

MONDAY
Zumba Core 9am-10am
Cal Fresh Applications 10am-2pm
Zumbini (ages 0-5 with parents) 10:15am-11am & 11:15am-12pm
Chair Fitness 12pm-1pm
Yin Yoga 1pm-2pm
Healthy Heart #1 1pm-2pm
Goodwill Orientation 1:30pm-2:30pm
Meditation 2pm-3pm
Mindful Living #3 2:30pm-3:30pm (Spanish)
Kickboxing 3pm-4pm
Fitness Kids (ages 5-11 with parents) 4pm-5pm
Living Well #4 4pm-5pm
Creative Arts for Teens (ages 12-17 years) 4pm-5:30pm
Parent Club 4pm-5:30pm
Latin Dance 5pm-6pm
Meditation for Kids (ages 5-11 with parents) 5pm-6pm

TUESDAY
Medi-Cal Renewal Specialist
VITA Free Tax Preparation** 9am-4pm
Call to schedule your appointment 909-723-1566
Energy Education & Budgeting** 9am-10am & 1pm-2pm
Zumba 10am-11am
Citizenship Class 10am-11am & 4pm-5pm
Resume & Development** 10am-12pm
Zumbini (ages 0-5 with parents) 10:15am-11am & 11:15am-12pm
Food Demonstration with Russell 12pm-1pm
Zumba Chair 1pm-2pm
Chair Yoga 2pm-3pm
Zumba Toning 4pm-5pm
Yoga for Kids (ages 5-11 with parents) 4pm-5pm
Meditation 5pm-6pm
Dance Kids (ages 5-11 with parents) 5pm-6pm

WEDNESDAY
Strength & Conditioning 9am-10am
Energy Education & Budgeting** 9am-10am & 1pm-2pm
Healthy Living: My Best Self #3 9:30am-10:30am (Spanish)
Family Nutrition (ages 0-5 with parents) 10:15am-11am
Job Club** 10am-12pm
Understanding Diabetes #1 11am-12pm
Breathe Well, Live Well #1 1:30pm-2:30pm (Spanish)
Chair Fitness 2pm-3pm
Food Demonstration with Russell 1pm-2pm
Zumba Gold 2pm-3pm
PIYo 3pm-4pm
Beginning Zumba 3pm-4pm
Zumba 4pm-5pm
Nutrition for Kids (ages 5-11 with parents) 4pm-5pm
Creative Arts for Teens (ages 12-17 years) 4pm-5:30pm
Parent Club 4pm-5:30pm
Hatha Yoga 5pm-6pm
Zumba Kids (ages 5-11 with parents) 5pm-6pm

THURSDAY
Zumba Toning 9am-10am
Energy Education & Budgeting** 9am-10am & 1pm-2pm
Zumba 10am-11am
Reading Club for Littles (ages 0-5 with parents) 10:15am-11am & 11:15am-12pm
English as a Second Language 10am-11am & 4pm-5pm
Food Demonstration with Russell 11am-12pm
Beginning Zumba 11am-12pm
Meditation 1pm-2pm (Spanish)
Movement & Mobility 2pm-3pm
*Low intensity class that will increase range of motion for muscle activation and injury prevention
Restorative Yoga 4pm-5pm
Zumba Kids (ages 5-11 with parents) 4pm-5pm
U-Jam 5pm-6pm
Yoga Kids (ages 5-11 with parents) 5pm-6pm

FRIDAY
VITA Free Tax Preparation** 9:30am-5pm
Call to schedule your appointment 877-410-8829
Kickboxing 10am-11am
Beginning Zumba 10am-11am
Family Nutrition (ages 0-5 with parents) 10:15am-11am
IEHP Benefits Class 10:30am-11:30am (Spanish)
Zumba Chair 11am-12pm
Beginner Yoga 11am-12pm
Food Demonstration with Russell 2pm-3pm
Meditation 3pm-4pm
Nutrition for Kids (ages 5-11 with parents) 4pm-4:45pm
Parent Club 4pm-5:30pm
Teen Leadership Club (ages 12-17 years) 4pm-5:30pm
Mindful Movers for Kids (ages 5-11 with parents) 5pm-6pm

SATURDAY
Zumba Toning 9am-10am
Food Demonstration with Russell 10am-11am
Zumba Kids (ages 5-11 with parents) 10am-11am
Zumbini (ages 0-5 with parents) 10:15am-11am & 11:15am-12pm
Brunch Club (18+) 10:30am-12:30pm
Nutrition Kids (ages 5-11 with parents) 11am-12pm
Fitness Kids-m (ages 5-11 with parents) 12pm-1pm
Restorative Yoga 12:15pm-1pm

MONDAY
Zumba Core 9am-10am
Energy Education & Budgeting** 9am-10am & 1pm-2pm
Being Self Sufficient 10am-11am
Cal Fresh Applications 10am-2pm
Fentanyl Victim Support Group 10am-11am
Zumbini (ages 0-5 with parents) 10:15am-11am & 11:15am-12pm
Chair Fitness 12pm-1pm
Yin Yoga 1pm-2pm
My Life, My Choice 1pm-2pm
Goodwill Orientation 1:30pm-2:30pm
Meditation 2pm-3pm
Healthy Heart #2 2:30pm-3:30pm (Spanish)
Kickboxing 3pm-4pm
Fitness Kids (ages 5-11 with parents) 4pm-5pm
Living Well #5 4pm-5pm
Creative Arts for Teens (ages 12-17 years) 4pm-5:30pm
Parent Club 4pm-5:30pm
Latin Dance 5pm-6pm
Meditation for Kids (ages 5-11 with parents) 5pm-6pm

TUESDAY
Medi-Cal Renewal Specialist
VITA Free Tax Preparation** 9am-4pm
Call to schedule your appointment 909-723-1566
Energy Education & Budgeting** 9am-10am & 1pm-2pm
Zumba 10am-11am
Citizenship Class 10am-11am & 4pm-5pm
Resume & Development** 10am-12pm
Zumbini (ages 0-5 with parents) 10:15am-11am & 11:15am-12pm
Breast & Cervical Health 11am-12pm
Food Demonstration with Russell 12pm-1pm
Sewing Class 1pm-3pm
Chair Yoga 2pm-3pm
Zumba Toning 4pm-5pm
Yoga for Kids (ages 5-11 with parents) 4pm-5pm
Meditation 5pm-6pm
Dance Kids (ages 5-11 with parents) 5pm-6pm

WEDNESDAY
Strength & Conditioning 9am-10am
Energy Education & Budgeting** 9am-10am & 1pm-2pm
Family Story Time (ages 0-5 with parents) 9am-10am
CPR 9:30am-12:30pm & 1:30pm-4:30pm (Spanish)
Family Nutrition (ages 0-5 with parents) 10:15am-11am
Mindful Living #1 9:30am-10:30am (Spanish)
A Better Me 10am-11am
Job Club** 10am-12pm
Healthy Heart #2 11am-12pm
Grief & Loss Support Group 11am-12pm
Chair Fitness 12pm-1pm
Food Demonstration with Russell 1pm-2pm
Understanding Diabetes #6 1:30pm-2:30pm (Spanish)
Zumba Gold 2pm-3pm
PIYo 3pm-4pm
Zumba 4pm-5pm
Nutrition for Kids (ages 5-11 with parents) 4pm-5pm
Creative Arts for Teens (ages 12-17 years) 4pm-5:30pm
Parent Club 4pm-5:30pm
Hatha Yoga 5pm-6pm
Zumba Kids (ages 5-11 with parents) 5pm-6pm

THURSDAY
Zumba Toning 9am-10am
Energy Education & Budgeting** 9am-10am & 1pm-2pm
Zumba 10am-11am
Reading Club for Littles (ages 0-5 with parents) 10:15am-11am & 11:15am-12pm
English as a Second Language 10am-11am & 4pm-5pm
Food Demonstration with Russell 11am-12pm
Beginning Zumba 11am-12pm
Meditation 1pm-2pm (Spanish)
Movement & Mobility 2pm-3pm
*Low intensity class that will increase range of motion for muscle activation and injury prevention
Restorative Yoga 4pm-5pm
Zumba Kids (ages 5-11 with parents) 4pm-5pm
U-Jam 5pm-6pm
Yoga Kids (ages 5-11 with parents) 5pm-6pm

Family Friday
Ages 0-8 with parents
10am-1pm
In honor of Week of the Young Child, join us for a day filled with fun activities for children and helpful community resources for families.
Family Movie Night
Ages 5-11 with parents
3:30pm-5:30pm
Vision Screenings Available
Light snacks provided.
While supplies last.
Mindful Movers for Kids
3:30pm-4pm
Movie 4pm-5:30pm
Parent Club 4pm-5:30pm
Teen Leadership Club (ages 12-17 years) 4pm-5:30pm

SATURDAY
Strength & Conditioning 9am-10am
Zumba Chair 10am-11am
Fitness Kids (ages 5-11 with parents) 10am-11am
Latin Dance 11am-12pm
Zumba Kids (ages 0-11 with parents) 11am-12pm
Kickboxing 12pm-1pm
Dance Kids (ages 5-11 with parents) 12pm-1pm

MONDAY
Zumba Core 9am-10am
Energy Education & Budgeting** 9am-10am & 1pm-2pm
Cal Fresh Applications 10am-2pm
Zumbini (ages 0-5 with parents) 10:15am-11am & 11:15am-12pm
Chair Fitness 12pm-1pm
Yin Yoga 1pm-2pm
Healthy Living My Best Self #3 1pm-2pm
Goodwill Orientation 1:30pm-2:30pm
Meditation 2pm-3pm
Becoming a Mom #8 2:30pm-3:30pm (Spanish)
Kickboxing 3pm-4pm
Art Class (ages 5-11 with parents) 3:30pm-4:30pm
Breathe Well, Live Well #2 4pm-5pm
Meditation for Kids (ages 5-11 with parents) 4:30pm-5:30pm
Latin Dance 5pm-6pm

Medi-Cal Renewal Specialist
VITA Free Tax Preparation** 9am-4pm
Call to schedule your appointment 909-723-1566
Energy Education & Budgeting** 9am-10am & 1pm-2pm
Birthday Bash
Ages 0-5 with parents
10am-12pm
We're turning 5!
Bring your tiny humans to celebrate
Citizenship Class 10am-11am & 4pm-5pm
Resume & Development** 10am-12pm
Zumba Chair 1pm-2pm
Food Demonstration with Russell 2pm-3pm
Zumba Toning 4pm-5pm
Yoga for Kids (ages 5-11 with parents) 4pm-5pm
Meditation 5pm-6pm
Dance Kids (ages 5-11 with parents) 5pm-6pm

CLOSED
9am-2pm
Mindful Living #1 2pm-3pm
Anniversary Dance Party
Celebrate with us!
2:30pm-4:30pm
Healthy Living My Best Self #4 3:30pm-4:30pm (Spanish)
Understanding Diabetes #6 5pm-6pm

CLOSED
9am-11am
Partner Network Meeting**
Pre-registration required
12pm-2pm
Energy Education & Budgeting** 1pm-2pm
English as a Second Language 4pm-5pm
Family Dance Party
Ages 5-11 with parents
Celebrate with us!
3:30pm-5:30pm

Kickboxing 10am-11am
Beginning Zumba 10am-11am
Zumba Chair 11am-12pm
Beginner Yoga 11am-12pm
Chair Yoga 1pm-2pm
Journey to the Center of Nutrition
Ages 5-11 with parents
Join us for family fun with tons of nutrition facts
3:30pm-5:30pm

5 year anniversary Celebration!
IEHP Community Wellness Center VICTORVILLE
10am-1pm
Join us for this fun & FREE event for the whole family.

MONDAY
Zumba Core 9am-10am
Energy Education & Budgeting** 9am-10am & 1pm-2pm
Being Self Sufficient 10am-11am
Cal Fresh Applications 10am-2pm
Zumbini (ages 0-5 with parents) 10:15am-11am & 11:15am-12pm
Chair Fitness 12pm-1pm
Yin Yoga 1pm-2pm
Healthy Heart #3 1pm-2pm
Goodwill Orientation 1:30pm-2:30pm
Meditation 2pm-3pm
My Life, My Choice 2:30pm-3:30pm (Spanish)
Kickboxing 3pm-4pm
Becoming a Mom #5 4pm-5pm
Fitness Kids (ages 5-11 with parents) 4pm-5pm
Latin Dance 5pm-6pm
Meditation for Kids (ages 5-11 with parents) 5pm-6pm

Medi-Cal Renewal Specialist
Child Abuse Prevention Awareness Month Symposium
8:30am-12:30pm
Film screening and presentations to educate parents, guardians & professionals serving youth & families on sexual abuse pillars: prevention, investigation, prosecution & restoration. Scan QR code to register
VITA Free Tax Preparation** 9am-4pm
Call to schedule your appointment 909-723-1566
Energy Education & Budgeting** 9am-10am & 1pm-2pm
Zumba 10am-11am
Citizenship Class 10am-11am & 4pm-5pm
Resume & Development** 10am-12pm
Food Demonstration with Russell 12pm-1pm
Sewing Class 1pm-3pm
Chair Yoga 2pm-3pm
IEHP Benefits Class 2pm-3pm
Zumba Toning 4pm-5pm
Yoga for Kids (ages 5-11 with parents) 4pm-5pm
Meditation 5pm-6pm
Dance Kids (ages 5-11 with parents) 5pm-6pm

Energy Education & Budgeting** 9am-10am & 1pm-2pm
Hora de jugar en familia (ages 0-5 with parents) 9am-10am
Pamper My Baby**
10am-1pm
For parents and caregivers of babies ages 0-4
An educational program providing resources & support for healthy child development.
Free gifts for participating care givers
Scan QR code to register
A Better Me 10am-11am
Job Club** 10am-12pm
Family Nutrition (ages 0-5 with parents) 10:15am-11am
Grief & Loss Support Group 11am-12pm (Spanish)
Food Demonstration with Russell 1pm-2pm
Zumba Gold 2pm-3pm
Mindful Living #2 2pm-3pm
PIYo 3pm-4pm
Beginning Zumba 3pm-4pm
Breathe Well, Live Well #2 3:30pm-4:30pm (Spanish)
Zumba 4pm-5pm
Nutrition for Kids (ages 5-11 with parents) 4pm-5pm
Hatha Yoga 5pm-6pm
Living Well #6 5pm-6pm
Zumba Kids (ages 5-11 with parents) 5pm-6pm

THURSDAY
Zumba Toning 9am-10am
Energy Education & Budgeting** 9am-10am & 1pm-2pm
Zumba 10am-11am
Reading Club for Littles (ages 0-5 with parents) 10:15am-11am & 11:15am-12pm
English as a Second Language 10am-11am & 4pm-5pm
Food Demonstration with Russell 11am-12pm
Beginning Zumba 11am-12pm
Meditation 1pm-2pm (Spanish)
Movement & Mobility 2pm-3pm
*Low intensity class that will increase range of motion for muscle activation
Medicare 101 2pm-3pm
3pm-4pm (Spanish)
Community Health Worker Workshop 3pm-3:45pm
Restorative Yoga 4pm-5pm
Zumba Kids (ages 5-11 with parents) 4pm-5pm
U-Jam 5pm-6pm
Yoga Kids (ages 5-11 with parents) 5pm-6pm

Kickboxing 10am-11am
Beginning Zumba 10am-11am
CPR (For IEHP Members only) 10am-1pm
Zumba Chair 11am-12pm
Beginner Yoga 11am-12pm
Chair Yoga 1pm-2pm
Tabata Training 2pm-3pm
Meditation 3pm-4pm
Kid Zone
Ages 5-11 with parents
Family Arts & Crafts 4pm-5pm
Invite grandparents to the family fun.
Snacks & refreshments provided.
While supplies last.
Mindful Movers for Kids 5pm-6pm

SATURDAY
Zumba Toning 9am-10am
Kickboxing 10am-11am
Nutrition Kids (ages 5-11 with parents) 10am-11am
Zumbini (ages 0-5 with parents) 10:15am-11am & 11:15am-12pm
Food Demonstration with Russell 11am-12pm
Fitness Kids (ages 5-11 with parents) 11am-12pm
Dance Kids (ages 5-11 with parents) 12pm-1pm
Meditation 12:15pm-1pm

MONDAY
Zumba Core 9am-10am
Energy Education & Budgeting** 9am-10am & 1pm-2pm
Cal Fresh Applications 10am-2pm
Zumbini (ages 0-5 with parents) 10:15am-11am & 11:15am-12pm
Chair Fitness 12pm-1pm
Yin Yoga 1pm-2pm
Goodwill Orientation 1:30pm-2:30pm
Meditation 2pm-3pm
Kickboxing 3pm-4pm
Fitness Kids (ages 5-11 with parents) 4pm-5pm
Creative Arts for Teens (ages 12-17 years) 4pm-5:30pm
Parent Club 4pm-5:30pm
Latin Dance 5pm-6pm
Meditation for Kids (ages 5-11 with parents) 5pm-6pm

Medi-Cal Renewal Specialist
VITA Free Tax Preparation** 9am-4pm
Call to schedule your appointment 909-723-1566
Zumba 9am-10am
Energy Education & Budgeting** 9am-10am & 1pm-2pm
Beginning Zumba 10am-11am
Citizenship Class 10am-11am & 4pm-5pm
Resume & Development** 10am-12pm
Zumbini (ages 0-5 with parents) 10:15am-11am & 11:15am-12pm
Food Demonstration with Russell 12pm-1pm
Zumba Chair 1pm-2pm
Chair Yoga 2pm-3pm
Zumba Toning 4pm-5pm
Yoga for Kids (ages 5-11 with parents) 4pm-5pm
Meditation 5pm-6pm
Dance Kids (ages 5-11 with parents) 5pm-6pm

Celebrating Five Years in VICTORVILLE
IEHP | Community Wellness Center
As we celebrate our 5-year anniversary milestone, we are filled with gratitude, we are truly grateful to have such an incredible community. Thank you!

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.
Legend
**Pre-registration Required
Tiny Human Zone - Classes for infant & toddler ages 0-5 with parents
Kid Zone - Classes for kids ages 5-11 with parents
Teen Zone - Classes for teens ages 12-17