



OCTOBER

2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Care Manager 10 a.m. - 1 p.m. 1 Senior Aerobics 10:15 - 11:15 a.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. 2 Funky Fitness 4 - 4:45 p.m. Zumba Gold 5 - 5:45 p.m. Self-Assessment and Discovery 5 - 6:30 p.m. Boot Camp 6 - 7 p.m.	Registered Dietitian 10 a.m. - 5 p.m. 3 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 18 6 - 7 p.m. Pilates 6 - 7 p.m.	Anger Management 10 - 11:30 a.m. 4 Tai Chi 10:15 - 11:15 a.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. 5 Mommy and Me 10 - 11:30 a.m. Breakthrough Parenting 1 - 2:30 p.m. Line Dancing 1 - 2:30 p.m. Body Sculpt 4 - 4:45 p.m. Zumba 5 - 6 p.m.	Zumba for Adults 9 - 10 a.m. 6 Pilates for Families (Ages 5 years and up) 10 - 11 a.m. Girl Scout Meeting 10 - 11:30 a.m. Cardio Kickboxing 11 a.m. - 12 p.m.
Care Manager 10 a.m. - 1 p.m. 8 Senior Aerobics 10:15 - 11:15 a.m. CPR and First Aid 10:30 a.m. - 1:30 p.m. What are Bipolar Disorders? 11:30 a.m. - 12:30 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. 9 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. 10 Self-Care 10 - 11a.m. Yoga Therapy 11 a.m. - 12:30 p.m. Line Dancing 1 - 2:30 p.m. Get Fit Kids 4 - 4:45 p.m. Healthy Eating 4 - 5 p.m. Dancehall Funk 5 - 6 p.m. Diabetes 4 6 - 7 p.m. Pilates 6 - 7 p.m.	Anger Management 10 - 11:30 a.m. 11 Tai Chi 10:15 - 11:15 a.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. 12 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. Body Sculpt 4 - 4:45 p.m. Zumba 5 - 6 p.m.	Zumba for Adults 9 - 10 a.m. 13 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. 15 Senior Aerobics 10:15 - 11:15 a.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. 16 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. 17 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 - 4:45 p.m. Dancehall Funk 5 - 6 p.m. Diabetes 5 6 - 7 p.m. Pilates 6 - 7 p.m.	Anger Management 10 - 11:30 a.m. 18 Tai Chi 10:15 - 11:15 a.m. PASC 1 - 2:30 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. 19 Mommy and Me 10 - 11:30 a.m. Breakthrough Parenting 1 - 2:30 p.m. Line Dancing 1 - 2:30 p.m. Body Sculpt 4 - 4:45 p.m. Zumba 5 - 6 p.m.	Zumba for Adults 9 - 10 a.m. 20 Pilates for Families (Ages 5 years and up) 10 - 11 a.m. Girl Scout Meeting 10 - 11:30 a.m. Cardio Kickboxing 11 a.m. - 12 p.m.
Care Manager 10 a.m. - 1 p.m. 22 Senior Aerobics 10:15 - 11:15 a.m. How Parents And Society Can Prevent Bullying 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. 23 Funky Fitness 4 - 4:45 p.m. Zumba Gold 5 - 5:45 p.m. Self-Assessment and Discovery 5 - 6:30 p.m. Boot Camp 6 - 7 p.m.	CCI 9 a.m. - 1:30 p.m. 24 Registered Dietitian 10 a.m. - 5 p.m. Covered CA Agent 10 a.m. - 5:30 p.m. Managing Difficult Emotions Part 1 10 - 11 a.m. Yoga 11 a.m. - 12:30 p.m. Line Dancing 1 - 2:30 p.m. Get Fit Kids 4 - 4:45 p.m. Healthy Eating 4 - 5 p.m. Diabetes 6 6 - 7 p.m. Pilates 6 - 7 p.m.	Anger Management 10 - 11:30 a.m. 25 Tai Chi 10:15 - 11:15 a.m. Oral Health 11:30 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. 26 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. Body Sculpt 4 - 4:45 p.m. Zumba 5 - 6 p.m.	CPR and First Aid 9 a.m. - 12:30 p.m. 27 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.
Care Manager 10 a.m. - 1 p.m. 29 Senior Aerobics 10:15 - 11:15 a.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. 30 Funky Fitness 4 - 4:45 p.m. Zumba Gold 5 - 5:45 p.m. Boot Camp 6 - 7 p.m.	Registered Dietitian 10 a.m. - 5 p.m. 31 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 - 4:45 p.m. Diabetes 7 6 - 7 p.m. Pilates 6 - 7 p.m.	Are you an L.A. Care Member? Come to an Orientation! Learn about your Medi-Cal benefits and receive a gift card.	 Join us for our FLU SHOT CLINIC! FREE Flu Shots between the hours of 10:30 a.m. and 1 p.m. on October 31st Protect Yourself and Your Family (6 months and older) *While Supplies Last*	

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



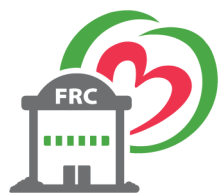
Center Hours:

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®



OCTUBRE

2018

LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO
Gerente de Cuidado 10 a.m. - 1 p.m. Aeróbicos Para la Tercera Edad 10:15 - 11:15 a.m. Ponerse en Forma Niños 4 - 4:45 p.m. Zumba 5 - 6 p.m. Pilates 6 - 7 p.m.	Tiempo de Lectura 10:30 a.m. - 12 p.m. Funky Fitness 4 - 4:45 p.m. Zumba Oro 5 - 5:45 p.m. Auto-Evaluación y Descubrimiento 5 - 6:30 p.m. Entrenamiento Intenso 6 - 7 p.m.	Dietista Registrada 10 a.m. - 5 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. Diabetes 18 6 - 7 p.m. Pilates 6 - 7 p.m.	Control de la Ira 10 - 11:30 a.m. Tai Chi 10:15 - 11:15 a.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.	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. Tonificar el Cuerpo 4 - 4:45 p.m. Zumba 5 - 6 p.m.	Zumba Para Adultos 9 - 10 a.m. Pilates Para la Familia (5 años en adelante) 10 - 11 a.m. Reunión de Girl Scouts 10 - 11:30 a.m. Cardio Kickboxing 11 a.m. - 12 p.m.
Gerente de Cuidado 10 a.m. - 1 p.m. Aeróbicos Para la Tercera Edad 10:15 - 11:15 a.m. RCP y Primeros Auxilios 10:30 a.m. - 1:30 p.m. ¿Qué Son los Trastornos Bipolares? 11:30 a.m. - 12:30 p.m. Ponerse en Forma Niños 4 - 4:45 p.m. Cocina Saludable para Niños 5 - 6 p.m. Zumba 5 - 6 p.m.	Tiempo de Lectura 10:30 a.m. - 12 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.	Dietista Registrada 10 a.m. - 5 p.m. Cuidado Personal 10 - 11 a.m. Yoga 11 a.m. - 12:30 p.m. Baile en Línea 1 - 2:30 p.m. Ponerse en Forma Niños 4 - 4:45 p.m. Alimentación Saludable 4 - 5 p.m. Dancehall Funk 5 - 6 p.m. Diabetes 4 6 - 7 p.m. Pilates 6 - 7 p.m.	Control de la Ira 10 - 11:30 a.m. Tai Chi 10:15 - 11:15 a.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.	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. Tonificar el Cuerpo 4 - 4:45 p.m. Zumba 5 - 6 p.m.	Zumba Para 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.
Gerente de Cuidado 10 a.m. - 1 p.m. Aeróbicos Para la Tercera Edad 10:15 - 11:15 a.m. Ponerse en Forma Niños 4 - 4:45 p.m. Zumba 5 - 6 p.m. Pilates 6 - 7 p.m.	Tiempo de Lectura 10:30 a.m. - 12 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.	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. Diabetes 5 6 - 7 p.m. Pilates 6 - 7 p.m.	Control de la Ira 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. 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.	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. Tonificar el Cuerpo 4 - 4:45 p.m. Zumba 5 - 6 p.m.	Zumba Para Adultos 9 - 10 a.m. Pilates Para la Familia (5 años en adelante) 10 - 11 a.m. Reunión de Girl Scouts 10 - 11:30 a.m. Cardio Kickboxing 11 a.m. - 12 p.m.
Gerente de Cuidado 10 a.m. - 1 p.m. Aeróbicos Para la Tercera Edad 10:15 - 11:15 a.m. Cómo Los Padres y La Sociedad Pueden Prevenir La Intimidación 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.	Tiempo de Lectura 10:30 a.m. - 12 p.m. Funky Fitness 4 - 4:45 p.m. Zumba Oro 5 - 5:45 p.m. Auto-Evaluación y Descubrimiento 5 - 6:30 p.m. Entrenamiento Intenso 6 - 7 p.m.	CCI 9 a.m. - 1:30 p.m. Dietista Registrada 10 a.m. - 5 p.m. Agente de Covered CA 10 a.m. - 5:30 p.m. Manejando Emociones Difíciles Parte 1 10 - 11 a.m. Yoga 11 a.m. - 12:30 p.m. 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 10 - 11:30 a.m. Tai Chi 10:15 - 11:15 a.m. Salud Bucal 11:30 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.	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. Tonificar el Cuerpo 4 - 4:45 p.m. Zumba 5 - 6 p.m.	RCP y Primeros Auxilios 9 a.m. - 12:30 p.m. Yoga Para 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.
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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)**



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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