

St Bernard Dance and Fitness Studio July

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
StB Studio 4803 Tower Avenue St Bernard, OH Questions: Kate: 513-324-3513 or Rec. Dept: 513-641-3137	*ZUMBA (Kate) 10:00-11:00am	NO Yoga	NO Tai Chi	HAPPY JULY FOURTH!		NO Tone&Tighten
	*Zumba (Pat) 5:30-6:30pm	Rental/Stretch&Strength 7:00-8:00pm		NO CLASSES		PiYo 10:00-11:00am
8	9	10	11	12	13	14
*ZUMBA (Kate) 10:00-11:00am	NO Yoga	Tai Chi 10:45-11:45am	PiYo 10:00-11:00am		NO Tone&Tighten	NO Tone&Tighten
*Zumba (Pat) 5:30-6:30pm	NO Stretch&Strength	*Zumba Tone (Pat) 5:30-6:30pm Rental/Curvy Cardio 6:45-7:45pm	Rental/Curvy Cardio 5:45-6:45pm *Zumba (Allison) 7:15-8:15pm		PiYo 10:00-11:00am	PiYo 10:00-11:00am
15	16	17	18	19	20	21
*ZUMBA (Kate) 10:00-11:00am	Yoga 9:30-10:30am	Tai Chi 10:45-11:45am	PiYo 10:00-11:00am		NO Tone&Tighten	NO Tone&Tighten
*Zumba (Pat) 5:30-6:30pm	NO Stretch&Strength	*Zumba Tone (Pat) 5:30-6:30pm	*Zumba (Allison) 7:15-8:15pm		PiYo 10:00-11:00am	PiYo 10:00-11:00am
22	23	24	25	26	27	28
*ZUMBA (Kate) 10:00-11:00am	Yoga 9:30-10:30am	Tai Chi 10:45-11:45am	PiYo 10:00-11:00am		NO Tone&Tighten	NO Tone&Tighten
*Zumba (Pat) 5:30-6:30pm	NO Stretch&Strength	*Zumba Tone (Pat) 5:30-6:30pm Rental/Curvy Cardio 6:45-7:45pm	*Zumba (Allison) 7:15-8:15pm		PiYo 10:00-11:00am	PiYo 10:00-11:00am
					Rental/Curvy Cardio 11:15-12:00pm	Rental/Curvy Cardio 11:15-12:00pm
29	30	31				
*ZUMBA (Kate) 10:00-11:00am	Yoga 9:30-10:30am	Tai Chi 10:45-11:45am			July Unlimited	* HYBRID (In Studio & ZOOM)
*Zumba (Pat) 5:30-6:30pm	Rental/Stretch&Strength 7:00-8:00pm	*Zumba Tone (Pat) 5:30-6:30pm			Class Pass/Fitness Center Pass \$50/mo. - See your Instructor! (cash or check)	ZOOM Link
					Regular Class Rates:	ID: 997 276 3326
					1st Class Free/ \$7 Drop-In 10 Class=\$50/ 20 Class=\$85	Passcode:StBStudio