

St Bernard Dance and Fitness Studio

August

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