

St Bernard Dance and Fitness Studio

AUGUST

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
StB Studio 4803 Tower Avenue St Bernard, OH Questions: Kate: 324-3513 or Rec. Dept: 641-3137	St. Bernard Dance Questions: Call Laura Mosley 617-3443 Sign-ups for 2019-20 Ages 3 thru HS Wednesday, AUGUST 28th	Tae Kwon Do Saturdays: 12-1pm- Beginner/White Belts 1-2pm- Advanced/Color Belts 2-3pm- Faith and Family Class	*Get your August Unlimited* Class Pass/Fitness Center Pass \$50/mo.- See your instructor! (cash or check)	1 Zumba 9:30 - 10:30am Tai Chi-Seated 10:45-11:45am 12:30PM ROSS PARK DEDICATION PIYo 6:00-7:00pm	2 Yoga 8:30-9:30am	3 NO PIYo NO Tae Kwon Do NO Faith and Family TKD	
	4	5 Zumba 9:30 - 10:30am Yoga 6:00-7:00pm Zumba 7:00-8:00pm	6 Yoga 8:30-9:30am PIYo 6:00-7:00pm Yin Yoga 7:00-8:00pm	7 PIYo 9:30-10:30am NO Tai Chi-Standing Yoga 6:00 - 7:00pm Zumba 7:00-8:00pm	8 Zumba 9:30 - 10:30am NO Tai Chi-Seated PIYo 6:00-7:00pm	9 Yoga 8:30-9:30am	10 PIYo 9:00-10:00am Tae Kwon Do 12:00-2:00pm (See Above) Faith and Family TKD 2:00-3:00pm
	11	12 Zumba 9:30 - 10:30am Yoga 6:00-7:00pm Zumba 7:00-8:00pm	13 NO Yoga PIYo 6:00-7:00pm Yin Yoga 7:00-8:00pm	14 PIYo 9:30-10:30am NO Tai Chi-Standing Yoga 6:00 - 7:00pm Zumba 7:00-8:00pm	15 Zumba 9:30 - 10:30am NO Tai Chi-Seated PIYo 6:00-7:00pm	16 NO Yoga	17 NO PIYo Tae Kwon Do 12:00-2:00pm (See Above) Faith and Family TKD 2:00-3:00pm
18	19 Zumba 9:30 - 10:30am Yoga 6:00-7:00pm Zumba 7:00-8:00pm	20 Yoga 8:30-9:30am PIYo 6:00-7:00pm Yin Yoga 7:00-8:00pm	21 PIYo 9:30-10:30am Tai Chi-Standing 10:45-11:45am Yoga 6:00 - 7:00pm Zumba 7:00-8:00pm	22 Zumba 9:30 - 10:30am Tai Chi-Seated 10:45-11:45am PIYo 6:00-7:00pm	23 Yoga 8:30-9:30am	24 PIYo 9:00-10:00am Tae Kwon Do 12:00-2:00pm (See Above) Faith and Family TKD 2:00-3:00pm	
25	26 Zumba 9:30 - 10:30am Yoga 6:00-7:00pm Zumba 7:00-8:00pm	27 Yoga 8:30-9:30am PIYo 6:00-7:00pm Yin Yoga 7:00-8:00pm	28 PIYo 9:30-10:30am Tai Chi-Standing 10:45-11:45am Yoga 6:00 - 7:00pm Zumba 7:00-8:00pm	29 Zumba 9:30 - 10:30am Tai Chi-Seated 10:45-11:45am PIYo 6:00-7:00pm	30 Erica's WEDDING Yoga! 8:30-9:30am	31 PIYo 9:00-10:00am Tae Kwon Do 12:00-2:00pm (See Above) Faith and Family TKD 2:00-3:00pm	
StB DANCE SIGNUPS 7pm in Main Hall							