

St Bernard Dance and Fitness Studio January

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