





POMONA FEBRUARY 2020


Community Resource Center

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
<div style="border: 2px solid orange; padding: 5px; margin-bottom: 10px;"> Classes in BLUE qualify for the My Rewards for a Healthy Life Program Classes in GREEN are by appointment and registration only. </div> Zumba 9:30-10:30 a.m. Vinyasa Flow Yoga 10:30-11:30 a.m. Boot Camp 4-5 p.m. Zumba 5-6 p.m. Cardio for Kids 5-6 p.m.					My Plate for Diabetes 1 9:30-10:30 a.m. ENG. 11:30 a.m.-12:30 p.m. SPA Gentle Yoga 10-11 a.m. HIIT 11 a.m.-12 p.m. Income Tax Assistance 9 a.m.-1 p.m.	
	3 Zumba 9:30-10:30 a.m. Vinyasa Flow Yoga 10:30-11:30 a.m. Boot Camp 4-5 p.m. Zumba 5-6 p.m. Cardio for Kids 5-6 p.m.	4 Meditation 9:15-10:15 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.	5 Zumba 9:30-10:30 a.m. Vinyasa Flow Yoga 10:30-11:30 a.m. Boot Camp 4-5 p.m. Zumba 5-6 p.m. Cardio for Kids 5-6 p.m.	6 Meditation 9:15-10:15 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.	7 Story Time for Kids 11 a.m.-12 p.m. Hip Hop for Kids 5-6 p.m.	8 Love Your Heart 9:30-10:30 a.m. ENG. 11:30 a.m.-12:30 p.m. SPA Gentle Yoga 10-11 a.m. HIIT 11 a.m.-12 p.m. Income Tax Assistance 9 a.m.-1 p.m.
	10 Zumba 9:30-10:30 a.m. Vinyasa Flow Yoga 10:30-11:30 a.m. Boot Camp 4-5 p.m. Zumba 5-6 p.m. Cardio for Kids 5-6 p.m.	11 Meditation 9:15-10:15 a.m. Cooking Matters for Adults 9-10:30 a.m. ENG. Circuit Training for Older Adults 10:45-11:30 a.m. Discipline & Good Health 1-2 p.m. Kickboxing 5-6 p.m.	12 Zumba 9:30-10:30 a.m. Vinyasa Flow Yoga 10:30-11:30 a.m. Boot Camp 4-5 p.m. Zumba 5-6 p.m. Cardio for Kids 5-6 p.m.	13 Meditation 9:15-10:15 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.	14 Hip Hop for Kids 5-6 p.m.	15 
17 <div style="border: 2px solid orange; padding: 5px; text-align: center;"> PRESIDENT'S DAY  CENTER CLOSED </div>	18 Meditation 9:15-10:15 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.	19 Zumba 9:30-10:30 a.m. Vinyasa Flow Yoga 10:30-11:30 a.m. Boot Camp 4-5 p.m. Zumba 5-6 p.m. Cardio for Kids 5-6 p.m.	20 Meditation 9:15-10:15 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. SPA Kickboxing 5-6 p.m.	21 Alzheimer's Education 11 a.m.-12 p.m. Story Time for Kids 1-2 p.m. Hip Hop for Kids 5-6 p.m.	22 Eating Right for Active Bodies 9:30-10:30 a.m. ENG. 11:30 a.m.-12:30 p.m. SPA Gentle Yoga 10-11 a.m. HIIT 11 a.m.-12 p.m. Income Tax Assistance 9 a.m.-1 p.m.	
24 Zumba 9:30-10:30 a.m. Vinyasa Flow Yoga 10:30-11:30 a.m. Boot Camp 4-5 p.m. Zumba 5-6 p.m. Cardio for Kids 5-6 p.m.	25 Meditation 9:15-10:15 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.	26 Zumba 9:30-10:30 a.m. Vinyasa Flow Yoga 10:30-11:30 a.m. Boot Camp 4-5 p.m. Zumba 5-6 p.m. Cardio for Kids 5-6 p.m.	27 Meditation 9:15-10:15 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.	28 Hip Hop for Kids 5-6 p.m.	29 Weight Management 9:30-10:30 a.m. ENG. 11:30 a.m.-12:30 p.m. SPA Gentle Yoga 10-11 a.m. HIIT 11 a.m.-12 p.m. Income Tax Assistance 9 a.m.-1 p.m.	

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+)

**BE ACTIVE,
HEALTHY
& INFORMED**

 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





POMONA

FEBRERO

2020


Community Resource Center


LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO
<p>La clases en Azul califican para el programa mis recompensas para una vida sana.</p> <p>Las clases en Verde son por cita y registro solamente.</p>					Mi Plato Para Personas con Diabetes 1 9:30-10:30 a.m. ING 11:30 a.m.-12:30 p.m. ESP Yoga Suave 10-11 a.m. HIIT 11 a.m.-12 p.m. Asistencia con Impuestos 9 a.m.-1 p.m.
Zumba 3 9:30-10:30 a.m. Yoga Fluido Vinyasa 10:30-11:30 a.m. Boot Camp 4-5 p.m. Zumba 5-6 p.m. Cardio Para Niños 5-6 p.m.	Meditación 4 9:15-10:15 a.m. Cocina Saludable Para Adultos 9-10:30 a.m. ING Entrenamiento Circuito Para Adultos Mayores 10:45-11:30 a.m. Kickboxing 5-6 p.m.	Zumba 5 9:30-10:30 a.m. Yoga Fluido Vinyasa 10:30-11:30 a.m. Boot Camp 4-5 p.m. Zumba 5-6 p.m. Cardio Para Niños 5-6 p.m.	Meditación 6 9:15-10:15 a.m. Cocina Saludable Para Adultos 9-10:30 a.m. ESP Entrenamiento Circuito Para Adultos Mayores 10:45-11:30 a.m. RCP/ Primeros Auxilios 12-3 p.m. ING Kickboxing 5-6 p.m.	Cuentos Para Niños 7 11 a.m.-12 p.m. Hip Hop Para Niños 5-6 p.m.	Ame su Corazón 8 9:30-10:30 a.m. ING 11:30 a.m.-12:30 p.m. ESP Yoga Suave 10-11 a.m. HIIT 11 a.m.-12 p.m. Asistencia con Impuestos 9 a.m.-1 p.m.
Zumba 10 9:30-10:30 a.m. Yoga Fluido Vinyasa 10:30-11:30 a.m. Boot Camp 4-5 p.m. Zumba 5-6 p.m. Cardio Para Niños 5-6 p.m.	Meditación 11 9:15-10:15 a.m. Cocina Saludable Para Adultos 9-10:30 a.m. ING. Entrenamiento Circuito Para Adultos Mayores 10:45-11:30 a.m. Disciplina y Buena Salud 1-2 p.m. Kickboxing 5-6 p.m.	Zumba 12 9:30-10:30 a.m. Yoga Fluido Vinyasa 10:30-11:30 a.m. Boot Camp 4-5 p.m. Zumba 5-6 p.m. Cardio Para Niños 5-6 p.m.	Meditación 13 9:15-10:15 a.m. Cocina Saludable Para Adultos 9-10:30 a.m. ESP. Entrenamiento Circuito Para Adultos Mayores 10:45-11:30 a.m. Kickboxing 5-6 p.m.	Hip Hop Para Niños 14 5-6 p.m.	
	Meditación 17 9:15-10:15 a.m. Cocina Saludable Para Adultos 9-10:30 a.m. ING Entrenamiento Circuito Para Adultos Mayores 10:45-11:30 a.m. Kickboxing 5-6 p.m.	Zumba 18 9:30-10:30 a.m. Yoga Fluido Vinyasa 10:30-11:30 a.m. Boot Camp 4-5 p.m. Zumba 5-6 p.m. Cardio Para Niños 5-6 p.m.	Meditación 19 9:15-10:15 a.m. Cocina Saludable Para Adultos 9-10:30 a.m. ESP. Entrenamiento Circuito Para Adultos Mayores 10:45-11:30 a.m. RCP/ Primeros Auxilios 12-3 p.m. ESP Kickboxing 5-6 p.m.	Educación de Alzheimer 20 11 a.m.-12 p.m. Cuentos Para Niños 1-2 p.m. Hip Hop Para Niños 5-6 p.m.	Cómo Comer Saludable Para Un Cuerpo Activo 22 9:30-10:30 a.m. ING 11:30 a.m.-12:30 p.m. ESP Yoga Suave 10-11 a.m. HIIT 11 a.m.-12 p.m. Asistencia con Impuestos 9 a.m.-1 p.m.
Zumba 24 9:30-10:30 a.m. Yoga Fluido Vinyasa 10:30-11:30 a.m. Boot Camp 4-5 p.m. Zumba 5-6 p.m. Cardio Para Niños 5-6 p.m.	Meditación 25 9:15-10:15 a.m. Cocina Saludable Para Adultos 9-10:30 a.m. ING Entrenamiento Circuito Para Adultos Mayores 10:45-11:30 a.m. Kickboxing 5-6 p.m.	Zumba 26 9:30-10:30 a.m. Yoga Fluido Vinyasa 10:30-11:30 a.m. Boot Camp 4-5 p.m. Zumba 5-6 p.m. Cardio Para Niños 5-6 p.m.	Meditación 27 9:15-10:15 a.m. Cocina Saludable Para Adultos 9-10:30 a.m. ESP. Entrenamiento Circuito Para Adultos Mayores 10:45-11:30 a.m. Kickboxing 5-6 p.m.	Hip Hop Para Niños 28 5-6 p.m.	Control de Peso 29 9:30-10:30 a.m. ING 11:30 a.m.-12:30 p.m. ESP Yoga Suave 10-11 a.m. HIIT 11 a.m.-12 p.m. Asistencia con Impuestos 9 a.m.-1 p.m.

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+)

**SEA ACTIVO,
SALUDABLE
E INFORMADO**

 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.

 909.620.1661
activehealthyinformed.org