St Bernard Dance and Fitness Studio

December

www.facebook.com/StBDanceandFitness

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
StB Studio		**Yoga With Toni**	**NO PiYo**	**NO ZUMBA (Kate)**	**NO Strength Foundations**	
4803 Tower Avenue	***Zumba (Kate)**	9:30-10:30am				**NO PiYo**
St Bernard, OH	10:00-11:00am		**Tai Chi**			
Questions:			10:45-11:45am			
Kate: 513-324-3513						
or	***Zumba (Pat)**		***Zumba Tone (Pat)**	***Zumba (Allison)**		
Rec. Dept: 513-641-3137	5:30-6:30pm		5:30-6:30pm	7:15-8:15pm		
7	8	9	10	11	12	13
		Yoga With Toni	**PiYo**			
	***Zumba (Kate)**	9:30-10:30am	9:30-10:30am	***Zumba (Kate)**	**Strength Foundations**	**PiYo**
*** HYBRID (In Studio & ZOOM)**	10:00-11:00am		**Tai Chi**	10:00-11:00am	10:00-11:00am	10:00-11:00pm
			10:45-11:45am			
ZOOM Link						
ID: 997 276 3326	***Zumba (Pat)**		***Zumba Tone (Pat)**			
Passcode:StBStudio	5:30-6:30pm		5:30-6:30pm	***Zumba (Allison)**		
				7:15-8:15pm		
14	15	16	17	18	19	20
	Happy Hanukkah (Day 1)	**Yoga With Toni**	**PiYo**			
	***Zumba (Kate)**	9:30-10:30am	9:30-10:30am	***Zumba (Kate)**	**Strength Foundations**	**PiYo**
	10:00-11:00am		**Tai Chi**	10:00-11:00am	10:00-11:00am	10:00-11:00pm
			10:45-11:45am			
	***Zumba (Pat)**		***Zumba Tone (Pat)**			
	5:30-6:30pm		5:30-6:30pm	***Zumba (Allison)**		
				7:15-8:15pm		
21	22	23	24	25	26	27
		Yoga With Toni	**PiYo**			
	***Zumba (Kate)**	9:30-10:30am	9:30-10:30am	**MERRY CHRISTMAS**	**NO Strength Foundations**	**PiYo**
	10:00-11:00am		**Tai Chi**			10:00-11:00pm
			10:45-11:45am			
				STUDIO CLOSED		
	***Zumba (Pat)**		**NO Zumba Tone (Pat)**			
	5:30-6:30pm					
28	29	30	31			
		Yoga With Toni	**PiYo**			**DECEMBER Unlimited**
	***Zumba (Kate)**	9:30-10:30am	9:30-10:30am	**HAPPY NEW YEAR!**		Class Pass/Fitness Pass
	10:00-11:00am		**Tai Chi**			**$50/mo.- See your Instructor!**
			10:45-11:45am	**WELCOME 2026!**		(cash or check)
						Regular Class Rates:
	***Zumba (Pat)**		**NO Zumba Tone (Pat)**			1st Class Free/ $7 Drop-In
	5:30-6:30pm					10 Class=$50/ 20 Class=$85