

FEBRUARY



**Kern Family
Health Care®**

No Cost Fitness Classes

Provided by Kern Family Health Care

Mondays

2



Adult
Hip-Hop
6:30- 7:20

9

No Class

16

No Class

19



Adult
Hip-Hop
6:30- 7:20

Thursdays

5



Zumba
5:15-6:15PM
*Kernville

12

No Class

19



Zumba
5:15-6:15PM
*Kernville

26

No Class

Saturdays

7



Yoga w/
Jasmine
10-11AM

14

No Class

21



Yoga w/
Jasmine
10-11AM

28

No Class



****NEW Location**
6200 Lake Isabella Blvd.
Unit A
@FitHaus



FitHaus Health Club
Located @ 50 Tobias St,
Kernville, CA 93238

Questions??
Contact Danica @ 7602230657
****Texting is best**
or
email @danicavittoria@yahoo.com

