



DECEMBER

2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 Are you an L.A. Care Member? Come to an Orientation! Learn about your Medi-Cal benefits and receive a gift card.* L.A. Care members will get a gift card only once for attending a Member Orientation class. * One gift card per family. L.A. Care member (or guardian) must be present.					Zumba for Adults 9 - 10 a.m. 1 Pilates for Families (Ages 5 years and up) 10 - 11 a.m. Cardio Kickboxing 11 a.m. - 12 p.m.
Care Manager 10 a.m. - 1 p.m. 3 Agility, Balance and Coordination 10 - 11 a.m. Managing Stress in Our Daily Lives 11:30 a.m. - 12:30 p.m. Get Fit Kids 4 - 4:45 p.m. Zumba 5 - 6 p.m. Pilates 6 - 7 p.m.	Reading Time 10:30 a.m. - 12 p.m. 4 Covered CA Agent 1 - 5 p.m. Funky Fitness 4 - 4:45 p.m. Zumba Gold 5 - 5:45 p.m. Respect & Team Building 5 - 6:30 p.m. Boot Camp 6 - 7 p.m.	Registered Dietitian 10 a.m. - 5 p.m. 5 Covered CA Agent 10 a.m. - 5:30 p.m. Yoga Therapy 10:30 a.m. - 12 p.m. Line Dancing 1 - 2:30 p.m. Get Fit Kids 4 4 - 4:45 p.m. Protein & Pilates 5 - 6 p.m. Diabetes Prevention 20 6 - 7 p.m. Pilates 6 - 7 p.m.	6 The center will be closed for a meeting.	Yoga Therapy 9:30 - 10:30 a.m. 7 Mommy and Me 10 - 11:30 a.m. Breakthrough Parenting 1 - 2:30 p.m. Line Dancing 1 - 2:30 p.m. Zumba 5 - 6 p.m.	Zumba for Adults 9 - 10 a.m. 8 Pilates for Families (Ages 5 years and up) 10 - 11 a.m. Girl Scout Meeting 10 a.m. - 12 p.m. Cardio Kickboxing 11 a.m. - 12 p.m.
Care Manager 10 a.m. - 1 p.m. 10 Agility, Balance and Coordination 10 - 11 a.m. CPR and First Aid 10:30 a.m. - 1:30 p.m. Get Fit Kids 4 - 4:45 p.m. Healthy Cooking for Kids 5 - 6 p.m. Zumba 5 - 6 p.m. Pilates 6 - 7 p.m.	Reading Time 10:30 a.m. - 12 p.m. 11 Covered CA Agent 1 - 5 p.m. Funky Fitness 4 - 4:45 p.m. Zumba Gold 5 - 5:45 p.m. Healthy Cooking 5:30 - 7 p.m. Boot Camp 6 - 7 p.m.	Registered Dietitian 10 a.m. - 5 p.m. 12 Covered CA Agent 10 a.m. - 5:30 p.m. Healing Intergenerational Trauma 10 - 11 a.m. Yoga Therapy 11 a.m. - 12:30 p.m. Line Dancing 1 - 2:30 p.m. Get Fit Kids 4 4 - 4:45 p.m. Healthy Eating 4 - 5 p.m. Dancehall Funk 5 - 6 p.m. Diabetes Prevention 11 6 - 7 p.m. Pilates 6 - 7 p.m.	Sun Tai Chi 10 - 11 a.m. 13 Anger Management 10 - 11:30 a.m. L.A. Care Sales Representative 10 a.m. - 12:30 p.m. Zumba Gold 4 - 5 p.m. Hip Hop 5 - 6 p.m. Yoga for Adults 5 - 6 p.m. Zumba for Adults 6 - 7 p.m. Boot Camp 6 - 7 p.m.	DPSS Worker 9 a.m. - 4 p.m. 14 Yoga Therapy 9:30 - 10:30 a.m. Mommy and Me 10 - 11:30 a.m. Breakthrough Parenting 1 - 2:30 p.m. Line Dancing 1 - 2:30 p.m. Zumba 5 - 6 p.m.	Zumba for Adults 9 - 10 a.m. 15 Pilates for Families (Ages 5 years and up) 10 - 11 a.m. Girl Scout Meeting 10 a.m. - 12 p.m. Cardio Kickboxing 11 a.m. - 12 p.m.
Care Manager 10 a.m. - 1 p.m. 17 Agility, Balance and Coordination 10 - 11 a.m. Postpartum Depression, Symptoms and Causes 11:30 a.m. - 12:30 p.m. Get Fit Kids 4 - 4:45 p.m. Zumba 5 - 6 p.m. Pilates 6 - 7 p.m.	Books & Teddy Bears Holiday Party 10:30 a.m. - 1:30 p.m. 18 Covered CA Agent 1 - 5 p.m. Funky Fitness 4 - 4:45 p.m. Respect & Team Building 5 - 6:30 PM Zumba Gold 5 - 5:45 p.m. Healthy Cooking 5:30 - 7 p.m. Boot Camp 6 - 7 p.m.	Registered Dietitian 10 a.m. - 5 p.m. 19 Covered CA Agent 10 a.m. - 5:30 p.m. Yoga 10:30 a.m. - 12 p.m. Line Dancing 1 - 2:30 p.m. Get Fit Kids 4 4 - 4:45 p.m. Dancehall Funk 5 - 6 p.m. Protein & Pilates 5 - 6 p.m. Diabetes Prevention 12 6 - 7 p.m. Pilates 6 - 7 p.m.	Sun Tai Chi 10 - 11 a.m. 20 Anger Management 10 - 11:30 a.m. L.A. Care Sales Representative 10 a.m. - 12:30 p.m. Zumba Gold 4 - 5 p.m. Hip Hop 5 - 6 p.m. Yoga for Adults 5 - 6 p.m. Zumba for Adults 6 - 7 p.m. Boot Camp 6 - 7 p.m.	Yoga Therapy 9:30 - 10:30 a.m. 21 Mommy and Me 10 - 11:30 a.m. Breakthrough Parenting 1 - 2:30 p.m. Line Dancing 1 - 2:30 p.m. Zumba 5 - 6 p.m.	CENTER CLOSED 22 Happy Holidays 
CLOSED 24 Care Manager 10 a.m. - 1 p.m. 31 Agility, Balance and Coordination 10 - 11 a.m. Get Fit Kids 4 - 4:45 p.m. Center will close at 5 p.m.	CENTER CLOSED 25 	Registered Dietitian 10 a.m. - 5 p.m. 26 Covered CA Agent 10 a.m. - 5:30 p.m. Healing From a Life Loss 10 - 11 a.m. Yoga Therapy 11 a.m. - 12:30 p.m. Line Dancing 1 - 2:30 p.m. Get Fit Kids 4 4 - 4:45 p.m. Healthy Eating 4 - 5 p.m. Diabetes Prevention 13 6 - 7 p.m. Pilates 6 - 7 p.m.	Sun Tai Chi 10 - 11 a.m. 27 Anger Management 10 - 11:30 a.m. L.A. Care Sales Representative 10 a.m. - 12:30 p.m. Zumba Gold 4 - 5 p.m. Hip Hop 5 - 6 p.m. Zumba for Adults 5 - 6 p.m. and 6 - 7 p.m. Boot Camp 6 - 7 p.m.	DPSS Worker 9 a.m. - 4 p.m. 28 Yoga Therapy 9:30 - 10:30 a.m. Mommy and Me 10 - 11:30 a.m. Breakthrough Parenting 1 - 2:30 p.m. Line Dancing 1 - 2:30 p.m. Zumba 5 - 6 p.m.	CPR and First Aid 9 a.m. - 12:30 p.m. 29 Yoga for Adults 9 - 10 a.m. Pilates for Families (Ages 5 years and up) 10 - 11 a.m. Cardio Kickboxing 11 a.m. - 12 p.m.

Free Education and Exercise Classes 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 (4 years & up)**



Corner of Century and Crenshaw
3111 W. Century Blvd, Ste 100
Inglewood, CA 90303



Center Hours:

Monday - Thursday: 10 a.m.- 7 p.m.
Friday: 9 a.m.- 6 p.m.
Saturday: 9 a.m.- 12p.m.

(The 4th Saturday of the month the center will be open from 8:30 a.m. to 2:30 p.m.)



L.A. Care
HEALTH PLAN®



DICIEMBRE

2018

LUNES		MARTES		MIÉRCOLES		JUEVES		VIERNES		SÁBADO	
Are you an L.A. Care Member? Come to an Orientation! Learn about your Medi-Cal benefits and receive a gift card.* L.A. Care members will get a gift card only once for attending a Member Orientation class. * One gift card per family. L.A. Care member (or guardian) must be present.										Zumba Para AdultoS 9 - 10 a.m. 1 Pilates Para la Familia (5 años en adelante) 10 - 11 a.m. Cardio Kickboxing 11 a.m. - 12 p.m.	
Gerente de Cuidado 10 a.m. - 1 p.m. Agilidad, Equilibrio y Coordinación 10 - 11 a.m. Manejo del Estrés en Nuestra Vida Diaria 11:30 a.m. - 12:30 p.m. Ponerse en Forma Niños 4 - 4:45 p.m. Zumba 5 - 6 p.m. Pilates 6 - 7 p.m. 3	Tiempo de Lectura 10:30 a.m. - 12 p.m. Agente de Covered CA 1 - 5 p.m. Funky Fitness 4 - 4:45 p.m. Zumba Oro 5 - 5:45 p.m. Respeto y Creación de Equipos 5 - 6:30 p.m. Entrenamiento Intenso 6 - 7 p.m. 4	Dietista Registrada 10 a.m. - 5 p.m. Agente de Covered CA 10 a.m. - 5:30 p.m. Yoga 10:30 a.m.- 12 p.m. Baile en Línea 1 - 2:30 p.m. Ponerse en Forma Niños 4 - 4:45 p.m. Proteínas y Pilates 5 - 6 p.m. Diabetes 20 6 - 7 p.m. Pilates 6 - 7 p.m. 5	El Centro Estará Cerrado Por Una Reunión.		Yoga 9:30 - 10:30 a.m. 7 Mamá y Yo 10 - 11:30 a.m. Crianza de Sus Hijos 1- 2:30 p.m. Baile en Línea 1 - 2:30 p.m. Zumba 5 - 6 p.m.	Zumba Para Adultos 9 - 10 a.m. 8 Pilates Para la Familia (5 años en adelante) 10 - 11 a.m. Reunión de Girl Scouts 10 a.m. - 12 p.m. Cardio Kickboxing 11 a.m. - 12 p.m.					
Gerente de Cuidado 10 a.m. - 1 p.m. Agilidad, Equilibrio y Coordinación 10 - 11 a.m. RCP y Primeros Auxilios 10:30 a.m. - 1:30 p.m. Ponerse en Forma Niños 4 - 4:45 p.m Cocina Saludable para Niños 5 - 6 p.m. Zumba 5 - 6 p.m. Pilates 6 - 7 p.m. 10	Tiempo de Lectura 10:30 a.m. - 12 p.m. Agente de Covered CA 1 - 5 p.m. Funky Fitness 4 - 4:45 p.m. Zumba Oro 5 - 5:45 p.m. Cocina Saludable 5:30 - 7 p.m. Entrenamiento Intenso 6 - 7 p.m. 11	Dietista Registrada 10 a.m. - 5 p.m. Agente de Covered CA 10 a.m. - 5:30 p.m. Intergeneracional de Trauma 10 - 11 a.m. Yoga 11 a.m.- 12:30 p.m. Baile en Línea 1 - 2:30 p.m. Niños 4 - 4:45 p.m. Alimentación Saludable 4 - 5 p.m Dancehall Funk 5 - 6 p.m. Diabetes 11 6 - 7 p.m Pilates 6 - 7 p.m. 12	Sol Tai Chi 10 - 11 a.m. Control de la Ira 10 - 11:30 a.m. Representante de Ventas de LA Care 10 a.m. - 12:30 p.m. Zumba Oro 4 - 5 p.m. Hip Hop 5 - 6 p.m. Yoga Para Adultos 5 - 6 p.m. Zumba Para Adultos 6 - 7 p.m. Entrenamiento Intenso 6 - 7 p.m. 13	Trabajador de Elegibilidad 9 a.m. - 4 p.m. Yoga 9:30 - 10:30 a.m. Mamá y Yo 10 - 11:30 a.m. Crianza de Sus Hijos 1 - 2:30 p.m. Baile en Línea 1 - 2:30 p.m. Zumba 5 - 6 p.m. 14	Zumba Para Adultos 9 - 10 a.m. 15 Pilates Para la Familia (5 años en adelante) 10 - 11 a.m. Reunión de Girl Scouts 10 a.m. - 12 p.m. Cardio Kickboxing 11 a.m. - 12 p.m.						
Gerente de Cuidado 10 a.m. - 1 p.m. Agilidad, Equilibrio y Coordinación 10 - 11 a.m. La Depresión Posparto, Síntomas y Causas 11:30 a.m. - 12: 30 p.m. Niños 4 - 4:45 p.m. Zumba 5 - 6 p.m. Pilates 6 - 7 p.m. 17	Fiesta festiva de libros y ositos de peluche. 10:30 a.m. - 1:30 p.m. Agente de Covered CA 1 - 5 p.m. Funky Fitness 4 - 4:45 p.m. Respeto y Creación de Equipos 5 - 6:30 p.m. Zumba Oro 5 - 5:45 p.m. Cocina Saludable 5:30 - 7 p.m. Entrenamiento Intenso 6 - 7 p.m. 18	Dietista Registrada 10 a.m. - 5 p.m. Agente de Covered CA 10 a.m. - 5:30 p.m. Yoga 10:30 a.m. - 12 p.m. Baile en Línea 1 - 2:30 p.m. Ponerse en Forma Niños 4 - 4:45 p.m. Dancehall Funk 5 - 6 p.m. Proteínas y Pilates 5 - 6 p.m. Diabetes 12 6 - 7 p.m. Pilates 6 - 7 p.m. 19	Sol Tai Chi 10 - 11 a.m. Control de la Ira 10 - 11:30 a.m. Representante de Ventas de LA Care 10 a.m. - 12:30 p.m. Zumba Oro 4 - 5 p.m. Hip Hop 5 - 6 p.m. Yoga Para Adultos 5 - 6 p.m. Zumba Para Adultos 6 - 7 p.m. Entrenamiento Intenso 6 - 7 p.m. 20	Yoga 9:30 - 10:30 a.m. 21 Mamá y Yo 10 - 11:30 a.m. Crianza de Sus Hijos 1- 2:30 p.m. Baile en Línea 1 - 2:30 p.m. Zumba 5 - 6 p.m.	CENTRO CERRADO 22 Felices Fiestas						
CERRADO 24 Gerente de Cuidado 10 a.m. - 1 p.m. Agilidad, Equilibrio y Coordinación 10 - 11 a.m. Ponerse en Forma Niños 4 - 4:45 p.m. El Centro Cerrará a Las 5 p.m. 31	CENTRO CERRADO 25	Dietista Registrada 10 a.m. - 5 p.m. Agente de Covered CA 10 a.m. - 5:30 p.m. Curación de Una Pérdida de Vida 10 - 11 a.m. Yoga 11 a.m.- 12:30 p.m. Baile en Línea 1 - 2:30 p.m. Niños 4 - 4:45 p.m. Alimentación Saludable 4 - 5 p.m. Diabetes 13 6 - 7 p.m. Pilates 6 - 7 p.m. 26	Sol Tai Chi 10 - 11 a.m. Control de la Ira 10 - 11:30 a.m. Representante de Ventas de LA Care 10 a.m. - 12:30 p.m. Zumba Oro 4 - 5 p.m. Hip Hop 5 - 6 p.m. Zumba Para Adultos 5 - 6 p.m y 6 - 7 p.m. Entrenamiento Intenso 6 - 7 p.m. 27	Trabajador de Elegibilidad 9 a.m. - 4 p.m. Yoga 9:30 - 10:30 a.m. Mamá y Yo 10 - 11:30 a.m. Crianza de Sus Hijos 1- 2:30 p.m. Baile en Línea 1 - 2:30 p.m. Zumba 5 - 6 p.m. 28	RCP y Primeros Auxilios 9 a.m. - 12:30 p.m. YogaPara Adultos 9 - 10 a.m. Pilates Para la Familia (5 años en adelante) 10 - 11 a.m. Cardio Kickboxing 11 a.m. - 12 p.m. 29						

Clases GRATIS de Salud y Ejercicio

*Espacio de las clases es limitado (primero en llegar, primero en servir).

Las clases están sujetas a cambio, reprogramación o cancelación sin previo aviso. Cuidado de niños disponible durante las clases (4 años y más)

