

JULY 14 - SEPTEMBER 26, 2025 WELLNESS PROGRAMS

Free Health Builders classes for El Rio employees and patients.

Movement Classes

LOCATION/CLASS	DAYS	TIME
CHERRYBELL (1230 S. Cherrybell Stra.)		
Better Backs	Mon/Wed	11:00am-11:45am
Get Strong	Mon/Wed	10:00am-10:45am
Tai Chi	Tue/Thu	10:15am-11:00am
Yoga	Tue/Thu	9:15am-10:00am
CONGRESS (839 W. Congress St.)		
Better Balance	Mon/Wed	9:00am-9:45am
Better Balance	Tue/Thu	10:30am-11:15am
Better Bones	Mon/Wed	11:00am-11:45am
Chair Yoga	Tue/Thu	9:00am-9:45am
Get Strong	Mon/Wed	10:00am-10:45am
Intro to Tai Chi	Tue/Thu	2:15pm-3:00pm
Tai Chi	Tue/Thu	1:00pm-2:00pm
Yoga	Tue/Thu	5:15pm-6:15pm
HEALTHON BROADWAY (1 W. Broadway Blvd. #151)		
Chair Yoga	Mon/Wed	10:15am-11:00am
EL RIO NEIGHBORHOOD CENTER (1390 W. Speedway Blvd.)		
Zumba*	Tue/Thu	6:00pm-7:00pm
EL PUEBLO RECREATION CENTER (101 W. Irvington Rd.)		
Better Balance	Tue/Thu	9:15am-10:00am
Sit Fit	Mon/Wed	10:00am-11:00am
Tai Chi	Tue/Thu	11:45am-12:30pm
Yoga	Tue/Thu	10:30am-11:30am
Walking Workout	Mon/Wed	11:15am-12:15pm
Walking Workout	Tue/Thu	11:00am-12:00pm
Zumba*	Mon/Wed	6:00pm-7:00pm
VIRTUAL (Via ZOOM)		
Yoga*	Mon/Wed	8:00am-9:00am

**Community Classes*

Register and start today!



www.elrio.org/movement-classes/

Adult Classes

Manage diabetes, stress, or reduce fall risk. Explore weight management program options. Enjoy the support of a group as you practice strategies to build a healthy lifestyle.

**A Matter of Balance • Better Brains
Diabetes Empowerment • Happiness Habits
Weight Management for Optimal Health
and more...**

To learn more or to register:



www.elrio.org/adult-classes/



El Rio YouTube Resources:
[YouTube.com>El Rio Health>Playlists](https://www.youtube.com/ElRioHealth/playlists)

Family Classes

From tots to teens, family classes are designed for youth and adults to work together for improved family health and well-being.

**Tasting for Tots • Happy, Healthy Kiddos
PowerFULL Families**

**Family Bonds: *Mental Health and Self-Care
Strategies for Families***

**Let's Talk: *A course for kids and their caregivers
about how to be healthy***

To learn more or to register:



www.elrio.org/hb-family-classes/

14 DE JULIO - 26 DE SEPTIEMBRE DE 2025 PROGRAMAS DE BIENESTAR

Clases gratuitas de Health Builders para empleados y pacientes de El Rio.

Clases de Movimiento

LUGAR/CLASES	DÍAS	HORARIO
CHERRYBELL (1230 S. Cherrybell Stra.)		
Mejorar la Espalda	lu/mie	11:00am-11:45am
Se Fuerte	lu/mie	10:00am-10:45am
Tai Chi	ma/jue	10:15am-11:00am
Yoga	ma/jue	9:15am-10:00am
CONGRESS (839 W. Congress St.)		
Mejorar el Equilibrio	lu/mie	9:00am-9:45am
Mejorar el Equilibrio	ma/jue	10:30am-11:15am
Mejorar los Huesos	lu/mie	11:00am-11:45am
Yoga con Silla	ma/jue	9:00am-9:45am
Se Fuerte	lu/mie	10:00am-10:45am
Intro a Tai Chi	ma/jue	2:15pm-3:00pm
Tai Chi	ma/jue	1:00pm-2:00pm
Yoga	ma/jue	5:15pm-6:15pm
HEALTHON BROADWAY (1 W. Broadway Blvd. #151)		
Yoga con Silla	lu/mie	10:15am-11:15am
EL RIO NEIGHBORHOOD CENTER (1390 W. Speedway Blvd.)		
Zumba*	ma/jue	6:00pm-7:00pm
EL PUEBLO RECREATION CENTER (101 W. Irvington Rd.)		
Cáminar y Condición	lu/mie	11:15am-12:15pm
Cáminar y Condición	ma/jue	11:00am-12:00pm
Sit Fit	lu/mie	10:00am-11:00am
Mejorar el Equilibrio	ma/jue	9:15am-10:00am
Tai Chi	ma/jue	11:45am-12:30pm
Yoga	ma/jue	10:30am-11:30am
Zumba*	lu/mie	6:00pm-7:00pm
VIRTUALES (de ZOOM)		
Yoga*	lu/mie	8:00am-9:00am

*Clases comunitarias

Regístrese y empiece hoy



www.elrio.org/movement-classes/

Clases para Adultos

Controle la diabetes, el estrés o reduzca el riesgo de caídas, explore opciones para el control de peso. Disfrute del apoyo de un grupo y aprende estrategias para construir un estilo de vida más saludable.

Un Asunto de Equilibrio • Control de Peso
Mejores cerebros • Programa de Capacitación para la Diabetes y más...

Para obtener más información o registrarse:



www.elrio.org/adult-classes/



Recursos en YouTube
[YouTube.com>El Rio Health>Playlists](https://www.youtube.com/ElRioHealth/playlists)

Clases Familiares

Desde niños pequeños hasta adolescentes, las clases familiares están diseñadas para mejorar la salud y los lazos familiares.

Sabores Para Pequeños • Programa de Resistencia
Niños Felices y Saludables
Enlaces Familiares: Salud Mental y Autocuidado
Estrategias para las familias

Para obtener más información o registrarse:



www.elrio.org/hb-family-classes/

Para más información llame al (520) 309-2090