







Community Resource Center

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 	2 Meditation 9-10 a.m. Cooking Matters for Adults 9-10:30 a.m. SPA. Circuit Training for Older Adults 10:45-11:30 a.m. CPR/First Aid 12-3 p.m. ENG. Kickboxing 5-6 p.m.	3 Hip Hop for Kids 5-6 p.m.	4 My Plate for Diabetes 9-10 a.m. ENG. Restorative Yoga 10-11 a.m. Registered Dietitian Consultations 10 a.m.-1 p.m.
6 Zumba 9:30-10:30 a.m. Vinyasa Flow Yoga 10-11 a.m. Boot Camp 4-5 p.m. Zumba 5-6 p.m.	7 Meditation 9-10 a.m. Cooking Matters for Adults 9-10:30 a.m. ENG. Circuit Training for Older Adults 10:45-11:30 a.m. Kickboxing 5-6 p.m.	8 Zumba 9:30-10:30 a.m. Vinyasa Flow Yoga 10-11 a.m. Boot Camp 4-5 p.m. Zumba 5-6 p.m.	9 Meditation 10 a.m. Cooking Matters for Adults 9-10:30 a.m. SPA. Circuit Training for Older Adults 10:45-11:30 a.m. Kickboxing 5-6 p.m.	10 Story Time for Kids 11 a.m.-12 p.m. Up and Moving With Your Family 10-11 a.m. Hip Hop for Kids 5-6 p.m.	11 My Plate for Diabetes 9-10 a.m. SPA. Restorative Yoga 10-11 a.m.
13 Zumba 9:30-10:30 a.m. Vinyasa Flow Yoga 10-11 a.m. Boot Camp 4-5 p.m. Zumba 5-6 p.m.	14 Meditation 9-10 a.m. Cooking Matters for Adults 9-10:30 a.m. ENG. Circuit Training for Older Adults 10:45-11:30 a.m. Kickboxing 5-6 p.m.	15 Zumba 9:30-10:30 a.m. Vinyasa Flow Yoga 10-11 a.m. Boot Camp 4-5 p.m. Zumba 5-6 p.m.	16 Meditation 9-10 a.m. CAC 11 Meeting 10-12:30 p.m. Cooking Matters for Adults 9-10:30 a.m. SPA. Circuit Training for Older Adults 10:45-11:30 a.m. CPR/First Aid 12-3 p.m. ENG. Kickboxing 5-6 p.m.	17 Hip Hop for Kids 5-6 p.m.	18 
20 	21 Meditation 9-10 a.m. Cooking Matters for Adults 9-10:30 a.m. ENG. Circuit Training for Older Adults 10:45-11:30 a.m. Kickboxing 5-6 p.m.	22 Zumba 9:30-10:30 a.m. Vinyasa Flow Yoga 10-11 a.m. Boot Camp 4-5 p.m. Zumba 5-6 p.m.	23 Meditation 9-10 a.m. Cooking Matters for Adults 9-10:30 a.m. SPA. Circuit Training for Older Adults 10:45-11:30 a.m. Kickboxing 5-6 p.m.	24 Story Time for Kids 11 a.m.-12 p.m. Alzheimer's Education 10-11 a.m. Hip Hop for Kids 5-6 p.m.	25 Eating Right for Athletes 9-10 a.m. ENG. Restorative Yoga 10-11 a.m. Registered Dietitian Consultations 10 a.m.-1 p.m.
27 Zumba 9:30-10:30 a.m. Vinyasa Flow Yoga 10-11 a.m. Boot Camp 4-5 p.m. Zumba 5-6 p.m.	28 Meditation 9-10 a.m. Cooking Matters for Adults 9-10:30 a.m. ENG. Circuit Training for Older Adults 10:45-11:30 a.m. Kickboxing 5-6 p.m.	29 Zumba 9:30-10:30 a.m. Vinyasa Flow Yoga 10-11 a.m. Boot Camp 4-5 p.m. Zumba 5-6 p.m.	30 Meditation 9-10 a.m. Cooking Matters for Adults 9-10:30 a.m. SPA. Circuit Training for Older Adults 10:45-11:30 a.m. Kickboxing 5-6 p.m.	31 Hip Hop for Kids 5-6 p.m.	

FREE Health Education and Exercise Classes*

CPR/First Aid: Get your CPR and First Aid certification for adults, children and infants.

You can register online at: <https://acls123.com/free> or same day walk-in. Call **909.620.1661** for more information.

*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+)



696 W. HOLT AVE.
POMONA, CA 91768



CENTER HOURS:

MONDAY - FRIDAY: 9 A.M. - 6 P.M.
SATURDAY: 9 A.M. - 1 P.M.



909.620.1661
activehealthyinformed.org



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Calendar grid with columns for LUNES, MARTES, MIÉRCOLES, JUEVES, VIERNES, and SÁBADO. Each cell contains activity details such as Zumba, Yoga, and Boot Camp, along with dates and times. Includes special notices like 'FELIZ AÑO NUEVO' and 'DÍA DE MARTIN LUTHER KING'.

Clases de Salud y Ejercicio GRATIS*

RCP / Primeros auxilios: Obtenga su certificación de RCP y Primeros Auxilios, niños y bebés. Puede registrarse en línea en: https://acls123.com/free o en el mismo día. Llame al 877.287.6290 para más información.

*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+)

696 W. HOLT AVE. POMONA, CA 91768

HORARIO DEL CENTRO: LUNES A VIERNES: 9 A.M. - 6 P.M. SÁBADO: 9 A.M. - 1 P.M.

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