

# St Bernard Dance and Fitness Studio

## November

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