

St. Bernard Dance and Fitness Studio

DECEMBER

www.facebook.com/StBDanceandFitness

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Slow Flow Yoga 10:15-11:15am	2 Zumba *****10:00-11:00am***** StB Dance (See Below) NO Yoga Tae Kwon Do 7:30-8:30pm- Beginner 8:30-9:30pm- Advanced	3 Yoga 8:30-9:30am StB Dance (See Below) PiYo 6:20-7:20pm Restorative Yoga 7:25-8:25pm	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 Tai Chi-Seated 10:45-11:45am StB Dance (See Below) No PiYo StB Dance (See Below)	6 Yoga 8:30-9:30am StB Dance (See Below)	7 PiYo 9:00-10:00am Tae Kwon Do 12:00-3:00pm (See Below) St Bernard Village Celebration and Tree Lighting 6:00-9:00pm
8 Slow Flow Yoga 10:15-11:15am	9 Zumba 9:30 - 10:30am StB Dance (See Below) NO Yoga Tae Kwon Do 7:30-8:30pm- Beginner 8:30-9:30pm- Advanced	10 Yoga 8:30-9:30am StB Dance (See Below) PiYo 6:20-7:20pm Restorative Yoga 7:25-8:25pm	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 StB Dance (See Below) PiYo 7:05-8:05pm StB Dance (See Below)	13 Yoga 8:30-9:30am StB Dance (See Below)	14 PiYo 9:00-10:00am Tae Kwon Do 12:00-3:00pm (See Below)
15 Slow Flow Yoga 10:15-11:15am	16 Zumba 9:30 - 10:30am StB Dance (See Below) NO Yoga Tae Kwon Do 7:30-8:30pm- Beginner 8:30-9:30pm- Advanced	17 Yoga 8:30-9:30am StB Dance (See Below) PiYo 6:20-7:20pm Restorative Yoga 7:25-8:25pm	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 7:05-8:05pm StB Dance (See Below)	20 Yoga 8:30-9:30am StB Dance (See Below)	21 PiYo 9:00-10:00am Tae Kwon Do 12:00-3:00pm (See Below)
22 Slow Flow Yoga 10:15-11:15am	23 Zumba 9:30 - 10:30am NO StB Dance NO Yoga Tae Kwon Do 7:30-8:30pm- Beginner 8:30-9:30pm- Advanced	24 Yoga 8:30-9:30am NO StB Dance NO PiYo NO Restorative Yoga	25 MERRY CHRISTMAS! StB Studio is CLOSED	26 Zumba 9:30 - 10:30am NO Tai Chi-Seated NO StB Dance PiYo 7:05-8:05pm NO StB Dance	27 NO Yoga NO StB Dance	28 PiYo 9:00-10:00am Tae Kwon Do 12:00-3:00pm (See Below)
29 NO Slow Flow Yoga	30 Zumba 9:30 - 10:30am NO StB Dance NO Yoga Tae Kwon Do 7:30-8:30pm- Beginner 8:30-9:30pm- Advanced	31 NO Yoga NO StB Dance NO PiYo NO Restorative Yoga	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 See Below for Schedule!	StB/Westside-Tae Kwon Do Saturdays: 12-1pm- Beginner/White Belts 1-2pm- Advanced/Color Belts 2-3pm- Faith and Family Mondays 7:30-8:30pm- Beginner 8:30-9:30pm- Advanced	**DECEMBER UNLIMITED** Class Pass/Fitness Center Pass \$50/mo.- See your Instructor! (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 8:15-9:00p- Adult HipHop	4-4:45p- Intermediate Ballet 4:45-5:45p- Ballet Tech/ Pointe