



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>1</p> <p>IEHP Renewal Specialist</p> <p>Belly Core 9am-10am Energy Education & Budgeting** 9am-10am & 1pm-2pm Power Yoga 10am-11am Zumbini (ages 0-5 with parents) 10:15am-11am Mise En Place with Chef Mario 11am-12pm Zumba Chair 12pm-1pm Living Well #8 1pm-2pm Nutrition with Chef Mario 2pm-3pm Healthy Heart #3 (Spanish) 2:30pm-3:30pm Kickboxing 3pm-4pm My Life, My Choice 4pm-5pm Zumba Kids (ages 5-11 with parents) 4pm-5pm Parent Club 4pm-5:30pm Creative Arts for Teens (ages 12-17 years) 4pm-5:30pm Strong Nation 5pm-6pm</p>	<p>2</p> <p>IEHP Renewal Specialist</p> <p>OSHA 10** 9am-4:30pm Zumba 9am-10am Energy Education & Budgeting** 9am-10am & 1pm-2pm PIYo 10am-11am Goodwill Orientation 10am-11:30am & 1:30pm-3pm Citizenship Class 10am-11am & 4pm-5pm Yin Yoga 11am-12pm Nutrition with Veronica 12pm-1pm 1:15pm-2:15pm (Spanish) Zumba Toning 1pm-2pm Microsoft Word Fundamentals** 1pm-2pm Yoga for Seniors & People with Disabilities 2pm-3pm Tai Chi 3pm-4pm Yoga Kids (ages 5-11 with parents) 4pm-5pm Low Impact Training 4pm-5pm Hatha Yoga 5pm-6pm</p>	<p>3</p> <p>IEHP Renewal Specialist</p> <p>OSHA 10** 9am-4:30pm Strength & Conditioning 9am-10am Playtime for Little Minds (ages 0-5 with parents) 9am-10am Energy Education & Budgeting** 9am-10am & 1pm-2pm Eat Healthy, Be Active #4 (Spanish) 9:30am-10:30am Tabata Training 10am-11am Professional Development 10am-11:30am & 1:30pm-3pm Breathe Well, Live Well #2 11am-12pm Nutrition with Chef Mario 12pm-1pm Zumba Gold 1pm-2pm Understanding Diabetes #7 (Spanish) 1:30pm-2:30pm Yoga for Seniors & People with Disabilities 2pm-3pm Nutrition with Letha 3pm-4pm Tai Chi 4pm-5pm Parent Club 4pm-5:30pm Creative Arts for Teens (ages 12-17 years) 4pm-5:30pm Dance Kids (ages 5-11 with parents) 4:30pm-5:30pm Zumba 5pm-6pm</p>	<p>4</p> <p>IEHP Renewal Specialist</p> <p>Zumba Toning 9am-10am Energy Education & Budgeting** 9am-10am & 1pm-2pm Zumbini (ages 0-5 with parents) 9:15am-10am Smile SBC 10am-11am Resume Building 10am-12pm English as a Second Language 10am-11am & 4pm-5pm Nutrition with Chef Mario 11am-12pm Mental Health Awareness 12pm-1pm Tai Chi 1pm-2pm Microsoft Excel Fundamentals** 1pm-2pm Nutrition with Letha 2pm-3pm HIIT 3pm-4pm Low Impact Training 4pm-5pm Zumba Kids (ages 5-11 with parents) 4pm-5pm Diversity Club (18+) 4:30pm-5:30pm U-Jam 5pm-6pm</p>	<p>5</p> <p>IEHP Renewal Specialist</p> <p>Kickboxing 9am-10am A Better Me 10am-11am Family Nutrition (ages 0-5 with parents) 10am-11am Tabata Training 11am-12pm Nutrition with Chef Mario 12pm-1pm Zumba Chair 1pm-2pm Nutrition with Letha 2pm-3pm Yoga for Seniors & People with Disabilities 3pm-4pm Yoga Kids (ages 5-11 with parents) 4pm-5pm Zumba 4pm-5pm Parent Club 4pm-5:30pm Teen Leadership Club (ages 12-17 years) 4pm-5:30pm</p>	<p>6</p> <p>IEHP Renewal Specialist</p> <p>Zumba 9am-10am Nutrition with Letha 10am-11am Zumba Kids (ages 5-11 with parents) 10am-11am Yoga for Seniors & People with Disabilities 11am-12pm Zumba Chair 11am-12pm Nutrition with Letha 12pm-1pm Tai Chi 12pm-1pm Dance Kids (ages 5-11 with parents) 12pm-1pm</p>
<p>8</p> <p>IEHP Renewal Specialist</p> <p>Belly Core 9am-10am Family Story Time (ages 0-5 with parents) 9am-10am Energy Education & Budgeting** 9am-10am & 1pm-2pm Power Yoga 10am-11am Being Self Sufficient 10am-11am Zumbini (ages 0-5 with parents) 10:15am-11am Mise En Place with Chef Mario 11am-12pm Zumba Chair 12pm-1pm Zumba Gold 1pm-2pm Becoming a Mom #4 1pm-2pm Nutrition with Letha 2pm-3pm Live Well, Breathe Well #2 (Spanish) 2:30pm-3:30pm Kickboxing 3pm-4pm Eat Healthy, Be Active #4 4pm-5pm Zumba Kids (ages 5-11 with parents) 4pm-5pm Parent Club 4pm-5:30pm Creative Arts for Teens (ages 12-17 years) 4pm-5:30pm Strong Nation 5pm-6pm</p>	<p>9</p> <p>IEHP Renewal Specialist</p> <p>Zumba 9am-10am Energy Education & Budgeting** 9am-10am & 1pm-2pm PIYo 10am-11am IEHP Benefits Class 10am-11am Goodwill Orientation 10am-11:30am & 1:30pm-3pm Citizenship Class 10am-11am & 4pm-5pm Yin Yoga 11am-12pm Nutrition with Veronica 12pm-1pm & 1:15pm-2:15pm (Spanish) Caregiver's Toolbox: Anticipatory Grief & Loss 12pm-1pm 1pm-2pm (Spanish) Microsoft Word Fundamentals** 1pm-2pm Sewing Class 1pm-3pm Yoga for Seniors & People with Disabilities 2pm-3pm Tai Chi 3pm-4pm Yoga Kids (ages 5-11 with parents) 4pm-5pm Zumba Toning 4pm-5pm Arts & Crafts: AAPI Edition (ages 5-11 with parents) 5pm-6pm Hatha Yoga 5pm-6pm</p>	<p>10</p> <p>IEHP Renewal Specialist</p> <p>Strength & Conditioning 9am-10am Energy Education & Budgeting** 9am-10am & 1pm-2pm CPR 9:30am-12:30pm (Spanish) 1:30pm-4:30pm Understanding Diabetes #8 (Spanish) 9:30am-10:30am Tabata Training 10am-11am Professional Development 10am-11:30am & 1:30pm-3pm Living Well #9 11am-12pm Zumba Gold 12pm-1pm Nutrition with Chef Mario 1pm-2pm My Life, My Choice (Spanish) 1:30pm-2:30pm Yoga for Seniors & People with Disabilities 2pm-3pm Nutrition with Letha 3pm-4pm Tai Chi 4pm-5pm Parent Club 4pm-5:30pm Creative Arts for Teens (ages 12-17 years) 4pm-5:30pm Dance Kids (ages 5-11 with parents) 4:30pm-5:30pm Zumba 5pm-6pm</p>	<p>11</p> <p>IEHP Renewal Specialist</p> <p>Maternal Wellness Event 9am-1pm You're Invited! *Free Mommy & Baby Goodies, while supplies last. Zumbini (ages 0-5 with parents) 9:15am-10am Resume Building 10am-12pm English as a Second Language 10am-11am & 4pm-5pm Microsoft Excel Fundamentals** 1pm-2pm Diversity Club (18+) 4:30pm-5:30pm Mamas' & Nanas' Dance Party 3pm-5pm Celebrate with us!</p>	<p>12</p> <p>IEHP Renewal Specialist</p> <p>Kickboxing 9am-10am A Better Me 10am-11am Family Nutrition (ages 0-5 with parents) 10am-11am Tabata Training 11am-12pm Nutrition with Chef Mario 12pm-1pm Zumba Chair 1pm-2pm Nutrition with Letha 2pm-3pm Yoga for Seniors & People with Disabilities 3pm-4pm Yoga Kids (ages 5-11 with parents) 4pm-5pm Zumba 4pm-5pm Parent Club 4pm-5:30pm Teen Leadership Club (ages 12-17 years) 4pm-5:30pm</p>	<p>13</p> <p>IEHP Renewal Specialist</p> <p>Zumba 9am-10am Nutrition with Letha 10am-11am Zumba Kids (ages 0-5 with parents) 10am-11am Yoga for Seniors & People with Disabilities 11am-12pm Yoga Kids (ages 5-11 with parents) 11am-12pm Tai Chi 12pm-1pm Dance Kids (ages 5-11 with parents) 12pm-1pm</p>
<p>15</p> <p>IEHP Renewal Specialist</p> <p>Belly Core 9am-10am Energy Education & Budgeting** 9am-10am & 1pm-2pm Power Yoga 10am-11am Zumbini (ages 0-5 with parents) 10:15am-11am Mise En Place with Chef Mario 11am-12pm Zumba Chair 12pm-1pm Understanding Diabetes #7 1pm-2pm Nutrition with Letha 2pm-3pm Breathe Well, Live Well #1 (Spanish) 2:30pm-3:30pm Kickboxing 3pm-4pm Art Class (ages 5-11 with parents) 3:30pm-4:30pm Healthy Heart #3 4pm-5pm Parent Club 4pm-5:30pm Creative Arts for Teens (ages 12-17 years) 4pm-5:30pm Zumba Kids (ages 5-11 with parents) 4:30pm-5:30pm Strong Nation 5pm-6pm</p>	<p>16</p> <p>IEHP Renewal Specialist</p> <p>Zumba 9am-10am Energy Education & Budgeting** 9am-10am & 1pm-2pm PIYo 10am-11am Goodwill Orientation 10am-11:30am & 1:30pm-3pm Citizenship Class 10am-11am & 4pm-5pm Yin Yoga 11am-12pm Nutrition with Veronica 12pm-1pm 1:15pm-2:15pm (Spanish) Sewing Class 1pm-3pm Microsoft Word Fundamentals** 1pm-2pm Yoga for Seniors & People with Disabilities 2pm-3pm Tai Chi 3pm-4pm Yoga Kids (ages 5-11 with parents) 4pm-5pm Zumba Toning 4pm-5pm Hatha Yoga 5pm-6pm</p>	<p>17</p> <p>IEHP Renewal Specialist</p> <p>Strength & Conditioning 9am-10am Playtime for Little Minds (ages 0-5 with parents) 9am-10am Energy Education & Budgeting** 9am-10am & 1pm-2pm Eat Healthy, Be Active #1 (Spanish) 9:30am-10:30am Tabata Training 10am-11am Professional Development 10am-11:30am & 1:30pm-3pm Understanding Diabetes #8 11am-12pm Nutrition with Chef Mario 12pm-1pm Zumba Gold 1pm-2pm Becoming a Mom #5 (Spanish) 1:30pm-2:30pm Yoga for Seniors & People with Disabilities 2pm-3pm Nutrition with Letha 3pm-4pm Tai Chi 4pm-5pm Parent Club 4pm-5:30pm Creative Arts for Teens (ages 12-17 years) 4pm-5:30pm Dance Kids (ages 5-11 with parents) 4:30pm-5:30pm Zumba 5pm-6pm</p>	<p>18</p> <p>CLOSED 9am-1pm</p> <p>Zumba 1pm-2pm Energy Education & Budgeting** 1pm-2pm Microsoft Excel Fundamentals** 1pm-2pm Nutrition with Chef Mario 2pm-3pm Tai Chi 3pm-4pm HIIT 4pm-5pm English as a Second Language 4pm-5pm Zumba Kids (ages 5-11 with parents) 4pm-5pm Diversity Club (18+) 4:30pm-5:30pm U-Jam 5pm-6pm</p>	<p>19</p> <p>COVID Vaccine Clinic 11am-3pm</p> <p>Kickboxing 9am-10am Grief & Loss Support Group 10am-11am Family Nutrition (ages 0-5 with parents) 10am-11am Tabata Training 11am-12pm Nutrition with Chef Mario 12pm-1pm Yoga for Seniors & People with Disabilities 1pm-2pm Nutrition with Letha 2pm-3pm Tai Chi 3pm-4pm Zumba 4pm-5pm Parent Club 4pm-5:30pm Teen Leadership Club (ages 12-17 years) 4pm-5:30pm Family Game Night (ages 5-11 years with participating parents) 4:30pm-5:30pm</p>	<p>20</p> <p>IEHP Renewal Specialist</p> <p>Low Impact Training 9am-10am Nutrition with Letha 10am-11am Fitness Kids (ages 5-11 with parents) 10am-11am Yoga for Seniors & People with Disabilities 11am-12pm Yoga Kids (ages 5-11 with parents) 11am-12pm Tai Chi 12pm-1pm Dance Kids (ages 5-11 with parents) 12pm-1pm</p>
<p>22</p> <p>IEHP Renewal Specialist</p> <p>Belly Core 9am-10am Energy Education & Budgeting** 9am-10am & 1pm-2pm Power Yoga 10am-11am Being Self Sufficient 10am-11am Zumbini (ages 0-5 with parents) 10:15am-11am Mise En Place with Chef Mario 11am-12pm Zumba Chair 12pm-1pm Breast & Cervical Health 1pm-2pm & 2pm-3pm (Spanish) Living Well #10 1pm-2pm Nutrition with Letha 2pm-3pm Healthy Heart #4 (Spanish) 2:30pm-3:30pm Kickboxing 3pm-4pm Eat Healthy, Be Active #1 4pm-5pm Zumba Kids (ages 5-11 with parents) 4pm-5pm Parent Club 4pm-5:30pm Creative Arts for Teens (ages 12-17 years) 4pm-5:30pm Strong Nation 5pm-6pm</p>	<p>23</p> <p>IEHP Renewal Specialist</p> <p>Zumba 9am-10am Energy Education & Budgeting** 9am-10am & 1pm-2pm Arts & Crafts: AAPI Edition 10am-11am Goodwill Orientation 10am-11:30am & 1:30pm-3pm Citizenship Class 10am-11am & 4pm-5pm Yin Yoga 11am-12pm IEHP Benefits Class (Spanish) 11am-12pm Nutrition with Veronica 12pm-1pm AAPI Celebration Potluck & Origami 1pm-2pm Microsoft Word Fundamentals** 1pm-2pm Yoga for Seniors & People with Disabilities 2pm-3pm Tai Chi 3pm-4pm Dance Around Polynesia for Kids (ages 5-11 with parents) 4pm-5pm Zumba Toning 4pm-5pm Hatha Yoga 5pm-6pm</p>	<p>24</p> <p>IEHP Renewal Specialist</p> <p>Strength & Conditioning 9am-10am Playtime for Little Minds (ages 0-5 with parents) 9am-10am Housing Resources 9am-10am Energy Education & Budgeting** 9am-10am & 1pm-2pm Understanding Diabetes #9 (Spanish) 9:30am-10:30am Tabata Training 10am-11am Professional Development 10am-11:30am & 1:30pm-3pm Eat Healthy, Be Active #2 11am-12pm Nutrition with Chef Mario 12pm-1pm Zumba Gold 1pm-2pm My Life, My Choice (Spanish) 1:30pm-2:30pm Yoga for Seniors & People with Disabilities 2pm-3pm Nutrition with Letha 3pm-4pm Tai Chi 4pm-5pm Parent Club 4pm-5:30pm Creative Arts for Teens (ages 12-17 years) 4pm-5:30pm Dance Kids (ages 5-11 with parents) 4:30pm-5:30pm Zumba 5pm-6pm</p>	<p>25</p> <p>IEHP Renewal Specialist</p> <p>Zumba Toning 9am-10am Energy Education & Budgeting** 9am-10am & 1pm-2pm Zumbini (ages 0-5 with parents) 9:15am-10am PIYo 10am-11am Resume Building 10am-12pm English as a Second Language 10am-11am & 4pm-5pm Nutrition with Chef Mario 11am-12pm Yoga for Seniors & People with Disabilities 12pm-1pm Tai Chi 1pm-2pm Microsoft Excel Fundamentals** 1pm-2pm Nutrition with Letha 2pm-3pm Medicare 101 2pm-3pm & 3pm-4pm (Spanish) HIIT 3pm-4pm Dance Around Polynesia 4pm-5pm Zumba Kids (ages 5-11 with parents) 4pm-5pm Diversity Club (18+) 4:30pm-5:30pm U-Jam 5pm-6pm</p>	<p>26</p> <p>IEHP Renewal Specialist</p> <p>Kickboxing 9am-10am Family Play Time (ages 0-5 with parents) 9am-10am Grief & Loss Support Group 10am-11am Tabata Training 11am-12pm Nutrition with Chef Mario 12pm-1pm Zumba Chair 1pm-2pm Nutrition with Letha 2pm-3pm Yoga for Seniors & People with Disabilities 3pm-4pm Yoga Kids (ages 5-11 with parents) 4pm-5pm Zumba 4pm-5pm Parent Club 4pm-5:30pm Teen Leadership Club (ages 12-17 years) 4pm-5:30pm</p>	<p>27</p> <p>CLOSED</p>
<p>29</p> <p>CLOSED</p>	<p>30</p> <p>IEHP Renewal Specialist</p> <p>Zumba 9am-10am Energy Education & Budgeting** 9am-10am & 1pm-2pm PIYo 10am-11am Goodwill Orientation 10am-11:30am & 1:30pm-3pm Citizenship Class 10am-11am & 4pm-5pm Yin Yoga 11am-12pm Nutrition with Veronica 12pm-1pm 1:15pm-2:15pm (Spanish) Zumba Toning 1pm-2pm Microsoft Word Fundamentals** 1pm-2pm Yoga for Seniors & People with Disabilities 2pm-3pm Tai Chi 3pm-4pm Yoga Kids (ages 5-11 with parents) 4pm-5pm Low Impact Training 4pm-5pm Hatha Yoga 5pm-6pm</p>	<p>31</p> <p>IEHP Renewal Specialist</p> <p>Veteran Resource Event 11am-1pm</p> <p>Strength & Conditioning 9am-10am Playtime for Little Minds (ages 0-5 with parents) 9am-10am Energy Education & Budgeting** 9am-10am & 1pm-2pm Eat Healthy, Be Active #2 (Spanish) 9:30am-10:30am Tabata Training 10am-11am Professional Development 10am-11:30am & 1:30pm-3pm Understanding Diabetes #9 11am-12pm Nutrition with Chef Mario 12pm-1pm Zumba Gold 1pm-2pm Understanding Diabetes #1 (Spanish) 1:30pm-2:30pm Yoga for Seniors & People with Disabilities 2pm-3pm Parent Club 4pm-5:30pm Creative Arts for Teens (ages 12-17 years) 4pm-5:30pm Mental Health Month Comedy Show 3pm-5pm</p>	<p>Do you need assistance filling out your Medi-Cal Renewal? IEHP is here to help. Call us at 1-888-860-1296 or visit our center to make an appointment. **Pre-registration Required Infant & toddler classes ages 0-5 with parents Kids classes ages 5-11 with parents Teens ages 12-17</p>	<p>We heal and inspire the human spirit.</p> <p>12353 Mariposa Road, Suites C-2 & C-3, Victorville, CA 92395 (near Vallarta Supermarkets)</p> <p>Monday-Friday, 9am-6pm • Saturday, 9am-1pm</p> <p>1-866-228-4347 • TTY users should call 711</p> <p>www.iehp.org/crcClasses</p> <p>Classes are subject to change. All classes are first come first</p>	