

St Bernard Dance and Fitness Studio

April

www.facebook.com/StBDanceandFitness

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
StB Studio 4803 Tower Avenue St Bernard, OH Questions: Kate: 513-324-3513 or Rec. Dept: 513-641-3137	1	2	3	4	5	6
	*ZUMBA (Kate) 10:00-11:00am	NO Yoga	Tai Chi 10:45-11:45am	PiYo 10:00-11:00am Yoga 11:15-12:15pm		Rental/Tone&Tighten 8:45-9:45am PiYo 10:00-11:00am
	*Zumba (Pat) 5:30-6:30pm	NO Stretch&Strength	*Zumba Tone (Pat) 5:30-6:30pm	*Zumba (Allison) 7:15-8:15pm		
7	8	9	10	11	12	13
	*ZUMBA (Kate) 10:00-11:00am	Yoga 9:30-10:30am	Tai Chi 10:45-11:45am	NO PiYo		Rental/Tone&Tighten 8:45-9:45am PiYo 10:00-11:00am
	*Zumba (Pat) 5:30-6:30pm	Rental/Stretch&Strength 7:00-8:00pm	*Zumba Tone (Pat) 5:30-6:30pm	*Zumba (Allison) 7:15-8:15pm		
14	15	16	17	18	19	20
	*ZUMBA (Kate) 10:00-11:00am	Yoga 9:30-10:30am	Tai Chi 10:45-11:45am	PiYo 10:00-11:00am		Rental/Tone&Tighten 8:45-9:45am PiYo 10:00-11:00am
	*Zumba (Pat) 5:30-6:30pm	NO Stretch&Strength	*Zumba Tone (Pat) 5:30-6:30pm	*Zumba (Allison) 7:15-8:15pm		
21	22	23	24	25	26	27
	*ZUMBA (Kate) 10:00-11:00am	Yoga 9:30-10:30am	Tai Chi 10:45-11:45am	PiYo 10:00-11:00am		Rental/Tone&Tighten 8:45-9:45am PiYo 10:00-11:00am
Rental/Dance Company 3:45-5:30pm	*Zumba (Pat) 5:30-6:30pm	Rental/Stretch&Strength 7:00-8:00pm	*Zumba Tone (Pat) 5:30-6:30pm	*Zumba (Allison) 7:15-8:15pm		
28	29	30				April Unlimited
	*ZUMBA (Kate) 10:00-11:00am	Yoga 9:30-10:30am			* HYBRID (In Studio & ZOOM)	Class Pass/Fitness Center Pass \$50/mo.- See your Instructor! (cash or check)
	*Zumba (Pat) 5:30-6:30pm	Rental/Stretch&Strength 7:00-8:00pm			ZOOM Link ID: 997 276 3326 Passcode:StBStudio	Regular Class Rates: 1st Class Free/ \$7 Drop-In 10 Class=\$50/ 20 Class=\$85