

St Bernard Dance and Fitness Studio

November

www.facebook.com/StBDanceandFitness

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