

St Bernard Dance and Fitness Studio

February

www.facebook.com/StBDanceandFitness

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
	*Zumba (Kate) 10:00-11:00am	Yoga With Toni 9:30-10:30am	PiYo 9:30-10:30am Tai Chi 10:45-11:45am	*Zumba (Kate) 10:00-11:00am	Strength Foundations 10:00-11:00am	PiYo 10:00-11:00pm
	*Zumba (Pat) 5:30-6:30pm		*Zumba Tone (Pat) 5:30-6:30pm	*Zumba (Allison) 7:15-8:15pm		
8	9	10	11	12	13	14
	*Zumba (Kate) 10:00-11:00am	Yoga With Toni 9:30-10:30am	PiYo 9:30-10:30am Tai Chi 10:45-11:45am	*Zumba (Kate) 10:00-11:00am	Strength Foundations 10:00-11:00am	PiYo 10:00-11:00pm
* HYBRID (In Studio & ZOOM)						
ZOOM Link ID: 997 276 3326 Passcode: StBStudio	*Zumba (Pat) 5:30-6:30pm		*Zumba Tone (Pat) 5:30-6:30pm	*Zumba (Allison) 7:15-8:15pm		
15	16	17	18	19	20	21
	*Zumba (Kate) 10:00-11:00am	Yoga With Toni 9:30-10:30am	PiYo 9:30-10:30am Tai Chi 10:45-11:45am	*Zumba (Kate) 10:00-11:00am	Strength Foundations 10:00-11:00am	PiYo 10:00-11:00pm
	*Zumba (Pat) 5:30-6:30pm		*Zumba Tone (Pat) 5:30-6:30pm	*Zumba (Allison) 7:15-8:15pm		
22	23	24	25	26	27	28
	*Zumba (Kate) 10:00-11:00am	Yoga With Toni 9:30-10:30am	PiYo 9:30-10:30am Tai Chi 10:45-11:45am	*Zumba (Kate) 10:00-11:00am	Strength Foundations 10:00-11:00am	PiYo 10:00-11:00pm
	*Zumba (Pat) 5:30-6:30pm		*Zumba Tone (Pat) 5:30-6:30pm	*Zumba (Allison) 7:15-8:15pm		
					StB Studio	February Unlimited
					4803 Tower Avenue St Bernard, OH	Class Pass/Fitness Pass \$50/mo.- See your Instructor! (cash or check)
					Questions: Kate: 513-324-3513 or Rec. Dept: 513-641-3137	Regular Class Rates: 1st Class Free/ \$7 Drop-In 10 Class=\$50/ 20 Class=\$85