San Bernardino Fitness Classes
November 2026

Mondays
Kickboxing Cardio
10am-11am
Low Impact Training
11:30am-12:30pm
Chair Fitness
1pm-2pm
Strength & Conditioning
2:30pm-3:30pm

Tuesdays
Bootcamp Training
10am-11am
Tone & Sculpt
11:30am-12:30pm
Movement & Mobility
1pm-2pm
Strength Training
2:30pm-3:30pm

Wednesdays
Movement & Mobility
10am-11am
Strength & Conditioning
11:30am-12:30pm
Kickboxing Cardio
1pm-2pm
Low Impact Training
2:30pm-3:30pm

Thursdays
Closed - No classes

Fridays
Closed - No classes

No Class **

Classes are subject to change. All classes are first come, first serve.

Inland Empire Health Plan

Community Wellness Center
SAN BERNARDINO

January Medi-Cal packets have been mailed out!
Not sure what to do?

IEHP is here to help.
For more information call **(888) 860-1296**.
Available onsite on Mondays, 9am-4:30pm.

Everyone is welcome!

Grand Opening Celebration
Saturday, November 21, 2026
10am-2pm

Join us as we celebration the grand opening of the San Bernardino Community Wellness Center. Receive free goodies, enjoy fitness demos, refreshments, community resources and much more!

All participants at the Community Wellness Center (CWC) must sign a liability waiver. Children may only take part in classes or services if a parent or legal guardian signs their waiver. For more information, please get in touch with the CWC.

We heal and inspire the human spirit.

2050 N. Massachusetts Ave., San Bernardino, CA 92415
(right off the 215 FWY)

Monday-Friday, 9am-5pm

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

www.iehp.org/cwc

November 2026

IE❤HP San Bernardino Class Calendar - November 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	**3**	**4**	**5**	**6**
9	**10**	**11**	**12**	**13**
16	**17**	**18**	**19**	**20**
23 IEHP Renewal Specialist **Chat with the Coach - Trent** 10:30am-11am **Brunch with Dominique** 12pm-1pm	**24** **Breakfast with Trent** 10:30am-11:15am **Chat with the Coach - Dominique** 2:15pm-2:45pm	**25** **Friendsgiving Gathering** 12pm-1:30pm Refreshments & Snacks provided All Ages Welcome	**26** 	**27** 
30 IEHP Renewal Specialist **Healthy Habits** 11:30am-12:30am **Nutrition Fundamentals** 1pm-2pm				

Follow us

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Highlights of the Month

Grand Opening Celebration

Saturday, November, 21, 2026
See the front page for more info!

Community Wellness Center Doors Open

Monday, November 23, 2026
Join free fitness, health, and wellness programming, receive local resources, get answers to IEHP benefits, and much more!

Friendsgiving Gathering

Refreshments & Snacks provided
All Ages Welcome