

December 2024



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
1	2	3	 Adult Hip-Hop 5:30-6:30	 Zumba 5:45-6:45	6	 Yoga w/ Jasmine 10-11AM	
8	9	10	 Adult Hip-Hop 5:30-6:30	 Zumba 5:45-6:45	13	 Yoga w/ Jasmine 10-11AM	
15	16	17	 Adult Hip-Hop 5:30-6:30	 Zumba 5:45-6:45	20	 Yoga w/ Jasmine 10-11AM	
22	23	24	No Classes this Week				28
29	30	31	 Kern Family Health Care®				


Danica's School of Dance
 Located @ 5101 C Lake Isabella Blvd. Lake Isabella, CA.93240
 760-223-0657


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

Questions??
 Contact Danica @ 7602230657
 **Texting is best or email
[@danicavittoria@yahoo.com](mailto:danicavittoria@yahoo.com)



**Join us for a Fitness class this month (at no cost to you)!
Brought to you by Kern Family Health Care**