

2025 March



**Kern Family
Health Care®**

**No Cost Fitness
Classes
Provided by Kern
Family Health Care**

Wednesdays

5



Adult
Hip-Hop
5:30-6:30

12



Adult
Hip-Hop
5:30-6:30



Diabetes
Prevention
5-6pm

19



Adult
Hip-Hop
5:30-6:30

26



Adult
Hip-Hop
5:30-6:30



Diabetes
Prevention
5-6pm

Thursdays

6



Zumba
5:45-6:45

13



Zumba
5:45-6:45

20



Zumba
5:45-6:45

27



Zumba
5:45-6:45

Saturdays

1



Yoga w/
Jasmine
10-11AM

8



Yoga w/
Jasmine
10-11AM

22



Yoga w/
Jasmine
10-11AM

29



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



6416 Lake Isabella Blvd suite C
760-379-2556
Contact: Damaris or Christene

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

