

# St. Bernard Dance and Fitness Studio

## JANUARY

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>StB Studio</b> <b>4803 Tower Avenue</b> <b>St Bernard, OH</b> <b>Questions:</b> <b>Kate: 324-3613</b> <b>or</b> <b>Rec. Dept: 641-3137</b>	<b>**JANUARY UNLIMITED**</b> Class Pass/Fitness Center Pass <b>\$50/mo.- See your instructor!</b> (cash or check) * Made Payable to: StB Rec <hr/> <b>Fitness Class Pass</b> 10 Class- \$50 20 Class- \$85	<b>StB/Westside-Tae Kwon Do</b> <hr/> <b>Saturdays:</b> 12-1pm- Beginner/White Belts 1-2pm- Advanced/Color Belts 2-3pm- Faith and Family <hr/> <b>Mondays:</b> 7:30-8:30pm- Beginner 8:30-9:30pm- Advanced	<b>HAPPY</b> <b>NEW YEAR!!!</b> <hr/> <b>CLOSED</b> <b>NO CLASSES</b>	<b>Zumba</b> 9:30 - 10:30am <b>NO Tai Chi-Seated</b> <hr/> <b>NO StB Dance</b> <b>PIYo</b> 6:30-7:30pm	<b>Yoga</b> 8:30-9:30am <hr/> <b>NO StB Dance)</b>	<b>PIYo</b> 9:00-10:00am <hr/> <b>Tae Kwon Do</b> 12:00-3:00pm (See Above)
<b>5</b> <b>Slow Flow Yoga</b> 10:15-11:15am <hr/> <b>Adult Ballet Fitness</b> 2:00-3:00pm	<b>6</b> <b>Zumba</b> 9:30 - 10:30am <b>StB Dance (See Below)</b> <hr/> <b>Tae Kwon Do</b> 7:30-8:30pm- Beginner 8:30-9:30pm- Advanced	<b>7</b> <b>Yoga</b> 8:30-9:30am <b>StB Dance (See Below)</b> <hr/> <b>PIYo</b> 6:20-7:20pm <b>Restorative Yoga</b> 7:25-8:25pm	<b>8</b> <b>PIYo</b> 9:30-10:30am <b>Tai Chi-Standing</b> 10:45-11:45am <b>Yoga</b> 6:00 - 7:00pm <b>Zumba</b> 7:00-8:00pm	<b>9</b> <b>NO Zumba</b> <hr/> <b>Tai Chi-Seated</b> 10:45-11:45am <b>StB Dance (See Below)</b> <b>PIYo</b> 7:05-8:05pm <b>StB Dance (Adult HipHop)</b>	<b>10</b> <b>Yoga</b> 8:30-9:30am <hr/> <b>StB Dance (See Below)</b>	<b>11</b> <b>PIYo</b> 9:00-10:00am <hr/> <b>Tae Kwon Do</b> 12:00-3:00pm (See Above)
<b>12</b> <b>Slow Flow Yoga</b> 10:15-11:15am	<b>13</b> <b>NO Zumba</b> <b>StB Dance (See Below)</b> <hr/> <b>Tae Kwon Do</b> 7:30-8:30pm- Beginner 8:30-9:30pm- Advanced	<b>14</b> <b>Yoga</b> 8:30-9:30am <b>StB Dance (See Below)</b> <hr/> <b>PIYo</b> 6:20-7:20pm <b>NO Restorative Yoga</b>	<b>15</b> <b>PIYo</b> 9:30-10:30am <b>Tai Chi-Standing</b> 10:45-11:45am <b>Yoga</b> 6:00 - 7:00pm <b>Zumba</b> 7:00-8:00pm	<b>16</b> <b>Zumba</b> 9:30 - 10:30am <b>Tai Chi-Seated</b> 10:45-11:45am <b>StB Dance (See Below)</b> <b>PIYo</b> 7:05-8:05pm <b>StB Dance (Adult HipHop)</b>	<b>17</b> <b>Yoga</b> 8:30-9:30am <hr/> <b>StB Dance (See Below)</b>	<b>18</b> <b>PIYo</b> 9:00-10:00am <hr/> <b>Tae Kwon Do</b> 12:00-3:00pm (See Above)
<b>19</b> <b>Slow Flow Yoga</b> 10:15-11:15am <hr/> <b>Adult Ballet Fitness</b> 2:00-3:00pm	<b>20</b> <b>Zumba</b> 9:30 - 10:30am <b>StB Dance (See Below)</b> <hr/> <b>Tae Kwon Do</b> 7:30-8:30pm- Beginner 8:30-9:30pm- Advanced	<b>21</b> <b>Yoga</b> 8:30-9:30am <b>StB Dance (See Below)</b> <hr/> <b>PIYo</b> 6:20-7:20pm <b>Restorative Yoga</b> 7:25-8:25pm	<b>22</b> <b>PIYo</b> 9:30-10:30am <b>Tai Chi-Standing</b> 10:45-11:45am <b>Yoga</b> 6:00 - 7:00pm <b>Zumba</b> 7:00-8:00pm	<b>23</b> <b>Zumba</b> 9:30 - 10:30am <b>Tai Chi-Seated</b> 10:45-11:45am <b>StB Dance (See Below)</b> <b>PIYo</b> 7:05-8:05pm <b>StB Dance (Adult HipHop)</b>	<b>24</b> <b>Yoga</b> 8:30-9:30am <hr/> <b>StB Dance (See Below)</b>	<b>25</b> <b>PIYo</b> 9:00-10:00am <hr/> <b>Tae Kwon Do</b> 12:00-3:00pm (See Above)
<b>26</b> <b>Slow Flow Yoga</b> 10:15-11:15am	<b>27</b> <b>Zumba</b> 9:30 - 10:30am <b>StB Dance (See Below)</b> <hr/> <b>Tae Kwon Do</b> 7:30-8:30pm- Beginner 8:30-9:30pm- Advanced	<b>28</b> <b>Yoga</b> 8:30-9:30am <b>StB Dance (See Below)</b> <hr/> <b>PIYo</b> 6:20-7:20pm <b>NO Restorative Yoga</b>	<b>29</b> <b>PIYo</b> 9:30-10:30am <b>Tai Chi-Standing</b> 10:45-11:45am <b>Yoga</b> 6:00 - 7:00pm <b>Zumba</b> 7:00-8:00pm	<b>30</b> <b>Zumba</b> 9:30 - 10:30am <b>Tai Chi-Seated</b> 10:45-11:45am <b>StB Dance (See Below)</b> <b>PIYo</b> 7:05-8:05pm <b>StB Dance (Adult HipHop)</b>	<b>31</b> <b>Yoga</b> 8:30-9:30am <hr/> <b>StB Dance (See Below)</b>	<b>St. Bernard Dance</b> Questions: Call Laura Mosley 617-3443 <hr/> <b>See Below for Schedule!</b>

StB Dance Weekly Schedule				
Mondays	Tuesdays	Wednesdays	Thursday	Friday
3:15-4p- HipHop (5-7yo) 4-4:45p- HipHop (8-9yo) 4:45-5:30p- HipHop (Inter) 5:30-6:15p- HipHop (Advanced)	3:15-4p- HipHop (5-7yo) 4-4:45p- Ballet (5-7yo) 4:45-5:30p- Jazz (5-9yo) 5:30-6:15p- HipHop (8yo)	NO SIB DANCE	3:15-4p- Preschool Combo (3-4yo) 4-4:45p- Kinder Combo (5-7yo) 4:45-5:30p- Intermediate Tap (8-11) 5:30-6:15p- Advanced Tap (11&up) 6:15-7p- Advanced Ballet <hr/> 8:15-9:00p- Adult HipHop	4-4:45p- Intermediate Ballet 4:45-5:45p- Ballet Tech/ Pointe