



# Health & Fitness

*A Healthy Lifestyle Choice*

**Classes for the Whole Family**

**Monthly 3:45pm - 4:45pm**

**at Greenfield Family Resource Center**

**5400 Monitor Street Bakersfield, CA 93307**

## Opportunity to Win Prizes for Participating these Days!

<p>Tuesday, September 18, 2018  <i>Family Zumba Day</i>  <i>Presented by Greenfield Walking Group</i></p>	<p>Tuesday, February 19, 2019  <i>Family Zumba Day</i>  <i>Presented by Greenfield Walking Group</i></p>
<p>Tuesday, October 16, 2018  <i>Family Yoga day</i>  <i>Presented by Health and Wellness Program</i></p>	<p>Tuesday, March 19, 2019  <i>Family Zumba Day</i>  <i>Presented by Greenfield Walking Group</i></p>
<p>Tuesday, November 27, 2018  <i>Family Fun with Exercise</i>  <i>Presented by Kern Family Health Care</i></p>	<p>April NO CLASS</p>
<p>December NO CLASS</p>	<p>Tuesday, May 21, 2019  <i>Family Fitness Fun Day</i>  <i>Presented by Health and Wellness Program</i></p>
<p>Tuesday, January 15, 2019  <i>Family Fitness Fun Day</i>  <i>Presented by Health and Wellness Program</i></p>	<p>June NO CLASS</p>



For more information or to register, please call  
 Nora Ortiz 661-837-3720

