



PACOIMA JULY 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>				CPR & First Aid 8:30 a.m. — 11:30 a.m. 1 Eng. Enrollment and Member Services 9 a.m. — 4 p.m. Member Orientation 9 a.m. — 4 p.m. Dance Aerobics 12-1 p.m. Yoga Therapy 2-3 p.m.	2  CENTER CLOSED	
	4  CENTER CLOSED	5 Healthy Living Boot Camp 8—9 a.m. Enrollment and Member Services 9 a.m. — 4 p.m. Yoga Therapy Virtual 9—10 a.m. Stretching and Strengthening for Seniors 9:30-10:30 a.m. Zumba 11 a.m.-12 p.m. Healthy Cooking 12:30—2:30 p.m. Spa. Breakthrough Parenting Series Virtual 2—4 p.m. Eng. Kids Healthy Cooking 3:30-4:30 p.m. (5-14 yrs old)	6 Nutritifit 8—9 a.m. Enrollment and Member Services 9 a.m. — 4 p.m. Mommy & Me 9:30--10:30 am Obesity and Diabetes (part 1) 12—1 p.m. Tai Chi 1:30-2:30p.m. Obesity and Diabetes (part 2) 3—4 p.m.	7 Enrollment and Member Services 9 a.m. — 4 p.m. Healthy Eating Active Living NEVHC 10—11 a.m. Spa. Zumba for Beginners, Seniors and Persons With Special Needs 11:30 a.m. -12:30 p.m. Breakthrough Parenting Series Virtual 2—4 p.m. Spa. Juicing for a Healthy Life 2:00—3:30 p.m. Spa. Zumba 4-5 p.m.	8 Enrollment and Member Services 9 a.m. — 4 p.m. Member Orientation 9 a.m. — 4 p.m. Family Story Time and Crafts 10:30 — 11:30 a.m. Dance Aerobics 12-1 p.m. Yoga Therapy 2-3 p.m.	9 CPR & First Aid Virtual 8:30 a.m. — 11:30 a.m. Eng.
	11 Healthy Living Boot Camp 8-9 a.m. Enrollment and Member Services 9 a.m. - 4 p.m. Yoga Therapy 9 — 10 a.m. Depression 11:30 a.m. — 12:30 p.m. Eng. Pilates 1-2 p.m. Breakthrough Parenting Series Virtual 2 — 4 p.m. Eng. Zumba Steps 4-5 p.m.	12 Healthy Living Boot Camp 8—9 a.m. Enrollment and Member Services 9 a.m. — 4 p.m. Yoga Therapy Virtual 9—10 a.m. Stretching and Strengthening for Seniors 9:30-10:30 a.m. Zumba 11 a.m.-12 p.m. Healthy Cooking 12:30—2:30 p.m. Spa. Breakthrough Parenting Series Virtual 2—4 p.m. Eng. Kids Healthy Cooking 3:30-4:30 p.m. (5-14 yrs old)	13 Nutritifit 8—9 a.m. Enrollment and Member Services 9 a.m. — 4 p.m. Mommy & Me 9:30--10:30 am Oral Health Workshop 11:00 a.m. — 12:00 p.m. Diabetes Nutrition (part 1) 12—1 p.m. Tai Chi 1:30-2:30p.m. Diabetes Nutrition (part 2) 3—4 p.m.	14 Enrollment and Member Services 9 a.m. — 4 p.m. Healthy Eating Active Living NEVHC 10—11 a.m. Spa. Zumba for Beginners, Seniors and Persons With Special Needs 11:30 a.m.-12:30 p.m. Nutritional Jumpstart! EPDB 1-2 p.m. Breakthrough Parenting Series Virtual 2—4 p.m. Spa. Juicing for a Healthy Life 2:00—3:30 p.m. Spa. Health Screenings EPDB 3-5p Zumba 4-5 p.m.	15 CPR & First Aid 8:30 a.m. — 11:30 a.m. Spa. Enrollment and Member Services 9 a.m. — 4 p.m. Dance Aerobics 12-1 p.m. Yoga Therapy 2-3 p.m.	16  CENTER CLOSED
	18 Healthy Living Boot Camp 8-9 a.m. Enrollment and Member Services 9 a.m. - 4 p.m. Yoga Therapy 9 — 10 a.m. Anxiety pt. 1 11:30 a.m. — 12:30 p.m. Eng. Pilates 1-2 p.m. Breakthrough Parenting Series Virtual 2 — 4 p.m. Eng. Zumba Steps 4-5 p.m.	19 Healthy Living Boot Camp 8—9 a.m. Enrollment and Member Services 9 a.m. — 4 p.m. Yoga Therapy Virtual 9—10 a.m. Stretching and Strengthening for Seniors 9:30-10:30 a.m. Zumba 11 a.m.-12 p.m. Healthy Cooking 12:30—2:30 p.m. Spa. Breakthrough Parenting Series Virtual 2—4 p.m. Eng. Kids Healthy Cooking 3:30-4:30 p.m. (5-14 yrs old)	20 Nutritifit 8—9 a.m. Enrollment and Member Services 9 a.m. — 4 p.m. Mommy & Me 9:30 — 10:30 am Diabetes Basic (part 1) 12—1 pm Tai Chi 1:30-2:30p.m. Diabetes Basic (part 2) 3—4pm	21 Enrollment and Member Services 9 a.m. — 4 p.m. Healthy Eating Active Living NEVHC 10—11 a.m. Spa. Zumba for Beginners, Seniors and Persons With Special Needs 11:30 a.m. -12:30 p.m. Breakthrough Parenting Series Virtual 2—4 p.m. Spa. Juicing for a Healthy Life 2:00—3:30 p.m. Spa. Zumba 4-5 p.m.	22 Enrollment and Member Services 9 a.m. — 4 p.m. Member Orientation 9 a.m. — 4 p.m. Crafts and Creations for Kids 10:30 — 11:30 a.m. Dance Aerobics 12-1 p.m. Yoga Therapy 2-3 p.m.	23 Serra Medical Group 9375 San Fernando Rd. Sun Valley, CA 91352  BACK TO SCHOOL EVENT 10AM - 2PM
	25 Healthy Living Boot Camp 8-9 a.m. Enrollment and Member Services 9 a.m. - 4 p.m. Yoga Therapy 9 — 10 a.m. Anxiety pt. 2 11:30 a.m. — 12:30 p.m. Eng. Pilates 1-2 p.m. Breakthrough Parenting Series Virtual 2 — 4 p.m. Eng. Zumba Steps 4-5 p.m.	26 Healthy Living Boot Camp 8—9 a.m. Enrollment and Member Services 9 a.m. — 4 p.m. Yoga Therapy Virtual 9—10 a.m. Stretching and Strengthening for Seniors 9:30-10:30 a.m. Health Screenings 10 a.m.-11 p.m. Zumba 11 a.m.-12 p.m. Healthy Cooking 12:30—2:30 p.m. Spa. Breakthrough Parenting Series Virtual 2—4 p.m. Eng. Kids Healthy Cooking 3:30-4:30 p.m. (5-14 yrs old)	27 Nutritifit 8—9 a.m. Enrollment and Member Services 9 a.m. — 4 p.m. Mommy & Me 9:30--10:30 am Healthy Eating for Diabetes Prevention (part 1) 12—1 p.m. Tai Chi 1:30-2:30p.m. Healthy Eating for Diabetes Prevention (part 2) 3—4 p.m.	28 Enrollment and Member Services 9 a.m. — 4 p.m. Healthy Eating Active Living NEVHC 9-10:30 a.m. Sp. Zumba for Beginners, Seniors and Persons With Special Needs 11:30 a.m. -12:30 p.m. Breakthrough Parenting Series 2-4 p.m. Sp. Juicing for a Healthy Life 2-3:30 p.m. Sp. Zumba 4-5 p.m.	29 Enrollment and Member Services 9 a.m. — 4 p.m. Member Orientation 9 a.m. — 4 p.m. Dance Aerobics 12-1 p.m. Yoga Therapy 2-3 p.m.	30  CRC YouTube

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 LUNES, MARTES, MIÉRCOLES, JUEVES, VIERNES, and SÁBADO. Each cell contains activity details, times, and location notes. Includes callouts for 'DÍA DE INDEPENDENCIA' and 'EVENTO DE REGRESO A LA ESCUELA'.

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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