



MAY - WEEKLY Classes

2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 Senior Aerobics 10:15 - 11:15 a.m. Mental Health Awareness Month 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.	1 Reading Time Book Event 10:30 a.m. - 12 p.m. Nutrition Workshop 10:30 - 11:30 a.m. Funky Fitness 4 - 5 Zumba Gold 5 - 5:45 Bullying Awareness Youth Workshop 5 - 6:30 p.m. Breakthrough Parenting 6 - 7 p.m.	2 Registered Dietitian 10 a.m. - 5 p.m. Yoga Therapy 10:30 a.m. - 12 p.m. Line Dancing 1 - 2:30 p.m. Get Fit Kids 4 - 4:45 p.m. Diabetes 20 6 - 7 p.m. Pilates 6 - 7 p.m.	3 Anger Management 10 - 11:30 a.m. Tai Chi 10:15 - 11:15 Zumba Gold 4 - 5 p.m. Youth Fitness 5 - 6 p.m. Yoga for Adults 5 - 6 p.m. Zumba for Adults 6 - 7 p.m.	4 Yoga Therapy 9:30 - 10:30 a.m. Mommy and Me 10 - 11:30 a.m. CMC Care Management 11 a.m. - 1 p.m. Line Dancing 1 - 2:30 p.m. Body Sculpt 4 - 4:45 p.m. Zumba 5 - 6 p.m.	5 Zumba for Adults 9 - 10 a.m. Pilates for Families (Ages 7 years and up) 10 - 11 a.m. Girl Scout Meeting 10 - 11:30 a.m.
	7 Senior Aerobics 10:15 - 11:15 a.m. Mental Health Awareness Month 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.	8 Member Orientation 10 a.m. - 5:30 p.m. Nutrition Workshop 10:30 - 11:30 a.m. Reading Time 10:30 a.m. - 12 p.m. Funky Fitness 4 - 5 Zumba Gold 5 - 5:45 Healthy Cooking 5:30 - 7 p.m. Breakthrough Parenting 6 - 7 p.m.	9 Registered Dietitian 10 - 5 Depression 101 10 - 11 a.m. Yoga Therapy 11 a.m. - 12:30 p.m. Line Dancing 1 - 2:30 Get Fit Kids 4 - 4:45 Healthy Eating 4 - 5 Youth Dancehall Funk 5 - 6 p.m. Diabetes 4 6 - 7 p.m. Pilates 6 - 7 p.m.	10 Anger Management 10 - 11:30 a.m. Tai Chi 10:15 - 11:15 a.m. Zumba Gold 4 - 5 p.m. Youth Fitness 5 - 6 p.m. Zumba for Adults 5 - 6 p.m. and 6 - 7 p.m.	11 DPSS Worker 9 a.m. - 4 p.m. Yoga Therapy 9:30 - 10:30 a.m. Mommy and Me 10 - 11:30 a.m. CMC Care Management 11 a.m. - 1 p.m. Line Dancing 1 - 2:30 p.m. Body Sculpt 4 - 4:45 Zumba 5 - 6 p.m.
14 Senior Aerobics 10:15 - 11:15 a.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.	15 Reading Time 10:30 a.m. - 12 p.m. Funky Fitness 4 - 5 p.m. Zumba Gold 5 - 5:45 p.m. Healthy Cooking 5:30 - 7 p.m. Breakthrough Parenting 6 - 7 p.m.	16 Registered Dietitian 10 - 5 Yoga Therapy 10:30 a.m. - 12 p.m. Line Dancing 1 - 2:30 Liberty Dental Workshop 2 - 3 :30 pm Get Fit Kids 4 - 4:45 Youth Dancehall Funk 5 - 6 p.m. Diabetes 5 6 - 7 p.m. Pilates 6 - 7 p.m.	17 Anger Management 10 - 11:30 a.m. Tai Chi 10:15 - 11:15 Zumba Gold 4 - 5 p.m. Youth Fitness 5 - 6 p.m. Yoga for Adults 5 - 6 p.m. Zumba for Adults 6 - 7 p.m.	18 Yoga Therapy 9:30 - 10:30 a.m. Mommy and Me 10 - 11:30 a.m. CMC Care Management 11 a.m. - 1 p.m. Line Dancing 1 - 2:30 p.m. Body Sculpt 4 - 4:45 Zumba 5 - 6 p.m.	19 Zumba for Adults 9 - 10 a.m. Pilates for Families (Ages 7 years and up) 10 - 11 a.m.
21 Senior Aerobics 10:15 - 11:15 a.m. CPR and First Aid 10:30 a.m. - 1:30 p.m. Women's and Men's Health 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.	22 Member Orientation 10 a.m. - 5:30 p.m. Reading Time 10:30 a.m. - 12 p.m. Funky Fitness 4 - 5 p.m. Zumba Gold 5 - 5:45 p.m. Breakthrough Parenting 6 - 7 p.m.	23 Registered Dietitian 10 a.m. - 5 p.m. Trauma 101 10 - 11 a.m. Yoga Therapy 11 a.m. - 12:30 p.m. Line Dancing 1 - 2:30 Get Fit Kids 4 - 4:45 Healthy Eating 4 - 5 Diabetes 6 6 - 7 p.m. Pilates 6 - 7 p.m.	24 Anger Management 10 - 11:30 a.m. Tai Chi 10:15 - 11:15 PASC 1 - 2:30 p.m. Zumba Gold 4 - 5 p.m. Youth Fitness 5 - 6 p.m. Yoga for Adults 5 - 6 p.m. Zumba for Adults 6 - 7 p.m.	25 DPSS Worker 9 a.m. - 4 p.m. Yoga Therapy 9:30 - 10:30 Mommy and Me 10 - 11:30 a.m. CMC Care Management 11 a.m. - 1 p.m. Line Dancing 1 - 2:30 Body Sculpt 4 - 4:45 Zumba 5 - 6 p.m.	<p>Center Closed</p>
Center Closed	28 Reading Time 10:30 a.m. - 12 p.m. Funky Fitness 4 - 5 p.m. Zumba Gold 5 - 5:45 p.m. Bullying Awareness Youth Workshop 5 - 6:30 p.m. Breakthrough Parenting 6 - 7 p.m.	29 Registered Dietitian 10 a.m. - 5 p.m. Yoga Therapy 10:30 a.m. - 12 p.m. Line Dancing 1 - 2:30 Get Fit Kids 4 - 4:45 p.m. Diabetes 7 6 - 7 p.m. Pilates 6 - 7 p.m.	30 Anger Management 10 - 11:30 a.m. Tai Chi 10:15 - 11:15 Zumba Gold 4 - 5 p.m. Youth Fitness 5 - 6 p.m. Yoga for Adults 5 - 6 p.m. Zumba for Adults 6 - 7 p.m.	31 Anger Management 10 - 11:30 a.m. Tai Chi 10:15 - 11:15 Zumba Gold 4 - 5 p.m. Youth Fitness 5 - 6 p.m. Yoga for Adults 5 - 6 p.m. Zumba for Adults 6 - 7 p.m.	

Free Education and Exercise Classes Class space is limited (first come, first serve).

Classes are subject to change, rescheduling or cancellation without notice. **Child care is provided while you attend a class.**

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®



MAYO - Clases SEMANALES

2018

LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO
 Feliz Día de las Madres	Tiempo de Lectura 1 Evento de Libros 10:30 a.m. - 12 p.m. Taller de Nutrición 10:30 - 11:30 a.m. Funky Fitness 4 - 5 Zumba Oro 5 - 5:45 Taller Juvenil Contra la Intimidación 5 - 6:30 Crianza de Sus Hijos 6 - 7 p.m.	Dietista Registrada 2 10 a.m. - 5 p.m. Yoga 10:30 - 12 Baile en Línea 1 - 2:30 p.m. Ponerse en Forma Niños 4 - 4:45 p.m. Diabetes 20 6 - 7 p.m. Pilates 6 - 7 p.m.	Control de la Ira 3 10 - 11:30 a.m. Tai Chi 10:15 - 11:15 a.m. Zumba Oro 4 - 5 p.m. Ejercicio Para Jovenes 5 - 6 p.m. Yoga Para Adultos 5 - 6 p.m. Zumba Para Adultos 6 - 7 p.m.	Yoga 4 9:30 - 10:30 Mamá y Yo 10 - 11:30 Administración de Cuidado de CMC 11 a.m. - 1 p.m. Baile en Línea 1 - 2:30 p.m. Tonificar el Cuerpo 4 - 4:45 p.m. Zumba 5 - 6 p.m.	Zumba Para Adultos 5 9 - 10 a.m. Pilates Para la Familia (7 años en adelante) 10 - 11 a.m. Reunión de Girl Scouts 10 - 11:30 a.m.
Aeróbicos Para la Tercera Edad 7 10:15 - 11:15 a.m. Mes de Concientización de la Salud Mental 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.	Orientación Para Miembros 8 10 a.m. - 5:30 p.m. Taller de Nutrición 10:30 - 11:30 a.m. Tiempo de Lectura 10:30 a.m. - 12 p.m. Funky Fitness 4 - 5 p.m. Zumba Oro 5 - 5:45 Cocina Saludable 5:30 - 7 p.m. Crianza de Sus Hijos 6 - 7 p.m.	Dietista Registrada 9 10 a.m. - 5 p.m. Depression 101 10 - 11 a.m. Yoga 11a.m. - 12:30p.m. Baile en Línea 1 - 2:30 Ponerse en Forma Niños 4 - 4:45 p.m. Alimentación Saludable 4 - 5 p.m. Dancehall Funk Juvenil 5 - 6 p.m. Diabetes 4 6 - 7 p.m. Pilates 6 - 7 p.m.	Control de la Ira 10 10 - 11:30 a.m. Tai Chi 10:15 - 11:15 a.m. Zumba Oro 4 - 5 p.m. Ejercicio Para Jovenes 5 - 6 p.m. Zumba Para Adultos 5 - 6 p.m. y 6 - 7 p.m.	Trabajador de Elegibilidad 11 9 - 4 Yoga 9:30 - 10:30 a.m. Mamá y Yo 10 - 11:30 a.m. Administración de Cuidado de CMC 11 a.m. - 1 p.m. Baile en Línea 1 - 2:30 p.m. Tonificar el Cuerpo 4 - 4:45 p.m. Zumba 5 - 6 p.m.	Reanimación Cardiopulmonar y Entrenamiento de Primeros Auxilios 12 9 a.m. - 12:30 p.m. Yoga Para Adultos 9 - 10 a.m. Pilates Para la Familia (7 años en adelante) 10 - 11 a.m.
Aeróbicos Tercera Edad 14 10:15 - 11:15 a.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.	Tiempo de Lectura 15 10:30 a.m. - 12 p.m. Funky Fitness 4 - 5 p.m. Zumba Oro 5 - 5:45 p.m. Cocina Saludable 5:30 - 7 p.m. Crianza de Sus Hijos 6 - 7 p.m.	Dietista Registrada 16 10 - 5 Yoga 10:30 - 12 Baile en Línea 1 - 2:30 Taller de Liberty Dental 2 - 3:30 p.m. Ponerse en Forma Niños 4 - 4:45 p.m. Dancehall Funk Juvenil 5 - 6 p.m. Diabetes 5 6 - 7 p.m. Pilates 6 - 7 p.m.	Control de la Ira 17 10 - 11:30 a.m. Tai Chi 10:15 - 11:15 a.m. Zumba Oro 4 - 5 p.m. Ejercicio Para Jovenes 5 - 6 p.m. Yoga Para Adultos 5 - 6 p.m. Zumba Para Adultos 6 - 7 p.m.	Yoga 18 9:30 - 10:30. Mamá y Yo 10 - 11:30 a.m. Administración de Cuidado de CMC 11 a.m.-1 p.m. Baile en Línea 1 - 2:30 p.m. Tonificar el Cuerpo 4 - 4:45 p.m. Zumba 5 - 6 p.m.	Zumba Para Adultos 19 9 - 10 a.m. Pilates Para la Familia (7 años en adelante) 10 - 11 a.m.
Aeróbicos Para la Tercera Edad 21 10:15 - 11:15 a.m. Reanimación Cardiopulmonar y Entrenamiento de Primeros Auxilios 10:30 a.m. - 1:30 p.m. Salud de Mujeres y Hombres 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.	Orientación Para Miembros 22 10 a.m. - 5:30 p.m. Tiempo de Lectura 10:30 a.m. - 12 p.m. Funky Fitness 4 - 5 p.m. Zumba Oro 5 - 5:45 p.m. Crianza de Sus Hijos 6 - 7 p.m.	Dietista Registrada 23 10 a.m. - 5 p.m. Trauma 101 10 - 11 a.m. Yoga 11 a.m. - 12:30 Baile en Línea 1 - 2:30 p.m. Ponerse en Forma Niños 4 - 4:45 p.m. Alimentación Saludable 4 - 5 p.m. Diabetes 6 6 - 7 p.m. Pilates 6 - 7 p.m.	Control de la Ira 24 10 - 11:30 a.m. Tai Chi 10:15 - 11:15 a.m. PASC 1 - 2:30 p.m. Zumba Oro 4 - 5 p.m. Ejercicio Para Jovenes 5 - 6 p.m. Yoga Para Adultos 5 - 6 p.m. Zumba Para Adultos 6 - 7 p.m.	Trabajador de Elegibilidad 25 9 a.m. - 4 p.m. Yoga 9:30 - 10:30 a.m. Mamá y Yo 10 - 11:30 a.m. Administración de Cuidado de CMC 11 a.m.-1 p.m. Baile en Línea 1 - 2:30 p.m. Tonificar el Cuerpo 4 - 4:45 p.m. Zumba 5 - 6 p.m.	Centro Cerrado 26
Centro Cerrado 28	Tiempo de Lectura 29 10:30 a.m. - 12 p.m. Funky Fitness 4 - 5 p.m. Zumba Oro 5 - 5:45 p.m. Taller Juvenil Contra la Intimidación 5 - 6:30 p.m. Crianza de Sus Hijos 6 - 7 p.m.	Dietista Registrada 30 10 a.m. - 5 p.m. Yoga 10:30 - 12 Baile en Línea 1 - 2:30 p.m. Ponerse en Forma Niños 4 - 4:45 p.m. Diabetes 7 6 - 7 p.m. Pilates 6 - 7 p.m.	Control de la Ira 31 10 - 11:30 a.m. Tai Chi 10:15 - 11:15 a.m. Zumba Oro 4 - 5 p.m. Ejercicio Para Jovenes 5 - 6 p.m. Yoga Para Adultos 5 - 6 p.m. Zumba Para Adultos 6 - 7 p.m.	<p>¿Es usted miembro de L.A. Care?</p> <p>¡Venga a una Orientación!</p> <p>Aprenda sobre sus beneficios de Medi-Cal y obtenga un regalo.</p> <p>* Los miembros de L.A. Care recibirán una tarjeta de regalo una vez por asistir a una Orientación para Miembros. Se entregará una tarjeta de regalo por familia. El miembro (o tutor) de L.A. Care deberá estar presente.</p>	

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.**



Esquina de Century y Crenshaw
3111 W. Century Blvd, Ste 100
Inglewood, CA 90303



Horario del centro:
Lunes a Jueves: 10 a.m. - 7 p.m.
Viernes: 9 a.m. - 6 p.m.
Sábado: 9 a.m. - 12 p.m. (El 4º sábado del mes el centro abre de las 8:30 am a 2:30 p.m.)



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