



# POMONA NOVEMBER 2022

## Community Resource Center

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<b>Circuit Training for Older Adults</b> 9:15-10:15 a.m. <b>Healthy Cooking</b> 10:30 a.m.-12:00 p.m. <b>HIIT</b> 4-4:45 p.m.	<b>Zumba</b> 9:30-10:30 a.m. <b>Yoga</b> 10:30-11:30 a.m. <b>Kids Fitness</b> 3-4 p.m. <b>Behavioral Struggles in Children</b> 3-4 p.m. SPA <b>Boot Camp</b> 4-4:45 p.m. <b>Kids Anatomy</b> 4-4:45 p.m.	<b>Circuit Training for Older Adults</b> 9:15-10:15 a.m. <b>Healthy Cooking</b> 10:30a.m-12:00 p.m. <b>CPR/First Aid</b> 12-3 p.m. ENG. <b>Zumba</b> 4-4:45 p.m.	<b>Boot Camp</b> 9-10 a.m. <b>Zumba</b> 11:30 a.m.-12:30 p.m. <b>Family Dance Class</b> 4-4:45 p.m.	Closed
<b>Zumba</b> 9:30-10:30 a.m. <b>Yoga</b> 10:30-11:30 a.m. <b>Zumba</b> 3-4 p.m. <b>Boot Camp</b> 4-4:45 p.m.	<b>Circuit Training for Older Adults</b> 9:15-10:15 a.m. <b>Healthy Cooking</b> 10:30 a.m.-12:00 p.m. <b>HIIT</b> 4-4:45 p.m.	<b>Zumba</b> 9:30-10:30 a.m. <b>Yoga</b> 10:30-11:30 a.m. <b>Kids Fitness</b> 3-4 p.m. <b>Depression Treatment &amp; Recovery</b> 3-4 p.m. SPA <b>Boot Camp</b> 4-4:45 p.m. <b>Kids Nutrition</b> 4-4:45 p.m.	<b>Circuit Training for Older Adults</b> 9:15-10:15 a.m. <b>Healthy Cooking</b> 10:30a.m-12:00 p.m. <b>Zumba</b> 4-4:45 p.m.	<b>Boot Camp</b> 9-10 a.m. <b>Zumba</b> 11:30 a.m.-12:30 p.m. <b>Family Dance Class</b> 4-4:45 p.m.	Closed
<b>Zumba</b> 9:30-10:30 a.m. <b>Yoga</b> 10:30-11:30 a.m. <b>Boot Camp</b> 4-4:45 p.m.	<b>Circuit Training for Older Adults</b> 9:15-10:15 a.m. <b>Healthy Cooking</b> 10:30 a.m.-12:00 p.m. <b>HIIT</b> 4-4:45 p.m.	<b>RCAC Meeting</b> 9 a.m.-1:30 p.m. <b>Yoga</b> 10:30-11:30 a.m. <b>Kids Fitness</b> 3-4 p.m. <b>Mental Health &amp; Stigma</b> 3-4 p.m. SPA <b>Boot Camp</b> 4-4:45 p.m. <b>Kids Mental Health</b> 4-4:45 p.m.	<b>Circuit Training for Older Adults</b> 9:15-10:15 a.m. <b>Healthy Cooking</b> 10:30a.m-12:00 p.m. <b>CPR/First Aid</b> 12-3 p.m. SPA. <b>Zumba</b> 4-4:45 p.m.	<b>Boot Camp</b> 9-10 a.m. <b>Zumba</b> 11:30 a.m.-12:30 p.m. <b>Family Dance Class</b> 4-4:45 p.m.	Closed
<b>Zumba</b> 9:30-10:30 a.m. <b>Yoga</b> 10:30-11:30 a.m. <b>Boot Camp</b> 4-4:45 p.m.	<b>Food Distribution</b> 12-3 p.m. <b>Family Cooking</b> 3:30-5 p.m.	<b>Zumba</b> 9:30-10:30 a.m. <b>Yoga</b> 10:30-11:30 a.m. <b>Kids Fitness</b> 3-4 p.m. <b>Suicide Prevention &amp; Resilience</b> 3-4 p.m. SPA. <b>Boot Camp</b> 4-4:45 p.m. <b>Kids Cardiovascular Health</b> 4-4:45 p.m.	Closed Thanksgiving	Closed Thanksgiving	Closed
<b>Zumba</b> 9:30-10:30 a.m. <b>Yoga</b> 10:30-11:30 a.m. <b>Boot Camp</b> 4-4:45 p.m.	<b>Circuit Training for Older Adults</b> 9:15-10:15 a.m. <b>Healthy Cooking</b> 10:30 a.m.-12:00 p.m. <b>HIIT</b> 4-4:45 p.m.	<b>Zumba</b> 9:30-10:30 a.m. <b>Yoga</b> 10:30-11:30 a.m. <b>Kids Fitness</b> 3-4 p.m. <b>Family Violence Prevention</b> 3-4 p.m. SPA. <b>Boot Camp</b> 4-4:45 p.m. <b>Kids Hygiene</b> 4-4:45 p.m.			

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**

696 W. Holt Ave.  
Pomona, CA 91768

**CENTER HOURS:**  
Monday-Friday: 9am - 5pm  
Saturday: Closed

909.620.1661  
activehealthyinformed.org



Community Resource Center

LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO
	Entrenamiento Círculo para Adultos 9:15-10:15 a.m. <b>Cocina Saludable</b> 10:30 a.m-12:00 p.m. <b>HIIT</b> 4-4:45 p.m.	Zumba 9:30-10:30 a.m. <b>Yoga</b> 10:30-11:30 a.m. <b>Cardio Para Niños</b> 3-4p.m. <b>Crianza Positiva: Luchas Conductuales en Niños</b> 3-4 p.m. SPA. <b>Boot Camp</b> 4-4:45 p.m. <b>Anatomía de Niños</b> 4-4:45 p.m.	Entrenamiento Círculo para Adultos 9:15-10:15 a.m. <b>Cocina Saludable</b> 10:30 a.m-12:00 p.m. <b>RCP/Primeros Auxilios</b> 12-3 p.m. ING. <b>Zumba</b> 4-4:45 p.m.	<b>Boot Camp</b> 9-10 a.m. <b>Zumba</b> 11:30 a.m-12:30 p.m. <b>Clase de Baile Familiar</b> 4-4:45 p.m.	Closed
Zumba 9:30-10:30 a.m. <b>Yoga</b> 10:30-11:30 a.m. <b>Zumba</b> 3-4 p.m. <b>Boot Camp</b> 4-4:45 p.m.	Entrenamiento Círculo para Adultos 9:15-10:15 a.m. <b>Cocina Saludable</b> 10:30 a.m-12:00 p.m. <b>HIIT</b> 4-4:45 p.m.	Zumba 9:30-10:30 a.m. <b>Yoga</b> 10:30-11:30 a.m. <b>Cardio Para Niños</b> 3-4p.m. <b>Depression: Tratamiento y Recuperacion</b> 3-4 p.m. SPA. <b>Boot Camp</b> 4-4:45 p.m. <b>Nutrición de Niños</b> 4-4:45 p.m.	Entrenamiento Círculo para Adultos 9:15-10:15 a.m. <b>Cocina Saludable</b> 10:30 a.m-12:00 p.m. <b>Zumba</b> 4-4:45 p.m.	<b>Boot Camp</b> 9-10 a.m. <b>Zumba</b> 11:30 a.m-12:30 p.m. <b>Clase de Baile Familiar</b> 4-4:45 p.m.	Closed
Zumba 9:30-10:30 a.m. <b>Yoga</b> 10:30-11:30 a.m. <b>Boot Camp</b> 4-4:45 p.m.	Entrenamiento Círculo para Adultos 9:15-10:15 a.m. <b>Cocina Saludable</b> 10:30 a.m-12:00 p.m. <b>HIIT</b> 4-4:45 p.m.	<b>Junta de RCAC</b> 9:30 a.m. -1:30 p.m. <b>Yoga</b> 10:30-11:30 a.m. <b>Cardio Para Niños</b> 3-4 p.m. <b>Salud Mental y Estigma</b> 3-4 p.m. SPA <b>Boot Camp</b> 4-4:45 p.m. <b>Salud Mental Para Niños</b> 4-4:45 p.m.	Entrenamiento Círculo para Adultos 9:15-10:15 a.m. <b>Cocina Saludable</b> 10:30 a.m-12:00 p.m. <b>RCP/Primeros Auxilios</b> 12-3 p.m. ESP. <b>Zumba</b> 4-4:45 p.m.	<b>Boot Camp</b> 9-10 a.m. <b>Zumba</b> 11:30 a.m-12:30 p.m. <b>Clase de Baile Familiar</b> 4-4:45 p.m.	Closed
Zumba 9:30-10:30 a.m. <b>Yoga</b> 10:30-11:30 a.m. <b>Boot Camp</b> 4-4:45 p.m.	<b>Despensa de Alimentos</b> 12-3 p.m. <b>Cocinando en Familia</b> 3:30-5 p.m.	Zumba 9:30-10:30 a.m. <b>Yoga</b> 10:30-11:30 a.m. <b>Cardio Para Niños</b> 3-4 p.m. <b>Prevencion del Suicidio y Resiliencia</b> 3-4 p.m. SPA. <b>Boot Camp</b> 4-4:45 p.m. <b>Salud Cardiovascular Para Niños</b> 4-4:45 p.m.	Closed <b>Thanksgiving</b>	Closed <b>Thanksgiving</b>	Closed
Zumba 9:30-10:30 a.m. <b>Yoga</b> 10:30-11:30 a.m. 4-4:45 p.m <b>Boot Camp</b> 4-4:45 p.m.	Entrenamiento Círculo para Adultos 9:15-10:15 a.m. <b>Cocina Saludable</b> 10:30 a.m-12:00 p.m. <b>HIIT</b> 4-4:45 p.m.	Zumba 9:30-10:30 a.m. <b>Yoga</b> 10:30-11:30 a.m. <b>Cardio Para Niños</b> 3-4 p.m. <b>Prevencion de la Violencia Familiar</b> 3-4 p.m. SPA. <b>Boot Camp</b> 4-4:45 p.m. <b>Higiene Para Niños</b> 4-4:45 p.m.			

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

696 W. Holt Ave.  
Pomona, CA 91768

**HORARIO DEL CENTRO:**  
Lunes a Viernes: 9am - 5pm  
Sábado: Cerrado

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