



PACOIMA MARCH 2022

Community Resource Center

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
<p>Classes in BLUE qualify for the My Rewards for a Healthy Life Program</p> <p>Classes in GREEN are by appointment and registration only.</p>	Enrollment and Member Services 1 9:00 a.m. — 4:00 p.m. Yoga Therapy Virtual 9:00 — 10:00 a.m. Breakthrough Parenting Series Virtual 2:00 — 4 p.m. Eng.	Enrollment and Member Services 2 9:00 a.m. — 4:00 p.m. Member Orientation 9:00 a.m. — 4:00 p.m.	Enrollment and Member Services 3 9:00 a.m. — 4:00 p.m. Yoga Therapy Virtual 9:00 — 10:00 a.m. Breakthrough Parenting Series Virtual 2:00 — 4 p.m. Spa.	Enrollment and Member Services 4 9:00 a.m. — 4:00 p.m. Member Orientation 9:00 a.m. — 4:00 p.m. CPR & First Aid Virtual 8:30 a.m. — 11:30 a.m. Eng.	CPR & First Aid Virtual 5 8:30 — 11:30 a.m. Eng. 	
	Enrollment and Member Services 7 9:00 a.m. — 4:00 p.m. Yoga Therapy Virtual 9:00 — 10:00 a.m. Breakthrough Parenting Series Virtual 2:00 — 4 p.m. Eng.	Enrollment and Member Services 8 9:00 a.m. — 4:00 p.m. Yoga Therapy Virtual 9:00 — 10:00 a.m. Breakthrough Parenting Series Virtual 2:00 — 4 p.m. Eng.	Enrollment and Member Services 9 9:00 a.m. — 4:00 p.m. Member Orientation 9:00 a.m. — 4:00 p.m.	Enrollment and Member Services 10 9:00 a.m. — 4:00 p.m. Yoga Therapy Virtual 9:00 — 10:00 a.m. Breakthrough Parenting Series Virtual 2:00 — 4 p.m. Spa.	Enrollment and Member Services 11 9:00 a.m. — 4:00 p.m. Member Orientation 9:00 a.m. — 4:00 p.m.	
	Enrollment and Member Services 14 9:00 a.m. — 4:00 p.m. Yoga Therapy Virtual 9:00 — 10:00 a.m. Breakthrough Parenting Series Virtual 2:00 — 4 p.m. Eng.	Enrollment and Member Services 15 9:00 a.m. — 4:00 p.m. Yoga Therapy Virtual 9:00 — 10:00 a.m. Breakthrough Parenting Series Virtual 2:00 — 4 p.m. Eng.	Enrollment and Member Services 16 9:00 a.m. — 4:00 p.m. Member Orientation 9:00 a.m. — 4:00 p.m.	Enrollment and Member Services 17 9:00 a.m. — 4:00 p.m. Yoga Therapy Virtual 9:00 — 10:00 a.m. Breakthrough Parenting Series Virtual 2:00 — 4 p.m. Spa.	Enrollment and Member Services 18 9:00 a.m. — 4:00 p.m. Member Orientation 9:00 a.m. — 4:00 p.m. CPR & First Aid Virtual 8:30 a.m. — 11:30 a.m. Spa.	
	Enrollment and Member Services 21 9:00 a.m. — 4:00 p.m. Yoga Therapy Virtual 9:00 — 10:00 a.m. Breakthrough Parenting Series Virtual 2:00 — 4 p.m. Eng.	Enrollment and Member Services 22 9:00 a.m. — 4:00 p.m. Yoga Therapy Virtual 9:00 — 10:00 a.m. Child Development Class Virtual 10-11 a.m. Breakthrough Parenting Series Virtual 2:00 — 4 p.m. Eng.	Enrollment and Member Services 23 9:00 a.m. — 4:00 p.m. Member Orientation 9:00 a.m. — 4:00 p.m.	Enrollment and Member Services 24 9:00 a.m. — 4:00 p.m. Yoga Therapy Virtual 9:00 — 10:00 a.m. Child Development Class Virtual 10-11 a.m. Breakthrough Parenting Series Virtual 2:00 — 4 p.m. Spa.	Enrollment and Member Services 25 9:00 a.m. — 4:00 p.m. Member Orientation 9:00 a.m. — 4:00 p.m.	
	Enrollment and Member Services 28 9:00 a.m. — 4:00 p.m. Yoga Therapy Virtual 9:00 — 10:00 a.m. Breakthrough Parenting Series Virtual 2:00 — 4 p.m. Eng.	Enrollment and Member Services 29 9:00 a.m. — 4:00 p.m. Yoga Therapy Virtual 9:00 — 10:00 a.m. Breakthrough Parenting Series Virtual 2:00 — 4 p.m. Eng.	Enrollment and Member Services 30 9:00 a.m. — 4:00 p.m. Member Orientation 9:00 a.m. — 4:00 p.m.	Enrollment and Member Services 31 9:00 a.m. — 4:00 p.m. Yoga Therapy Virtual 9:00 — 10:00 a.m. Breakthrough Parenting Series Virtual 2:00 — 4 p.m. Spa.		

Class space is limited (first come, first served). Classes are subject to change, rescheduling or cancellation without notice. Child care is provided while you attend a class. (Ages 4+)

**BE ACTIVE,
HEALTHY & INFORMED**

10807 SAN FERNANDO RD.,
PACOIMA, CA 91331

CENTER HOURS:
MONDAY - FRIDAY: 9 A.M. - 5 P.M.
SATURDAY: CLOSED

213.438.5497
activehealthyinformed.org



Community Resource Center

Calendar grid with columns for days of the week (LUNES to SÁBADO) and rows for dates (1-31). Each cell contains a list of activities such as 'Servicios de Inscripción y para Miembros', 'Yogaterapia Virtual', and 'Serie Cultivando Familias Virtual' with their respective times. Includes a 'CENTRO CERRADO' (Center Closed) indicator for Saturdays and a QR code for 'CRC YouTube' at the bottom right.

La clases en Azul califican para el programa mis recompensas para una vida sana. Las clases en Verde son por cita y registro solamente.

Espacio de las clases es limitado (Se le sirve en orden de llegada). Las clases están sujetas a cambio, reprogramación o cancelación sin previo aviso. Cuidado de niños está disponible durante las clases. (Edades 4+)

SEA ACTIVO, SALUDABLE E INFORMADO



10807 SAN FERNANDO RD, PACOIMA, CA 91331



HORARIO DEL CENTRO: LUNES A VIERNES: 9 A.M. - 5 P.M. SÁBADO: CERRADO



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