Arts & Crafts (Bilingual) 1pm-1:45pm</div><div>Bootcamp 2pm-2:45pm</div><div>Healthy Hydration (Bilingual) 2pm-3pm</div><div>Form & Functional 3pm-3:45pm</div><div>Fitness Myth Busters 3pm-4pm</div><div>Zumbini (ages 0-3) 4pm-4:45pm</div><div>Meditation for Kids (ages 4-11) 4pm-4:45pm</div><div>Zumba 5pm-6pm</div></div>	<div><div><div>Well Child and Young Adult Clinic</div><div>11am-7pm</div><div>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.</div></div><div><div>Fit to Function 9am-9:45am</div><div>Disco Cardio 10am-10:45am</div><div>Mindful Stretch 11am-11:45am</div><div>Zumba 12pm-12:45pm</div><div>Balance & Stability 1pm-1:45pm</div><div>Chair Fitness 2pm-2:45pm</div><div>Yin Yoga 3pm-3:45pm</div></div><div><div><div>Family Movie Night</div><div>4:15pm-6pm</div><div>Snacks & Refreshments provided. While Supplies last. Call 1-866-228-4347 to RSVP.</div></div></div></div>	<div><div><div>**IEHP Renewal Specialist</div><div>Form & Functional 9am-9:45am</div><div>Electric and Natural Gas Safety & Understanding Your Phone Bill (Bilingual) 10am-11am</div><div>Mindful Stretch 10am-10:45am</div><div>Cardio & Strength Training 11am-11:45am</div><div>Yoga for Beginners12pm-12:45pm</div><div>Strength & Conditioning 1pm-1:45pm</div><div>Digital Tools for a Healthier You 2:30pm-3:30pm</div><div>Core Training 3pm-3:45pm</div><div>Practical Fitness, How to Start 4pm-5pm</div><div>Yoga for Kids (ages 4-11) 4pm-4:45pm</div><div>Zumba 5pm-6pm</div></div></div>	<div><div>Cardio Dance 9am-9:45am</div><div>Strong Through Your Cycle 9am-10am</div><div>Arts & Crafts (Bilingual) 10am-11am</div><div>Fit to Function 10am-10:45am</div><div>Knitting & Crochet (Bilingual, Self-led) 11am-12pm</div><div>Yin Yoga 11am-11:45am</div><div>Physical Activity during Menopause (Bilingual) 12pm-1pm</div><div>Zumba 12pm-12:45pm</div><div>Balance & Stability 1pm-1:45pm</div><div>Healthy Hydration (Bilingual) 2pm-3pm</div><div>Tai Chi 2:15pm-2:45pm</div><div>Seated Strength for Seniors and People w/disabilities 3pm-3:45pm</div><div>Practical Fitness, How to Start 3pm-4pm</div><div>Midlife Muscle & Bone (Bilingual) 4pm-5pm</div><div>Little Warriors for Kids (ages 4-11) 4pm-4:45pm</div><div>Sweat to the Beat 5pm-6pm</div></div>	<div><div>HIIT 9am-9:30am</div><div>Healthy Living: My Best Self #2 (Spanish) 9am-10am</div><div>Zumba 10am-10:45am</div><div>Breathe Well, Live Well #1 (Spanish) 10:30am-11:30am</div><div>Mat Pilates 11am-11:45am</div><div>Chair Fitness 12pm-12:45pm</div><div>Fit to Function 1pm-1:45pm</div><div>Breathe Well, Live Well #1 1:30pm-2:30pm</div><div>Meditation 2pm-2:45pm</div><div>Healthy Living: My Best Self #2 3pm-4pm</div><div>Stretch and Mobility 3pm-3:45pm</div><div>Meditation for Kids (ages 4-11) 4pm-4:45pm</div><div>Disco Cardio 5pm-6pm</div></div>
<div><div>CLOSED</div><div>in observance of</div><div>Martin Luther King, Jr. Day</div></div>	<div><div><div>Well Child and Young Adult Clinic</div><div>10am-6pm</div><div>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.</div></div><div><div>Fit to Function 9am-9:45am</div><div>Disco Cardio 10am-10:45am</div><div>Mindful Stretch 11am-11:45am</div><div>Zumba 12pm-12:45pm</div><div>Balance & Stability 1pm-1:45pm</div><div>Chair Fitness 2pm-2:45pm</div><div>Yin Yoga 3pm-3:45pm</div><div>Little Warriors for Kids (ages 4-11) 4pm-4:45pm</div><div>Cardio Dance 5pm-6pm</div></div></div>	<div><div><div>**IEHP Renewal Specialist</div><div>Form & Functional 9am-9:45am</div><div>Know Your Rights/Citizenship (Bilingual) 10am-11am</div><div>Mindful Stretch 10am-10:45am</div><div>Cardio & Strength Training 11am-11:45am</div><div>Eat Smart — Being Active Series 1 (Bilingual) 11am-12:30pm</div><div>Yoga for Beginners 12pm-12:45pm</div><div>Strength & Conditioning 1pm-1:45pm</div><div>Arts & Crafts (Bilingual) 2:30pm-3:30pm</div><div>Core Training 3pm-3:45pm</div><div>ConnectIE Website 4pm-5pm</div><div>Yoga for Kids (ages 4-11) 4pm-4:45pm</div><div>Zumba 5pm-6pm</div></div></div>	<div><div>Cardio Dance 9am-9:45am</div><div>The Mental Benefits of Fitness 9am-10am</div><div>Fit to Function 10am-10:45am</div><div>Happy and Healthy Me 10am-11am</div><div>Knitting & Crochet (Bilingual, Self-led) 11am-12pm</div><div>Yin Yoga 11am-11:45am</div><div>Zumba 12pm-12:45pm</div><div>Arts & Crafts (Bilingual) 12pm-1pm</div><div>Balance & Stability 1pm-1:45pm</div><div>Stronger Men: Muscle & Bone (Bilingual) 2pm-3pm</div><div>Tai Chi 2:15pm-2:45pm</div><div>Seated Strength for Seniors and People w/disabilities 3pm-3:45pm</div><div>Strong Trough Your Cycle 3pm-4pm</div><div>Healthy Hydration (Bilingual) 4pm-5pm</div><div>Little Warriors for Kids (ages 4-11) 4pm-4:45pm</div><div>Sweat to the Beat 5pm-6pm</div></div>	<div><div>HIIT 9am-9:30am</div><div>Healthy Heart #1 (Spanish) 9am-10am</div><div>Zumba 10am-10:45am</div><div>Diabetes Among Friends #7 (Spanish) 10:30am-11:30am</div><div>Mat Pilates 11am-11:45am</div><div>Chair Fitness 12pm-12:45pm</div><div>Healthy Heart #1 12pm-1pm</div><div>Fit to Function 1pm-1:45pm</div><div>Meditation2pm-2:45pm</div><div>Diabetes Among Friends #7 3pm-4pm</div><div>Stretch and Mobility 3pm-3:45pm</div><div>Meditation for Kids (ages 4-11) 4pm-4:45pm</div><div>Disco Cardio 5pm-6pm</div></div>
<div><div>Strength & Conditioning 9am-9:45am</div><div>Live Well in the Community #1 9am-10am</div><div>Meditation 10am-10:45am</div><div>Quitting Tobacco: Where to Start (Spanish) 10:30am-11:30am</div><div>Mat Pilates 11am-11:45am</div><div>Mindful Stretch 12pm-12:45pm</div><div>Seated Strength for Seniors and People w/disabilities 1pm-1:45pm</div><div>Quitting Tobacco: Where to Start 1:30pm-2:30pm</div><div>Bootcamp 2pm-2:45pm</div><div>Breathe Well, Live Well #2 (Spanish) 3pm-4pm</div><div>Form & Functional 3pm-3:45pm</div><div>Zumbini (ages 0-3) 4pm-4:45pm</div><div>Yoga for Kids (ages 4-11) 4pm-4:45pm</div><div>Zumba 5pm-6pm</div></div>	<div><div><div>Well Child and Young Adult Clinic</div><div>10am-6pm</div><div>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.</div></div><div><div>Fit to Function 9am-9:45am</div><div>Disco Cardio 10am-10:45am</div><div>Mindful Stretch 11am-11:45am</div><div>Zumba 12pm-12:45pm</div><div>Balance & Stability 1pm-1:45pm</div><div>Chair Fitness 2pm-2:45pm</div><div>Yin Yoga 3pm-3:45pm</div></div><div><div><div>Family Movie Night</div><div>4:15pm-6pm</div><div>Snacks & Refreshments provided. While Supplies last. Call 1-866-228-4347 to RSVP.</div></div></div></div>	<div><div><div>**IEHP Renewal Specialist</div><div>Form & Functional 9am-9:45am</div><div>Power 9 Workshop (Bilingual) 9:30am-11am</div><div>Cardio & Strength Training 10am-10:45am</div><div>Eat Smart — Being Active Series 2 (Bilingual) 11am-12:30pm</div><div>Yoga for Beginners 12pm-12:45pm</div><div>Strength & Conditioning 1pm-1:45pm</div><div>Digital Tools for a Healthier You (Spanish) 2:30pm-3:30pm</div><div>Core Training 3pm-3:45pm</div><div>Arts & Crafts (Bilingual) 4pm-4:45pm</div><div>Yoga for Kids (ages 4-11) 4pm-4:45pm</div><div>Zumba 5pm-6pm</div></div></div>	<div><div></div><div></div></div>	<div><div>HIIT 9am-9:30am</div><div>Zumbini (ages 0-3) 10am-10:45am</div><div>Arts & Crafts (Bilingual) 10:30am-11:30am</div><div>Zumba 11am-11:45am</div><div>Mat Pilates 11am-11:45am</div><div>Knitting & Crochet (Bilingual, Self-led) 12pm-1pm</div><div>Chair Fitness 12pm-12:45pm</div><div>Fit to Function 1pm-1:45pm</div><div>Practical Fitness, How To Start 1pm-2pm</div><div>Meditation 2pm-2:45pm</div><div>Game Hour 2pm-3pm</div><div>Stretch and Mobility 3pm-3:45pm</div><div>Hot Cocoa Social 3:30pm-4pm</div><div>Meditation for Kids (ages 4-11) 4pm-4:45pm</div><div>Disco Cardio 5pm-6pm</div></div>

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