

Community Wellness Center - RIVERSIDE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
<p>Maternal Health Awareness Month</p> <p>Learn more about self-care and overall health for you and your baby.</p> <p>Look for the ribbon to join classes.</p>		 <p>Follow us on Facebook</p>	 <p>SCAN ME! Use your phone to scan the QR code to view our full schedule of FREE classes.</p>	<p>Join us for a Baby Shower 1 Hosted by SBX 9am-11am</p> <p>Expecting Moms & New Moms (up to 1 year old) Scan QR code to register.</p> <p>Living Well in the Community #3 9am-10am Diabetes Among Friends #5 (Spanish) 10:30am-11:30am Chair Fitness 12pm-12:45pm Diabetes Among Friends #5 12pm-1pm Fit to Function 1pm-1:45pm Meditation 2pm-2:45pm Breathe Well Live Well #1 (Spanish) 3pm-4pm Mindful Stretch 3pm-3:45pm Yoga Stretch for Kids (ages 5-11) 4pm-4:45pm Cardio Mix 5pm-5:45pm</p>	
<p>**July 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>Need help with IEHP Benefits, updating demographics, or changing your provider? Speak with a Member Services Representative. Available on Tuesdays and Thursdays, 9am-4:30pm.</p>		<p>Legend</p> <p>**Registration required</p> <p>Blue font — ages 0-4 with parents Purple font — ages 5-11 with parents Black font — ages 12 and older</p>			
<p>**IEHP Renewal Specialist 4</p> <p>Mom's Wellness Group 9am-11am Eat Smart—Being Active Series 2 (Bilingual) 9am-10:30am Mother's Day Self-Care Activity 10:30am-11:15am Mat Pilates 11am-11:45am Mindful Stretch 12pm-12:45pm Strength & Energy for your Body (Bilingual) 1pm-1:45pm Seated Strength for Seniors & People w/disabilities 1pm-1:45pm Strength & Conditioning 2pm-2:45pm Mother's Day Arts & Crafts (Bilingual) 2pm-2:45pm Form & Functional 3pm-3:45pm Tai Chi for Kids (ages 5-11) 4pm-4:45pm Zumbini (ages 0-4) 4pm-4:45pm Zumba 5pm-6pm</p>	<p>IEHP Member Services Representative 5</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 Cardio Mix 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 5-11) 4pm-4:45pm Tai Chi 5pm-5:45pm</p>	 <p>Community Wellness Center CLOSED</p>		<p>IEHP Member Services Representative 7</p> <p>Mat Pilates 9am-9:45am Pregnancy & Delivery (Bilingual) 9am-10am CPR (Ages 14+) 10am-1pm Yin Yoga 10am-10:45am Fit to Function 11am-11:45am Zumba 12pm-12:45pm Balance & Stability 1pm-1:45pm CPR (Ages 14+) (Spanish) 1:30pm-4:30pm Tai Chi 2pm-2:30pm Seated Strength for Seniors & People w/disabilities 3pm-3:45pm Mother's Day Self-Care Activity 4pm-4:45pm Entrepreneurship Lab for Kids: Basics of Business & Leadership (K-12th grade) 4:30pm-6pm Sweat to the Beat 5pm-6pm</p>	<p>HIIT 9am-9:30am Healthy Living My Best Self #4 (Spanish) 9am-10am Sweat to the Beat 10am-10:45am Quitting Tobacco (Spanish) 10:30am-11:30am Mat Pilates 11am-11:45am Chair Fitness 12pm-12:45pm Quitting Tobacco 12pm-1pm Fit to Function 1pm-1:45pm Aerobic Boxing 2pm-2:30pm Meditation 2pm-2:45pm Healthy Living My Best Self #4 3pm-4pm Stretch and Mobility 3pm-3:45pm Yoga Stretch for Kids (ages 5-11) 4pm-4:45pm Fit Kids (ages 5-11) 5pm-5:45pm</p>
<p>**IEHP Renewal Specialist 11</p> <p>Eat Smart—Being Active Series 3 (Bilingual) 9am-10:30am Strength & Conditioning 9am-9:45am Meditation 10am-10:45am Mat Pilates 11am-11:45am Maternal Arts & Crafts (Bilingual) 11am-11:45am Mindful Stretch 12pm-12:45pm Maternal Self-Care Activity (Bilingual) 1pm-1:45pm Seated Strength for Seniors & People w/disabilities 1pm-1:45pm Aerobic Boxing 2pm-2:45pm The Active Heart (Bilingual) 2pm-2:45pm Form & Functional 3pm-3:45pm Safe Core Strength Through Pregnancy & Postpartum 3pm-3:45pm Tai Chi for Kids (ages 5-11) 4pm-4:45pm Zumbini (ages 0-4) 4pm-4:45pm Zumba 5pm-6pm</p>	<p>IEHP Member Services Representative 12</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 Cardio Mix 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 5-11) 4pm-4:45pm Tai Chi 5pm-5:45pm</p>	<p>**IEHP Renewal Specialist 13</p> <p>Form & Functional 9am-9:45am Energy Conservation & Don't Use Cell While Driving (Bilingual) 10am-11am Mindful Stretch 10am-10:45am Cardio & Strength Training 11am-11:45am Seated Aerobics 12pm-12:45pm Yoga for Beginners 12pm-12:45pm Strength & Conditioning 1pm-1:45pm Mat Pilates 2pm-2:45pm Digital Tools for a Healthier You 2:30pm-3:30pm Core Training 3pm-3:45pm Stretch and Mobility 4pm-4:45pm Painting for Kids (ages 5-11) 4pm-4:45pm Zumba 5pm-6pm</p>	<p>IEHP Member Services Representative 14</p> <p>Mat Pilates canceled Yin Yoga canceled Fit to Function canceled Zumba canceled Balance & Stability canceled Maternal Self-Care Activity (Bilingual) 2pm-2:45pm Tai Chi 2pm-2:30pm Maternal Arts & Crafts (Bilingual) 3pm-3:45pm Seated Strength for Seniors & People w/disabilities 3pm-3:45pm Entrepreneurship Lab for Kids: Idea Building & Problem Solving (K-5th grade) 4pm-5pm (6th-12th grade) 5pm-6pm Sweat to the Beat 5pm-6pm</p>	<p>HIIT 9am-9:30am Diabetes Among Friends #6 (Spanish) 9am-10am Sweat to the Beat 10am-10:45am Healthy Living My Best Self #1 (Spanish) 10:30am-11:30am Mat Pilates 11am-11:45am Chair Fitness 12pm-12:45pm Healthy Living My Best Self #1 12pm-1pm Fit to Function 1pm-1:45pm Aerobic Boxing 2pm-2:30pm Meditation 2pm-2:45pm Stretch and Mobility 3pm-3:45pm Diabetes Among Friends #6 3pm-4pm Yoga Stretch for Kids (ages 5-11) 4pm-4:45pm Cardio Mix 5pm-5:45pm</p>	
<p>**IEHP Renewal Specialist 18</p> <p>Eat Smart—Being Active Series 4 (Bilingual) 9am-10:30am Strength & Conditioning 9am-9:45am Meditation 10am-10:45am Mat Pilates 11am-11:45am Mindful Stretch 12pm-12:45pm Breathing 101 (Bilingual) 1pm-1:45pm Seated Strength for Seniors & People w/disabilities 1pm-1:45pm Aerobic Boxing 2pm-2:45pm Yarn & Loom (Bilingual) 2pm-2:45pm Form & Functional 3pm-3:45pm Strong Through Your Cycle 3pm-3:45pm Tai Chi for Kids (ages 5-11) 4pm-4:45pm Zumbini (ages 0-4) 4pm-4:45pm Zumba 5pm-6pm</p>	<p>IEHP Member Services Representative 19</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 Cardio Mix 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 5-11) 4pm-4:45pm Tai Chi 5pm-5:45pm</p>	<p>**IEHP Renewal Specialist 20</p> <p>Form & Functional 9am-9:45am Mindful Stretch 10am-10:45am Know Your Rights/Citizenship (Bilingual) 10:30am-11:30am Cardio & Strength Training 11am-11:45am Seated Aerobics 12pm-12:45pm Yoga for Beginners 12pm-12:45pm Strength & Conditioning 1pm-1:45pm Mat Pilates 2pm-2:45pm Core Training 3pm-3:45pm Painting for Kids (ages 5-11) 4pm-4:45pm Stretch and Mobility 4pm-4:45pm Zumba 5pm-6pm</p>	<p>IEHP Member Services Representative 21</p> <p>Mat Pilates 9am-9:45am Yin Yoga 10am-10:45am Yarn & Loom (Bilingual) 10am-11am Fit to Function 11am-11:45am Coffee & Maternal Paint (Bilingual) 12pm-12:45pm Zumba 12pm-12:45pm Balance & Stability 1pm-1:45pm *IEHP Member Orientation 1pm-2pm 2pm-3pm (Spanish) *Qualifying active IEHP Medi-Cal members receive a \$15 grocery gift card. Call for more information. Tai Chi 2pm-2:30pm Seated Strength for Seniors & People w/disabilities 3pm-3:45pm Entrepreneurship Lab for Kids: Branding & Business Identity (K-5th grade) 4pm-5pm (6th-12th grade) 5pm-6pm Aerobic Boxing 5pm-5:45pm</p>	<p>Healthy Heart #3 (Spanish) 9am-10am HIIT 9am-9:30am Sweat to the Beat 10am-10:45am Mindful Living #3 (Spanish) 10:30am-11:30am Mat Pilates 11am-11:45am Chair Fitness 12pm-12:45pm Mindful Living #3 12pm-1pm Fit to Function 1pm-1:45pm Aerobic Boxing 2pm-2:30pm Meditation 2pm-2:45pm Healthy Heart #1 (Spanish) 3pm-4pm Stretch and Mobility 3pm-3:45pm Yoga Stretch for Kids (ages 5-11) 4pm-4:45pm Fit Kids (ages 5-11) 5pm-5:45pm</p>	
<p>CLOSED in observance of Memorial Day</p>		<p>IEHP Member Services Representative 26</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 Cardio Mix 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 5-11) 4pm-4:45pm Tai Chi 5pm-5:45pm</p>	<p>**IEHP Renewal Specialist 27</p> <p>Asian Pacific Islander Heritage Month Celebration 9am-10:30am</p> <p>Refreshments & snacks provided. While Supplies last.</p> <p>Cardio & Strength Training 11am-11:45am Seated Aerobics 12pm-12:45pm Yoga for Beginners 12pm-12:45pm Strength & Conditioning 1pm-1:45pm Mat Pilates 2pm-2:45pm Digital Tools for a Healthier You (Spanish) 2:30pm-3:30pm Core Training 3pm-3:45pm Painting for Kids (ages 5-11) 4pm-4:45pm Stretch and Mobility 4pm-4:45pm Zumba 5pm-6pm</p>	<p>IEHP Member Services Representative 28</p> <p>*Breast & Cervical Cancer (Bilingual) 9am-10am *Prize Raffles in Class Mat Pilates 9am-9:45am Yin Yoga 10am-10:45am Yarn & Loom (Bilingual) 10am-11am Fit to Function 11am-11:45am Coffee & Paint (Bilingual) 12pm-12:45pm Zumba 12pm-12:45pm Balance & Stability 1pm-1:45pm Tai Chi 2pm-2:30pm Seated Strength for Seniors & People w/disabilities 3pm-3:45pm Safe Core Strength Through Pregnancy & Postpartum 3pm-3:45pm Entrepreneurship Lab for Kids: Money and Finance (K-5th grade) 4pm-5pm (6th-12th grade) 5pm-6pm Sweat to the Beat 5pm-6pm</p>	<p>Maternal Wellness Event 29 10am-12pm</p> <p>Prenatal & Postpartum Support</p> <p>*Free mommy & baby goodies, raffles, refreshments & snacks provided. While supplies last.</p> <p>Fit to Function 1pm-1:45pm Healthy Heart #1 (Spanish) 1:15pm-2:15pm Meditation 2pm-2:45pm Breathe Well, Live Well #2 2:30pm-3:30pm Stretch and Mobility 3pm-3:45pm Healthy Heart #1 4pm-5pm Yoga Stretch for Kids (ages 5-11) 4pm-4:45pm Cardio Mix 5pm-5:45pm</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