

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 |
| | | Yoga With Toni 9:30-10:30am | PiYo 9:30-10:30am | *Zumba (Kate) 10:00-11:00am | Strength Foundations 10:00-11:00am | PiYo 10:00-11:00pm |
| | | *Zumba (Kate) 10:00-11:00am | Tai Chi 10:45-11:45am | | | |
| | | *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 |
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| * HYBRID (In Studio & ZOOM) | | *Zumba (Kate) 10:00-11:00am | Tai Chi 10:45-11:45am | | | |
| | | 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 |
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| 22 | 23 | 24 | 25 | 26 | 27 | 28 |
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| | | | | | | |
| | | | | | 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 |