

# St Bernard Dance and Fitness Studio

## September

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