

January 2020

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		Closed Due to Holiday 1	Strengthening 2 8:30 a.m. - 9:15 a.m. Cardio Kickboxing 9:30 a.m. - 10:15 a.m. Yoga 10:30 a.m. - 12:00 p.m. Blood Pressure 4:00 p.m. - 4:45 p.m. Zumba for Kids 5:00 p.m. - 5:45 p.m.	Strengthening 3 8:30 a.m. - 9:15 a.m. Knitting 10:00 a.m. - 11:45 a.m. Cholesterol 12:00 p.m. - 1:45 p.m. Zumba 4:00 p.m. - 4:45 p.m. Zumba for Kids for Members 5:00 p.m. - 5:45 p.m.	Zumba 4 8:30 a.m. - 9:15 a.m. Zumba for Kids 9:30 a.m. - 10:15 a.m.
Strengthening 6 8:30 a.m. - 9:15 a.m. Cal Fresh 9:30 a.m. - 12:00 p.m. Zumba 9:30 a.m. - 10:15 a.m. South LA Regional Center Representative 1:00 p.m. - 5:00 p.m. Yoga 4:00 p.m. - 5:30 p.m.	Strengthening 7 8:30 a.m. - 9:15 a.m. Knitting 10 a.m. - 11:45 p.m. Diabetes 12:00 p.m. - 1:15 p.m. Cardio Kickboxing 4:00 p.m. - 4:45 p.m. Zumba for Teens 5:00 p.m. - 5:45 p.m.	Strengthening 8 8:30 a.m. - 9:15 a.m. Zumba 9:30 a.m. - 10:15 a.m. Knitting: For New Participants 11:00 a.m. - 12:45 p.m.	Strengthening 9 8:30 a.m. - 9:15 a.m. Cardio Kickboxing 9:30 a.m. - 10:15 a.m. Yoga 10:30 a.m. - 12:00 p.m. Blood Pressure 4:00 p.m. - 4:45 p.m. Zumba for Kids 5:00 p.m. - 5:45 p.m.	Strengthening 10 8:30 a.m. - 9:15 a.m. Knitting 10:00 a.m. - 11:45 a.m. Cholesterol 12:00 p.m. - 1:45 p.m. Diabetes Self-Management 2:00 p.m. - 3:00 p.m. Zumba 4:00 p.m. - 4:45 p.m. Zumba for Kids for Members 5:00 p.m. - 5:45 p.m.	Zumba 11 8:30 a.m. - 9:15 a.m. Zumba for Kids 9:30 a.m. - 10:15 a.m. Healthy Cooking For Adults 10:30 a.m. - 12:30 p.m.
Strengthening 13 8:30 a.m. - 9:15 a.m. Zumba 9:30 a.m. - 10:15 a.m. South LA Regional Center Representative 1:00 p.m. - 5:00 p.m. Yoga 4:00 p.m. - 5:30 p.m.	Strengthening 14 8:30 a.m. - 9:15 a.m. Knitting 10 a.m. - 11:45 p.m. Diabetes 12:00 p.m. - 1:15 p.m. Medicare Benefits 1:30 p.m. - 2:30 p.m. Cardio Kickboxing 4:00 p.m. - 4:45 p.m. Zumba for Teens 5:00 p.m. - 5:45 p.m.	Strengthening 15 8:30 a.m. - 9:15 a.m. Zumba 9:30 a.m. - 10:15 a.m. Knitting: For New Participants 11:00 a.m. - 12:45 p.m.	Strengthening 16 8:30 a.m. - 9:15 a.m. Cardio Kickboxing 9:30 a.m. - 10:15 a.m. Yoga 10:30 a.m. - 12:00 p.m. Blood Pressure 4:00 p.m. - 4:45 p.m. Zumba for Kids 5:00 p.m. - 5:45 p.m.	Strengthening 17 8:30 a.m. - 9:15 a.m. Knitting 10:00 a.m. - 11:45 a.m. Cholesterol 12:00 p.m. - 1:45 p.m. Diabetes Self-Management 2:00 p.m. - 3:00 p.m. Zumba 4:00 p.m. - 4:45 p.m. Zumba for Kids for Members 5:00 p.m. - 5:45 p.m.	Zumba 18 8:30 a.m. - 9:15 a.m. Zumba for Kids 9:30 a.m. - 10:15 a.m. Healthy Cooking for Kids for Members Only 10:30 a.m. - 12:30 p.m.
Closed Due to Holiday 20	Strengthening 21 8:30 a.m. - 9:15 a.m. Knitting 10 a.m. - 11:45 p.m. Diabetes 12:00 p.m. - 1:15 p.m. Oral Health Workshop 1:30 p.m. - 2:30 p.m. Cardio Kickboxing 4:00 p.m. - 4:45 p.m. Zumba for Teens 5:00 p.m. - 5:45 p.m.	Strengthening 22 8:30 a.m. - 9:15 a.m. Zumba 9:30 a.m. - 10:15 a.m. Knitting: For New Participants 11:00 a.m. - 12:45 p.m. South LA Regional Center Representative 9:00 a.m. - 4:00 p.m.	Strengthening 23 8:30 a.m. - 9:15 a.m. Cardio Kickboxing 9:30 a.m. - 10:15 a.m. Yoga 10:30 a.m. - 12:00 p.m. Blood Pressure 4:00 p.m. - 4:45 p.m. Zumba for Kids 5:00 p.m. - 5:45 p.m.	Strengthening 24 8:30 a.m. - 9:15 a.m. Knitting 10:00 a.m. - 11:45 a.m. Cholesterol 12:00 p.m. - 1:45 p.m. Diabetes Self-Management 2:00 p.m. - 3:00 p.m. Zumba 4:00 p.m. - 4:45 p.m. Zumba for Kids for Members 5:00 p.m. - 5:45 p.m.	Zumba 25 8:30 a.m. - 9:15 a.m. Zumba for Kids 9:30 a.m. - 10:15 a.m. CPR Workshop for Members Only 11:00p.m.-2:00p.m.
Strengthening 27 8:30 a.m. - 9:15 a.m. Zumba 9:30 a.m. - 10:15 a.m. Cal Fresh 9:30 a.m. - 12:00 p.m. IHSS Orientation 1:00 p.m. - 2:30 p.m. South LA Regional Center Representative 1:00 p.m. - 5:00 p.m. Yoga 4:00 p.m. - 5:30 p.m.	Strengthening 28 8:30 a.m. - 9:15 a.m. Knitting 10 a.m. - 11:45 p.m. Diabetes 12:00 p.m. - 1:15 p.m. Cardio Kickboxing 4:00 p.m. - 4:45 p.m. Zumba for Teens 5:00 p.m. - 5:45 p.m.	Strengthening 29 8:30 a.m. - 9:15 a.m. Zumba 9:30 a.m. - 10:15 a.m. Knitting: For New Participants 11:00 a.m. - 12:45 p.m.	Strengthening 30 8:30 a.m. - 9:15 a.m. Cardio Kickboxing 9:30 a.m. - 10:15 a.m. Yoga 10:30 a.m. - 12:00 p.m. Blood Pressure 4:00 p.m. - 4:45 p.m. Zumba for Kids 5:00 p.m. - 5:45 p.m.	Strengthening 31 8:30 a.m. - 9:15 a.m. Knitting 10:00 a.m. - 11:45 a.m. Cholesterol 12:00 p.m. - 1:45 p.m. Diabetes Self-Management 2:00 p.m. - 3:00 p.m. Zumba 4:00 p.m. - 4:45 p.m. Zumba for Kids for Members 5:00 p.m. - 5:45 p.m.	

For adults age 18 and over

Yoga: This is a dynamic class of combined movement and breathing that will help you to build strength, improve flexibility and, most importantly, relax.

Cardio Kickboxing: Aerobic exercise that helps improve balance and coordination using boxing and martial art moves.

Strengthening: Gain mobility and body strengthening.

Zumba for Adults: Dance aerobic exercise to the rhythm of music.

Knitting: Beginner's class on how to crochet.

Healthy Cooking: Educational workshop followed by a cooking demonstration.

Hours: Monday - Friday, 8 a.m. - 6 p.m., Saturday 8 a.m. - 4:30 p.m.

Address: 5926 Pacific Blvd. | Huntington Park, CA 90255

Contact us online at blueshieldca.com/promise. Reach us by phone at **(323) 586-1610**

Huntington Park Informational Resource Center is operated by Blue Shield of California Promise Health Plan.

Blue Shield of California Promise Health Plan is contracted with L.A. Care Health Plan to provide Medi-Cal managed care services in Los Angeles County.

Blue Shield of California Promise Health Plan is an independent licensee of the Blue Shield Association A51674 (4/19)

Cholesterol: Tips to help control cholesterol.

Diabetes: Tips to help control blood sugar.

High Blood Pressure: Tips to help control blood pressure.

For kids ages 4-12

Zumba for Kids: Dance aerobic exercise to the rhythm of music.

Healthy Cooking: Educational workshop followed by a cooking demonstration.

For teens ages 13-17

Zumba for Teens: Dance aerobic exercise to the rhythm of music.