

# St. Bernard Dance and Fitness Studio

## SEPTEMBER

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 <b>HAPPY LABOR DAY</b>  NO CLASSES	3  Yoga 8:30-9:30am  PiYo 6:00-7:00pm Yin Yoga 7:00-8:00pm	4  PiYo 9:30-10:30am Tai Chi-Standing 10:45-11:45am Yoga 6:00 - 7:00pm Zumba 7:00-8:00pm	5  Zumba 9:30 - 10:30am  PiYo 6:00-7:00pm	6  Yoga 8:30-9:30am	7  PiYo 9:00-10:00am  Tae Kwon Do 12:00-3:00pm (See Below)
8  <b>**PLEASE NOTE NEW TIMES**</b> <b>**M,T, and Thurs PM Fitness**</b>	9  Zumba 9:30 - 10:30am  Yoga <b>**6:20-7:20pm**</b> Tae Kwon Do 7:30-8:30pm- Beginner 8:30-9:30pm- Advanced	10  NO Yoga  PiYo <b>**6:20-7:20pm**</b> Yin Yoga <b>**7:25-8:25pm**</b>	11  PiYo 9:30-10:30am Tai Chi-Standing 10:45-11:45am Yoga 6:00 - 7:00pm Zumba 7:00-8:00pm	12  Zumba 9:30 - 10:30am Tai Chi-Seated 10:45-11:45am  PiYo <b>**7:05-8:05pm**</b>	13  NO Yoga	14  PiYo 9:00-10:00am NO Tae Kwon Do <b>9:00-11:30a</b> Paint and Cleaning Supply Drive Municiple Parking Lot Private Fitness Class 6:30-8:30pm
15  <b>StB DANCE STARTS</b> <b>SEE SCHEDULE BELOW</b>	16  Zumba 9:30 - 10:30am StB Dance (See Below) Yoga <b>**6:20-7:20pm**</b> Tae Kwon Do 7:30-8:30pm- Beginner 8:30-9:30pm- Advanced	17  Yoga 8:30-9:30am StB Dance (See Below)  PiYo <b>**6:20-7:20pm**</b> Yin Yoga <b>**7:25-8:25pm**</b>	18  PiYo 9:30-10:30am Tai Chi-Standing 10:45-11:45am Yoga 6:00 - 7:00pm Zumba 7:00-8:00pm	19  Zumba 9:30 - 10:30am Tai Chi-Seated 10:45-11:45am StB Dance (See Below) PiYo <b>**7:05-8:05pm**</b> StB Dance (See Below)	20  Yoga 8:30-9:30am  StB Dance (See Below)	21 <b>StB Fresh Market</b> Vine Street Park PiYo 9:00-10:00am Yoga 10:00-11:00am Tae Kwon Do 12:00-3:00pm (See Below)
22	23  Zumba 9:30 - 10:30am StB Dance (See Below) Yoga <b>**6:20-7:20pm**</b> Tae Kwon Do 7:30-8:30pm- Beginner 8:30-9:30pm- Advanced	24  Yoga 8:30-9:30am StB Dance (See Below)  PiYo <b>**6:20-7:20pm**</b> Yin Yoga <b>**7:25-8:25pm**</b>	25  PiYo 9:30-10:30am Tai Chi-Standing 10:45-11:45am Yoga 6:00 - 7:00pm Zumba 7:00-8:00pm	26  Zumba 9:30 - 10:30am Tai Chi-Seated 10:45-11:45am StB Dance (See Below) PiYo <b>**7:05-8:05pm**</b> StB Dance (See Below)	27  Yoga 8:30-9:30am  StB Dance (See Below)	28  PiYo 9:00-10:00am  Tae Kwon Do 12:00-3:00pm (See Below)
29	30  Zumba 9:30 - 10:30am StB Dance (See Below) Yoga <b>**6:20-7:20pm**</b> Tae Kwon Do 7:30-8:30pm- Beginner 8:30-9:30pm- Advanced		<b>StB Studio</b> 4803 Tower Avenue St Bernard, OH Questions: Kate: 324-3513 or Rec. Dept: 641-3137	<b>St. Bernard Dance</b> Questions: Call Laura Mosley 617-3443	<b>Tae Kwon Do</b> <b>Saturdays:</b> 12-1pm- Beginner/White Belts 1-2pm- Advanced/Color Belts 2-3pm- Family Class <b>Mondays</b> 7:30-8:30pm- Beginner 8:30-9:30pm- Advanced	<b>**SEPTEMBER UNLIMITED**</b> Class Pass/Fitness Center Pass <b>\$50/mo.- See your Instructor!</b> (cash or check) * Made Payable to: StB Rec

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) 4:45-5:30- Jazz (5-9yo) 5:30-6:15p- HipHop (8yo)	NO StB 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  8:30-9:15- Adult HipHop	4-4:45p- Intermediate Ballet 4:45-5:45p- Ballet Tech/ Pointe