

St Bernard Dance and Fitness Studio

May

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	MAY Unlimited			1	2	3
	Class Pass/Fitness Center Pass			PiYo	Strength Foundations	PiYo
	\$50/mo.- See your Instructor!			10:00-11:00am	10:00-11:00am	11:00-12:00pm
	(cash or check)					
	Regular Class Rates:					
	1st Class Free/ \$7 Drop-In			*Zumba (Allison)		
	10 Class=\$50/ 20 Class=\$85			7:15-8:15pm		
4	5	6	7	8	9	10
	*Zumba (Kate)			NO PiYo	NO Strength Foundations	NO PiYo
	10:00-11:00am	Yoga	Tai Chi			
* HYBRID (In Studio & ZOOM)		9:30-10:30am	10:45-11:45am			
ZOOM Link		Rental- Contakids				
ID: 997 276 3326	*Zumba (Pat)	3:45-4:45pm	*Zumba Tone (Pat)			
Passcode:StBStudio	5:30-6:30pm		5:30-6:30pm	*Zumba (Allison)		
				7:15-8:15pm		
11	12	13	14	15	16	17
	NO Zumba (Kate)			PiYo	Strength Foundations	PiYo
		Yoga	Tai Chi	10:00-11:00am	10:00-11:00am	10:00-11:00pm
		9:30-10:30am	10:45-11:45am			
	*Zumba (Pat)		*Zumba Tone (Pat)			
	5:30-6:30pm		5:30-6:30pm	*Zumba (Allison)		
				7:15-8:15pm		
18	19	20	21	22	23	24
	*Zumba (Kate)			NO PiYo	NO Strength Foundations	
	10:00-11:00am	Yoga	Tai Chi			NO PiYo
		9:30-10:30am	10:45-11:45am			
	*Zumba (Pat)		*Zumba Tone (Pat)			
	5:30-6:30pm		5:30-6:30pm	*Zumba (Allison)		
				7:15-8:15pm		
25	26	27	28	29	30	31
	NO Zumba (Kate)			PiYo	Strength Foundations	PiYo
		Yoga	Tai Chi	10:00-11:00am	10:00-11:00am	11:00-12:00pm
	HAPPY MEMORIAL DAY!	9:30-10:30am	10:45-11:45am			
	NO Zumba (Pat)		NO Zumba Tone (Pat)			
				*Zumba (Allison)		
				7:15-8:15pm		