



Total Woman

FITNESS

by *Kaho* Athletic Club

Lisa Kern

Qualifications:

ACE Certified Group Fitness
Instructor



Lisa began teaching aerobics in 1993, and through the years has taught low impact, step, senior oriented, strength and circuit classes. She is married with 2 children, and lives in Meridian.

Fit Pro Motto:

“Make an effort,
not an excuse.”