



# February 2025



## Kern Family Health Care®

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
						 1 Yoga w/ Jasmine 10-11AM	
2	3	4	 5 Adult Hip-Hop 5:30-6:30	 6 Zumba 5:45-6:45	7	 8 Yoga w/ Jasmine 10-11AM	
9	10	11	 12 Adult Hip-Hop 5:30-6:30	 12 Family Resource Center Diabetes Prevention 5-6pm	 13 Zumba 5:45-6:45	14	15
16	17	18	 19 Adult Hip-Hop 5:30-6:30	 20 Zumba 5:45-6:45	21	 22 Yoga w/ Jasmine 10-11AM	
23	24	25	 26 Adult Hip-Hop 5:30-6:30	 26 Family Resource Center Diabetes Prevention 5-6pm	 27 Zumba 5:45-6:45	28	



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



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