

# St Bernard Dance and Fitness Studio

## January

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