

September



**Kern Family
Health Care®**

No Cost Fitness Classes

Provided by Kern Family Health Care

Wednesdays

3



Adult
Hip-Hop
5:30-6:30

10



Adult
Hip-Hop
6:40- 7:30



Diabetes
Prevention
4-5pm

17

No Class

24



Adult
Hip-Hop
6:40- 7:30



Diabetes
Prevention
4-5pm

Thursdays

4



Zumba
5:45-6:45 PM

11



Zumba
5:45-6:45 PM

18

No Class

25



Zumba
5:45-6:45 PM

Saturdays

6



Yoga w/
Jasmine
10-11AM

13

No Class

20



Yoga w/
Jasmine
10-11AM

27



Yoga w/
Jasmine
10-11AM



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



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



Join us at Kern Valley Library
7054 Lake Isabella Blvd
Contact us at 760-379-2556
Ext: 901 or Ext 904

Questions??

Contact Danica @ 7602230657

****Texting is best**

or

email @danicavittoria@yahoo.com

