

St. Bernard Dance and Fitness Studio

APRIL

www.facebook.com/StBDanceandFitness

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p style="text-align: center;">StB Studio 4803 Tower Avenue St Bernard, OH</p> <p>Questions: Kate: 324-3513 or Rec. Dept: 641-3137</p>	<p style="text-align: center;">1</p> <p style="text-align: center;">Zumba 9:30 - 10:30am</p> <p style="text-align: center;">Adult Fitness Hip Hop 6:15-7:00pm StB Dance (See Below) 7:00-7:45pm</p>	<p style="text-align: center;">2</p> <p style="text-align: center;">Yoga 8:30-9:30am</p> <p style="text-align: center;">StB Dance (See Below) 3:30-9:15pm</p>	<p style="text-align: center;">3</p> <p style="text-align: center;">PiYo 9:30-10:30am Tai Chi 10:45-11:30a StB Dance (See Below) Yoga 6:00 - 7:00pm Zumba 7:00-8:00pm</p>	<p style="text-align: center;">4</p> <p style="text-align: center;">Zumba 9:30 - 10:30am StB Dance (See Below) 3:30-5:45pm PiYo 6:15-7:15pm Restorative Yoga 7:30-8:30pm</p>	<p style="text-align: center;">5</p> <p style="text-align: center;">Yoga 8:30-9:30am</p> <p style="text-align: center;">Vinyasa Flow "Rocket" Yoga 6:00-7:00pm</p>	<p style="text-align: center;">6</p> <p style="text-align: center;">PiYo 9:00-10:00am NO STRONG by Zumba</p> <p style="text-align: center;">Tae Kwon Do 12:00-1:30pm Self-Defense (\$5/class) 1:30-3:00pm</p>
<p style="text-align: center;">7</p>	<p style="text-align: center;">8</p> <p style="text-align: center;">Zumba 9:30 - 10:30am</p> <p style="text-align: center;">Adult Fitness Hip Hop 6:15-7:00pm StB Dance (See Below) 7:00-7:45pm</p>	<p style="text-align: center;">9</p> <p style="text-align: center;">Yoga 8:30-9:30am</p> <p style="text-align: center;">StB Dance (See Below) 3:30-9:15pm</p>	<p style="text-align: center;">10</p> <p style="text-align: center;">PiYo 9:30-10:30am Tai Chi 10:45-11:30a StB Dance (See Below) Yoga 6:00 - 7:00pm Zumba 7:00-8:00pm</p>	<p style="text-align: center;">11</p> <p style="text-align: center;">Zumba 9:30 - 10:30am StB Dance (See Below) 3:30-5:45pm PiYo 6:15-7:15pm Restorative Yoga 7:30-8:30pm</p>	<p style="text-align: center;">12</p> <p style="text-align: center;">Yoga 8:30-9:30am</p> <p style="text-align: center;">Vinyasa Flow "Rocket" Yoga 6:00-7:00pm</p>	<p style="text-align: center;">13</p> <p style="text-align: center;">PiYo 9:00-10:00am NO STRONG by Zumba</p> <p style="text-align: center;">Tae Kwon Do 12:00-1:30pm Self-Defense (\$5/class) 1:30-3:00pm</p>
<p style="text-align: center;">14</p>	<p style="text-align: center;">15</p> <p style="text-align: center;">Zumba 9:30 - 10:30am</p> <p style="text-align: center;">Adult Fitness Hip Hop 6:15-7:00pm StB Dance (See Below) 7:00-7:45pm</p>	<p style="text-align: center;">16</p> <p style="text-align: center;">Yoga 8:30-9:30am</p> <p style="text-align: center;">StB Dance (See Below) 3:30-9:15pm</p>	<p style="text-align: center;">10</p> <p style="text-align: center;">PiYo 9:30-10:30am Tai Chi 10:45-11:30a StB Dance (See Below) Yoga 6:00 - 7:00pm Zumba 7:00-8:00pm</p>	<p style="text-align: center;">18</p> <p style="text-align: center;">Zumba 9:30 - 10:30am StB Dance (See Below) 3:30-5:45pm PiYo 6:15-7:15pm Restorative Yoga 7:30-8:30pm</p>	<p style="text-align: center;">19</p> <p style="text-align: center;">Yoga 8:30-9:30am</p> <p style="text-align: center;">Vinyasa Flow "Rocket" Yoga 6:00-7:00pm</p>	<p style="text-align: center;">20</p> <p style="text-align: center;">PiYo 9:00-10:00am NO STRONG by Zumba NO Tae Kwon Do</p> <p style="text-align: center;">Latex Paint and Clothing Drive Benefitting Matthew 25 Ministries 9:30-11:30 Lower Level Parking Lot</p>
<p style="text-align: center;">21</p> <p style="text-align: center;">StB Dance will be in the Roger Bacon Performing Arts Center April 22-25 4320 Vine Street Park in the circle, enter through main doors, follow signs.</p>	<p style="text-align: center;">22</p> <p style="text-align: center;">Zumba 9:30 - 10:30am</p> <p style="text-align: center;">Zumba 6:15-7:00pm StB Dance (See Below)@RBHS 7:00-7:45pm</p>	<p style="text-align: center;">23</p> <p style="text-align: center;">Yoga 8:30-9:30am</p> <p style="text-align: center;">StB Dance (See Below)@RBHS 3:30-9:15pm</p>	<p style="text-align: center;">10</p> <p style="text-align: center;">PiYo 9:30-10:30am Tai Chi 10:45-11:30a StB Dance (See Below)@RBHS Yoga 6:00 - 7:00pm Zumba 7:00-8:00pm</p>	<p style="text-align: center;">25</p> <p style="text-align: center;">Zumba 9:30 - 10:30am StB Dance (See Below)@RBHS 3:30-5:45pm PiYo 6:15-7:15pm Restorative Yoga 7:30-8:30pm</p>	<p style="text-align: center;">26</p> <p style="text-align: center;">Yoga 8:30-9:30am</p> <p style="text-align: center;">Vinyasa Flow "Rocket" Yoga 6:00-7:00pm</p>	<p style="text-align: center;">27</p> <p style="text-align: center;">PiYo 9:00-10:00am NO STRONG by Zumba</p> <p style="text-align: center;">Tae Kwon Do 12:00-1:30pm Self-Defense (\$5/class) 1:30-3:00pm</p>
<p style="text-align: center;">28</p>	<p style="text-align: center;">29</p> <p style="text-align: center;">Zumba 9:30 - 10:30am</p> <p style="text-align: center;">Zumba 6:15-7:00pm StB Dance (See Below) 7:00-7:45pm</p>	<p style="text-align: center;">30</p> <p style="text-align: center;">Yoga 8:30-9:30am</p> <p style="text-align: center;">StB Dance (See Below) 3:30-9:15pm</p>	<p style="text-align: center;">**APRIL UNLIMITED** Class Pass/Fitness Center Pass \$50/mo.- See your Instructor! (cash or check)</p>		<p style="text-align: center;">St. Bernard Dance Questions: Call Laura Mosley 617-3443</p>	<p style="text-align: center;">Tae Kwon Do Saturdays: 12-1pm- Beginner/White Belts 1-2pm- Advanced/Color Belts 2-3pm- Family Class</p>

2018 StB Dance Weekly Schedule			
Mondays	Tuesdays	Wednesdays	Thursdays
6:15p- Adult "Fitness" HipHop 7:00p- Adult "Recital" HipHop	3:15p- Elementary HipHop 4:00p- Elementary HipHop 4:45p- Elementary Ballet 5:30p- Elementary Jazz	3:15p- Kinder Ballet 4:00p- Ballet I 4:45p- Ballet II	3:30p- Preschool Ballet/Tap 4:15p- Preschool Ballet/Tap 5:00p- Tap I and II
<i>Fitness= Punch Card/class Recital= Register w/Recital</i>	6:15p- HipHop I 7:00p- HipHop I 7:45p- HipHop II 8:30p- Advance HipHop		