TUESDAY

Do you need assistance renewing your ledi-Cal or applying for IEHP health coverage

Call us at **1-866-294-4347** or visit our center to make an appointment.

Do you need help with benefits, updating demographics, or changing your provider?

We have Member Services Representatives on-site Monday-Friday 9am-5:30pm. Ask to speak with them today!











CLASS CALENDAR October 2025

FRIDAY

Bootcamp Training 9am-10am Playdate Hour (Self Led)

10am-11am Nourish & Flourish 10am-11am Nutrition for your brains wellness Zumbini

Zumbini
10:15am-11am
Little Leamers 11:15am-12pm
Educational stations for parents to teach their child
Flex & Move
11am-12pm

ipm-2pm Yin Yoga 2pm-3pm HilT 3pm-4pm Zumba 4pm-5pm Teen Leadership 4:30pm-5:50pm

Bootcamp Training 9am-10am Playdate Hour (Self Led) Chapter Chats & Activities

10am-11am Nourish & Flourish 10am-11am Nutrition for your brains wellness Zumbini 10:15am-11am Breast & Cervical Health

11am-12pm
Little Learners 11:15am-12pm
Educational stations for parents to

Zumba Chair 11:30am-12:30pm Flex & Move 12pm-1pm Habits with Lizette

Movie Night
Bring the Whole family
4 pm-5:30pm
All Ages & child with parents
Light snacks provided.
While Supplies last.

Bootcamp Training 9am-10am Playdate Hour (Self Led) 9am-10am 9am-10am Chapter Chats & Activities

Chapter Chats & Activities
10am-11am
Nourish & Flourish 10am-11am
Nutrition for your brains wellness
Zumbini
10:15am-11am
Little Learners 11:15am-12pm
Felt traitional stations for pagents to

Little Learners 11:15am-12pm
Educational stations for parents to teach their child
Flex & Move 11am-12pm
Zumba Chair 12pm-1pm
Healthy Habits with Lizette 1pm-2pm
Yin Yoga 2pm-3pm
HIIT
3mm_1pm

Boys & Girls Club 3pm-5:45pm Video Game Tournament

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Yin Yoga 2pm-3pm HIIT 3pm-4pm Zumba 4pm-5pm Teen Leadership 4:30pm-5:50pm

Pound Fitness 5pm-6pm

Bingo Night
Bring the whole family
4pm-5:30pm
All Ages & child with parents
Light snacks provided.
While Supplies last.

12pm-1pm Healthy Habits with Lizette

11am-12pm **Zumba Chair**

Pound Fitness 5pm-6pm

Chapter Chats & Activities

MONDAY Legend

**Pre-registration and/or application required Blue font color - Infant & toddler classes ages 0-4 with parents

Purple font color - Kids classes ages 5-11 with

parents

Green font color - Teens classes ages 12-17 Black font color - Classes for ages 12 and older HACSB - Housing Authority of the County of Sar Bernardino

STEM - Science, Engineering, Technology, Math Dark Blue font color - Boy & Girls Club classes for kids ages 6-12 with parent on premise

After school programming for children ages 6-12.
Application is required. For

more information call 909-856-8689. Scan QR code to apply.

Kickboxing 9am-10am Playdate Hour (Self Led) 9am-10am Energy Education & Budgeting** 9am-10am & 1pm-2pm Nutrition Fundamentals 10am-11am

Giggles & Games
10:15am-11am
Movement & Mobility 11am-12pm
HACSB Application Overview
11am-12pm
Little Learners
11:15am-12pm
Chair Yoga
12pm-1pm

Nourish & Flourish 2pm-3pm
Nourish & Flourish 2pm-3pm
Nutrition for your brains wellness
Boys & Girls Club 3pm-6pm
Homework support & activities.
Self Care Through Art 3pm-4pm
Snack Time with Lizette 4pm-4:45pm

Kickboxing 9am-10am Playdate Hour (Self Led) 9am-10am Energy Education & Budgeting** 9am-10am & 1pm-2pm Nutrition Fundamentals 10am-11am

10:15am-11am Movement & Mobility 11am-12pm Little Learners 11:15am-12pm Chair Yoga

1pm-2pm Nourish & Flourish 2pm-3pm Nutrition for your brains wellness

Pam-10am Playdate Hour (Self Led) 9am-10am Energy Education & Budgeting** 9am-10am & 1pm-2pm Know Your Rights 9:30am-10:30am Nutrition Fundamentals 10am-11am

Giggles & Games 10:15am-11am
Movement & Mobility
11am-12pm
Little Learners
11:15am-12pm
Chair Yoga
12pm-1pm
Chat with the Coach 1pm-2pm
Nourish & Flourish 2pm-3pm
Nutrition for your brains wellness
Boys & Girls Club 3pm-6pm
Homework support & activities.

Art Class 4pm-5:30pm

Knit & Crochet (Self Led)

4pm-5pm Creative Arts for Teens

4:30pm-5:50pm Restorative Yoga

Cal Fresh Applications 10am-2pm

Cal Fresh Applications 10am-2pm

Boys & Girls Club 3pm-5:45pm Video Game Tournament

12pm-1pm
Chat with the Coach

Snack Time with Lizette 4 Knit & Crochet (Self Led)

4pm-5pm Creative Arts for Teens 4:30pm-5:50pm Restorative Yoga

Giggles & Games

12pm-1pm Chat with the Coach

Knit & Crochet (Self Led)

4pm-5pm Creative Arts for Teens

4:30pm-5:50pm Restorative Yoga 5pm-6pm

Kickboxing

Cal Fresh Applications 10am-2pm



Breast Cancer Awareness Month Join us for various events throughout the month. Don't forget to wear something pink on the days you see the ribbon.

Well Child & Young Adult Clinic

10am-6pm s your child due for a WellCare Visit? Call 366-228-4347 option 5 to verify eligibility and schedule an appointment or walk-in to participate. Active IEHP Direct members ages 3-21

Medi-Cal Renewal Specialist
Playtime for Little Minds 9am-10am
Breakfast with Lizette 9:30am-10:30am
Energy Education & Budgeting**
9am-10am & 1pm-2pm
Resume & Development** 10am-12pm
Citizenship Class 10am-12pm & 4pm-6pm
Healthy Living My Best Self #1
10am-11am
Zumbini 10:15am-12pm & 11:15am-12pm
Quitting Tobacco

Zumbini 10:15am-12pm & 11: Quitting Tobacco 10:30am-11:30am (Spanish) Zumba Gold 11am-12pm Disaster Preparedness 11am-11:30am (Spanish) Quitting Tobacco 12pm-1pm Chair Kickboxing 12pm-1pm

12pm-1pm Nutrition Fundamentals 12pm-1pm (Spanish) Stories & Crafts for Littles

12:15pm-1pm Chat with the coach India will all and a property and a Triple Play 4:30pm-5:45pm Fitness for mind & body
Pound Fitness

Medi-Cal Renewal Specialist
Breakfast with Lizette 9:30am-10:30am
Energy Education & Budgeting**
9am-10am & 1pm-2pm
Resume & Development** 10am-12pm
Citizenship Class 10am-12pm & 4pm-6pm

Well Child & Young Adult Clinic 10am-6pm

Zumbini 10:15am-11am & 11:15am-12pm Zumba Gold 11am-12pm Nutrition Fundamentals 12pm-1pm (Spanish) Chair Kickboxing 12pm-1pm Stories & Crafts for Littles 12:15pm-1pm Chat with the coach 1pm-2pm Healthy Living My Best Self #3 1pm-2pm (Spanish) Tea Meditation 2pm-3pm

Boys & Girls Club 3pm-5:45pm Video Game Tournament

Diabetes Among Friends #4 2:30pm-3:30pm (Spanish) Diabetes Among Friends #4 4pm-5pm Self Care & Craffs 4pm-5:30pm Pound Fitness 5pm-6pm

Medi-Cal Renewal Specialist
Breakfast with Lizette 9:30am-10:30am
Energy Education & Budgeting**
9am-10am & 1pm-2pm
Resume & Development** 10am-12pm
Citizenship Class 10am-12pm & 4pm-6pm
Zumbini 10:15am-11am & 11:15am-12pm
Zumba Gold
11am-12pm

11am-12pm **Nutrition Fundamentals** 12pm-1pm (Spanish) Chair Kickboxing 12pm-1pm Stories & Crafts for Littles 12:15pm-1pm Chat with the coach

1pm-2pm Mindful Living 1pm-2pm Tea Meditation 2pm-3pm Breathe Well, Live Well

Homework Support 3pm-4:30pm Self Care & Crafts Apm-5pm 4pm-5pm Creative Family Workshop 4pm-5:45pm

Well Child & Young Adult Clinic 10am-6pm

Zumbini 11:15am-12pm
Bootcamp Training 11am-12pm
Chair Kickboxing 12pm-1pm
Nutrition Fundamentals
12pm-1pm (Spanish)
Stories & Crafts for Littles 12:15pm-1pm
Chat with the coach 1pm-2pm
Mindful Living #1 1pm-2pm (Spanish)
Tea Meditation 2pm-3pm
Diabetes Among Friends #5
2:30pm-3:30pm (Spanish)
Homework Support 3pm-4:30pm
Self Care & Crafts 4pm-5:30pm
Creative Family Workshop 4pm-5:45pm

Diabetes Among Friends #5 4pm-5pm
Triple Play 4:30pm-5:45pm
Fitness for mind & body
Pound Fitness 5pm-6pm

Breathe Well, Live Well 4pm-5pm
Triple Play 4:30pm-5:45pm
Fitness for mind & body Pound Fitness 5pm-6pm

Medi-Cal Renewal Specialist
Breakfast with Lizette 9:30am-10:30am
Energy Education & Budgeting**
9am-10am & 1pm-2pm
Family Playtime 10am-11am
Resume & Development** 10am-12pm
Citizenship Class 10am-12pm & 4pm-6pm Kickboxing 9am-10am Playdate Hour (Self Led) 9am-10am Energy Education & Budgeting** 9am-10am & 1pm-2pm Nutrition Fundamentals 10am-11am Know Your Rights 9:30am-10:30am (Spanish)

Cal Fresh Applications 10am-2pm

Giggles & Games 10:15am-11am Movement & Mobility 11am-12pm HACSB Application Overview 11am-12pm Little Learners 11:15am-12pm

11:15am-12pm
Chair Yoga 12pm-1pm
Chat with the Coach 1pm-2pm
Nourish & Flourish 2pm-3pm
Nutrition for your brains wellness
Boys & Girls Club 3pm-6pm
Homework support & activities.
Snack Time with Lizette

Knit & Crochet (Self Led) 4pm-5pm Creative Arts for Teens Restorative Yoga 5pm-6pm

WEDNESDAY

Zumba 9am-10am Playdate Hour (Self Led) 9am-10am Energy Education & Budgeting** 9am-10am & 1pm-2pm Chapter Chats & Activities

10am-11am
Job Club** 10am-12pm
Giggles & Games 10:15am-11am
Diabetes Among Friends #1
10:30am-11:30am (Spanish)
Zumba Chair 11am-12pm
Little Learners 11-15-rs 12pm

Little Learners 11:15am-12pm Diabetes Among Friends #1 12pm-1pm Movement & Mobility

12:30pm-1:30pm Chat with the Coach in the Kitchen 1pm-2pm
Beginning Zumba 2pm-3pm
Boys & Girls Club 3pm-6pm
Homework support & activities.

4pm-5pm Zumba Kids 4:15pm-5pm Creative Arts for Teens 4:30pm-5:50pm Bootcamp Kids Training

Zumba Toning 5pm-6pm

Zumba 9am-10am
Playdate Hour (Self Led) 9am-10am
Energy Education & Budgeting**
9am-10am & 1pm-2pm
CPR 9:30am-12:30pm
1:30pm-4:30pm (Spanish)
A Better Me 10am-11am
Chapter Chats & Activities
10am-11am
Job Club** 10am-12pm
Giggles & Games
10:15am-11am
Zumba Chair 11am-12pm
Grief & Loss Support Group
11am-12pm
Little Learners 11:15am-12pm
Little Learners 11:15am-12pm

Little Learners 11:15am-12pm
Digital Tools for a Healthier You 12pm-1pm (Spanish) Movement & Mobility 12:30pm-1:30pm

12:30pm-1:30pm Chat with the Coach in the Kitchen 1pm-2pm
Beginning Zumba 2pm-3pm
Boys & Girls Club 3pm-6pm
Homework support & activities.

HIT 4pm-5pm
Zumba Kids 4:15pm-5pm
Creative Arts for Teens
4:30pm-5:50pm
Bootcamp Kids Training

Zumba Toning 5pm-6pm

Zumba 9am-10am Playdate Hour (Self Led) 9am-10am Energy Education & Budgeting** 9am-10am & 1pm-2pm Chapter Chats & Activities 10am-11am Job Club** 10am-12pm Giagles & Games

Zumba Chair 11am-12pm

Movement & Mobility 12:30pm-1:30pm Chat with the Coach in the Kitchen 1pm-2pm **Beginning Zumba** 2pm-3pm

Boys & Girls Club 3pm-5:45pm Video Game Tournament

HIIT 4pm-5pm Creative Arts for Teens 4:30pm-5:50pm Zumba Toning

Zumba 9am-10am Playdate Hour (Self Led) 9am-10am Energy Education & Budgeting*** 9am-10am & 1pm-2pm Chapter Chats & Activities

A Better Me 10am-11am (Spanish)
Job Club** 10am-12pm
Giggles & Games

10:15am-11am
Grief & Loss Support Group
11am-12pm (Spanish)
Zumba Chair 11am-12pm
Little Learners 11:15am-12pm
Movement & Mobility
43:20pm 1:20pm

Chat with the Coach in the Kitchen pm-2pm pigital Tools for a Healthier You

1pm-2pm Beginning Zumba 2pm-3pm HIIT

4pm-5pm Zumba Kids 4:15pm-5pm Creative Arts for Teens 4:30pm5:50pm Bootcamp Kids Training Zumba Toning 5pm-6pm

Zumba 9am-10am Playdate Hour (Self Led)

Energy Education & Budgeting** 9am-10am & 1pm-2pm Chapter Chats & Activities

Chapter Cham
10am-11am
10am-12pm
Job Club** 10am-12pm
Giggles & Games 10:15am-11am
Zumba Chair 11am-12pm
1 ***Isla earners** 11:15am-12pm Movement & Mobility 12:30pm-1:30pm Chat with the Coach in the Kitchen

1pm-2pm Creative Arts for Teens 4:30pm5:50pm

Dance Party 大大大 4pm-5:30pm Costumes Welcome Ages 12 & up

Join us for a spooktacular costume contest

THURSDAY

Playdate Hour (Self Led) 9am-10am
Playdate Hour (Self Led) 9am-10am
Energy Education & Budgeting**
9am-10am & 1pm-2pm
Chat with the Coach 10am-11am
Lactation New Parent Group
10am-12pm
English as a Second Language
10am-12pm & 4pm-6pm
Tiny Tots Nutrition
10:15am-11am Zumba Toning 9am-10am

10:15am-11am Strength & Conditioning 11am-12pm Little Learners 11:15am-12pm Stories & Crafts for Littles 12pm-12:45pm Zumba Gold 12pm-1pm Midwifery-Led Prenatal Group 12:30pm-2:30pm

12:30pm-2:30pm **Healthy Habits with Lizette**

Healury 1 164 1gm-2pm Energy Flow 2pm-3pm Homework Support 3pm-4:30pm 2 Creative Family Workshop 3pm-5:45pm Ages 0-5 & 13-17 with parents

Ages 0-5 & 13-17 with parents
Hatha Yoga
4pm-5pm
Triple Play 4:30pm-5:45pm
Fitness for mind & body
Circuit Training
5pm-6pm

Zumba Toning 9am-10am
Playdate Hour (Self Led) 9am-10am
Energy Education & Budgeting**
9am-10am & 1pm-2pm
Chat with the Coach 10am-11am
English as a Second Language
10am-12pm & 4pm-6pm
Tiny Tots Nutrition
10:15am-11am

10:15am-11am Strength & Conditioning 11am-12pm Little Learners

11:15am-12pm IEHP 101 Benefits 11:30am-12:30pm & 12:30-1:30pm (Spanish) Stories & Crafts for Littles

12pm-12:45pm Zumba Gold 12pm-1pm Healthy Habits with Lizette

1pm-2pm Energy Flow 2pm-3pm Homework Support 3pm-4:30pm Contino Family Workshop 3pm-5:45pm f**amily Workshop** 3pm-5:45pm *& 13-17 with parents* Hatha Yoga

Hatna roya 4pm-5pm Triple Play 4:30pm-5:45pm Fitness for mind & body Circuit Training

Zumba Toning
9am-10am
Playdate Hour (Self Led) 9am-10am
Energy Education & Budgeting**
9am-10am & 1pm-2pm
Chat with the Coach 10am-11am
English as a Second Language
10am-12pm & 4pm-6pm
Tiny Tots Nutrition
10:15am-11am

10:15am-11am Strength & Conditioning 11am-12pm Little Learners 11:15am-12pm Stories & Crafts for Littles 12pm-12:45pm

ı∠pm-12:45pm Zumba Gold 12pm-1pm

Zumba Toning 9am-10am

12pm-12:45pm Zumba Gold

Kickboxing

1pm-2pm **Zumba Chair**

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12pm-1pm Healthy Habits with Lizette 1pm-2pm Medicare 101 1pm-2pm & 2pm-3pm (Spanish) Energy Flow 2pm-3pm

Zumba Toning 9am-10am
Playdate Hour (Self Led) 9am-10am
Energy Education & Budgeting**
9am-10am & 1pm-2pm
Chat with the Coach 10am-11am
English as a Second Language
10am-12pm & 4pm-6pm
Lactation New Parent Group
10am-12pm
Tiny Tots Nutrition 10:15am-11am
Strength & Conditioning 11am-12pm
Little Learners 11:15am-12pm
Stories & Crafts for Littles
12pm-12:45pm

12pm-1pm Midwifery-Led Prenatal Group

2pm-3pm Homework Support 3pm-4:30pm Creative Family Workshop 3pm-5:45pm Ages 0-5 & 13-17 with parents

CLOSED

9am-1pm

Movie Night
Bring the whole family
4pm-5:30pm
All Ages & child with parents
Light snacks provided.
While Supplies last.

Hatha Yoga 4pm-5pm
Triple Play 4:30pm-5:45pm
Fitness for mind & body
Circuit Training
5pm-6pm

2pm-3pm English as a Second Language 4pm-6pm

12:30pm-2:30pm Healthy Habits with Lizette 1pm-2pm Energy Flow 2pm-3pm

Boys & Girls Club 3pm-5:45pm Video Game Tournament

Hatha Yoga 4pm-5pm **Circuit Training** 5pm-6pm

3pm-4pm

Zumba 4pm-5pm Teen Leadership 4:30pm-5:50pm Pound Fitness 5pm-6pm

Bootcamp Training 9am-10am Playdate Hour (Self Led)

Chapter Chats & Activities Orapter Chais & Activities
10am-11am
Nourish & Flourish 10am-11am
Nutrition for your brains wellness
Zumbini
10:15am-11am
Little Learners 11am-11:45am
Folucational stations for parents to
teach their child

teach their child Zumba Chair 11:30am-12:30pm Flex & Move 12pm-1pm Healthy Habits with Lizette

Yin Yoga 2pm-3pm HIIT 3pm-4pm Zumba 4pm-5pm Teen Leadership 4:30pm-5:50pm

30

Crafty Crew Collective
4 pm-5:30pm
Bring the whole family
Come create a snack & craft that are g



Zumba 9am-10am Nourish & Flourish 10am-11am Nutrition for your brains wellness Zumba Chair 11:30am-12:30pm



Join us for art, games, spooky maze, treats & prizes. While Supplies last.

