



# INGLEWOOD JANUARY 2023

## Community Resource Center

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>2</p> <p><b>HAPPY NEW YEAR</b></p> <p><b>CENTER CLOSED</b></p>	<p>3</p> <p>Boot Camp 9 - 10 a.m.</p> <p>Kick Boxing 10 - 11 a.m.</p> <p>FEAST (English)   Week 9: Label Reading, Part 1 10 a.m. - 12 p.m.</p>	<p>4</p> <p>Yoga Therapy 9 - 10 a.m.</p> <p>FEAST (Spanish)   Week 9: Label Reading, Part 1 10 a.m. - 12 p.m.</p> <p>Wellness Nutrition Group (Hourly Sessions) 10 a.m. - 1 p.m.</p> <p>Line Dancing 1 - 2:30 p.m.</p> <p>Homework Help (Ages 5 - 13) 4 - 5 p.m.</p> <p>Zumba 4 - 5 p.m.</p> <p>Pilates Virtual 6 - 7 p.m.</p>	<p>5</p> <p>Tai Chi 10 - 11 a.m.</p> <p>Anger Management Virtual 10 - 11:30 a.m.</p> <p>Breakthrough Parenting Virtual 12 - 1:30 p.m.</p> <p>Wazobia: Healing Art Through Dance &amp; Fitness 4 - 5 p.m.</p>	<p>6</p> <p>Yoga Therapy 9 - 10 a.m.</p> <p>Mommy and Me 10 - 11 a.m.</p> <p>The Arts of Fruit and Vegetables 10:30 a.m. - 12 p.m.</p> <p>Oral Health Workshop 11 a.m. - 12 p.m.</p> <p>Line Dancing 1 - 2:30 p.m.</p> <p>Zumba 4 - 5 p.m.</p>	<p>7</p> <p>Family Fitness Virtual 9 - 10 a.m.</p> <p><b>CENTER CLOSED</b></p>
<p>9</p> <p>Agility, Balance and Coordination 10 - 11 a.m.</p> <p>CPR and First Aid 1 - 4 p.m.</p> <p>Boot Camp 4 - 5 p.m.</p> <p>Healthy Cooking for Kids (Ages 6 - 12) 4 - 5 p.m.</p> <p>Pilates Virtual 6 - 7 p.m.</p>	<p>10</p> <p>Boot Camp 9 - 10 a.m.</p> <p>Kick Boxing 10 - 11 a.m.</p> <p>FEAST (English)   Week 10: Label Reading, Part 2 10 a.m. - 12 p.m.</p>	<p>11</p> <p>Yoga Therapy 9 - 10 a.m.</p> <p>FEAST (Spanish)   Week 10: Label Reading, Part 2 10 a.m. - 12 p.m.</p> <p>Wellness Nutrition Group (Hourly Sessions) 10 a.m. - 1 p.m.</p> <p>Line Dancing 1 - 2:30 p.m.</p> <p>Homework Help (Ages 5 - 13) 4 - 5 p.m.</p> <p>Zumba 4 - 5 p.m.</p> <p>Pilates Virtual 6 - 7 p.m.</p>	<p>12</p> <p>Tai Chi 10 - 11 a.m.</p> <p>Anger Management Virtual 10 - 11:30 a.m.</p> <p>Breakthrough Parenting Virtual 12 - 1:30 p.m.</p> <p>Wazobia: Healing Art Through Dance &amp; Fitness 4 - 5 p.m.</p>	<p>13</p> <p>Yoga Therapy 9 - 10 a.m.</p> <p>Mommy and Me 10 - 11 a.m.</p> <p>Health Screenings 10 a.m. - 2:30 p.m.</p> <p>The Arts of Fruit and Vegetables 10:30 a.m. - 12 p.m.</p> <p>Line Dancing 1 - 2:30 p.m.</p> <p>Zumba 4 - 5 p.m.</p>	<p>14</p> <p>Family Fitness Virtual 9 - 10 a.m.</p> <p><b>CENTER CLOSED</b></p>
<p>16</p> <p><b>MLK DAY</b></p> <p><b>CENTER CLOSED</b></p>	<p>17</p> <p>Boot Camp 9 - 10 a.m.</p> <p>Kick Boxing 10 - 11 a.m.</p> <p>FEAST (English)   Week 11: Eating Out Survival Guide 10 a.m. - 12 p.m.</p>	<p>18</p> <p>Yoga Therapy 9 - 10 a.m.</p> <p>FEAST (Spanish)   Week 11: Eating Out Survival Guide 10 a.m. - 12 p.m.</p> <p>Wellness Nutrition Group (Hourly Sessions) 10 a.m. - 1 p.m.</p> <p>Line Dancing 1 - 2:30 p.m.</p> <p>Homework Help (Ages 5 - 13) 4 - 5 p.m.</p> <p>Zumba 4 - 5 p.m.</p> <p>Pilates Virtual 6 - 7 p.m.</p>	<p>19</p> <p>Chase Bank Financial Literacy Workshop   FDIC: Your Money Values and Influences 9 - 10 a.m.</p> <p>Tai Chi 10 - 11 a.m.</p> <p>Anger Management Virtual 10 - 11:30 a.m.</p> <p>Breakthrough Parenting Virtual 12 - 1:30 p.m.</p> <p>Wazobia: Healing Art Through Dance &amp; Fitness 4 - 5 p.m.</p>	<p>20</p> <p>Yoga Therapy 9 - 10 a.m.</p> <p>Mommy and Me 10 - 11 a.m.</p> <p>The Arts of Fruit and Vegetables 10:30 a.m. - 12 p.m.</p> <p>Line Dancing 1 - 2:30 p.m.</p> <p>Zumba 4 - 5 p.m.</p>	<p>21</p> <p>Family Fitness Virtual 9 - 10 a.m.</p> <p><b>CENTER CLOSED</b></p>
<p>23</p> <p>Agility, Balance and Coordination 10 - 11 a.m.</p> <p>Boot Camp 4 - 5 p.m.</p> <p>Healthy Cooking for Kids (Ages 6 - 12) 4 - 5 p.m.</p> <p>Pilates Virtual 6 - 7 p.m.</p>	<p>24</p> <p>Boot Camp 9 - 10 a.m.</p> <p>Kick Boxing 10 - 11 a.m.</p> <p>FEAST (English)   Week 12: Sugar 10 a.m. - 12 p.m.</p>	<p>25</p> <p>Yoga Therapy 9 - 10 a.m.</p> <p>FEAST (Spanish)   Week 12: Sugar 10 a.m. - 12 p.m.</p> <p>Wellness Nutrition Group (Hourly Sessions) 10 a.m. - 1 p.m.</p> <p>Line Dancing 1 - 2:30 p.m.</p> <p>Homework Help (Ages 5 - 13) 4 - 5 p.m.</p> <p>Zumba 4 - 5 p.m.</p> <p>Pilates Virtual 6 - 7 p.m.</p>	<p>26</p> <p>Tai Chi 10 - 11 a.m.</p> <p>Anger Management Virtual 10 - 11:30 a.m.</p> <p>Mental Health Workshop: Immigration, Adaptation, and Resilience 12 - 1 p.m.</p> <p>Breakthrough Parenting Virtual 12 - 1:30 p.m.</p> <p>Wazobia: Healing Art Through Dance &amp; Fitness 4 - 5 p.m.</p>	<p>27</p> <p>Yoga Therapy 9 - 10 a.m.</p> <p>Mommy and Me 10 - 11 a.m.</p> <p>The Arts of Fruit and Vegetables 10:30 a.m. - 12 p.m.</p> <p>Line Dancing 1 - 2:30 p.m.</p> <p>Zumba 4 - 5 p.m.</p>	<p>28</p> <p>Family Fitness Virtual 9 - 10 a.m.</p> <p>CPR and First Aid Virtual 9:30 a.m. - 12:30 p.m.</p> <p><b>CENTER CLOSED</b></p>
<p>30</p> <p>Agility, Balance and Coordination 10 - 11 a.m.</p> <p>Boot Camp 4 - 5 p.m.</p> <p>Healthy Cooking for Kids (Ages 6 - 12) 4 - 5 p.m.</p> <p>Pilates Virtual 6 - 7 p.m.</p>	<p>31</p> <p>Boot Camp 9 - 10 a.m.</p> <p>Kick Boxing 10 - 11 a.m.</p> <p>FEAST (English)   Week 13: Fat 10 a.m. - 12 p.m.</p>	<p>Member Services, New Member Orientations, Enrollment Services (Monday - Friday) 9 a.m. - 4 p.m.</p>		<p>Classes in BLUE qualify for the My Rewards for a Healthy Life Program</p> <p>Classes in GREEN are by appointment and registration only.</p>	<p><b>CRC YouTube</b></p>

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



2864 W. Imperial Hwy.  
Inglewood, CA 90303



**CENTER HOURS:**  
Monday - Friday  
9:00 a.m. to 5:00 p.m.



**310.330.3130**  
activehealthyinformed.org