

St Bernard Dance and Fitness Studio

September

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	1 HAPPY LABOR DAY!	2 Yoga 9:30-10:30am	3 PIYo (NEW DAY!) 9:30-10:30am Tai Chi 10:45-11:45am *Zumba Tone (Pat) 5:30-6:30pm	4 *Zumba (NEW CLASS-Kate) 10:00-11:00am *Zumba (Allison) 7:15-8:15pm	5 Strength Foundations 10:00-11:00am	6 PIYo 10:00-11:00pm
	NO CLASSES TODAY!					
7	8 *Zumba (Kate) 10:00-11:00am *Zumba (Pat) 5:30-6:30pm	9 Yoga 9:30-10:30am	10 PIYo (NEW DAY!) 9:30-10:30am Tai Chi 10:45-11:45am *Zumba Tone (Pat) 5:30-6:30pm	11 *Zumba (NEW CLASS-Kate) 10:00-11:00am *Zumba (Allison) 7:15-8:15pm	12 Strength Foundations 10:00-11:00am	13 NO PIYO
* HYBRID (In Studio & ZOOM)						
ZOOM Link ID: 997 276 3326 Passcode:StBStudio						
14	15 *Zumba (Kate) 10:00-11:00am *Zumba (Pat) 5:30-6:30pm	16 Yoga 9:30-10:30am	17 PIYo (NEW DAY!) 9:30-10:30am Tai Chi 10:45-11:45am *Zumba Tone (Pat) 5:30-6:30pm	18 *Zumba (NEW CLASS-Kate) 10:00-11:00am *Zumba (Allison) 7:15-8:15pm	19 Strength Foundations 10:00-11:00am	20 PIYo 10:00-11:00pm
21	22 *Zumba (Kate) 10:00-11:00am *Zumba (Pat) 5:30-6:30pm	23 Yoga 9:30-10:30am	24 PIYo (NEW DAY!) 9:30-10:30am Tai Chi 10:45-11:45am *Zumba Tone (Pat) 5:30-6:30pm	25 *Zumba (NEW CLASS-Kate) 10:00-11:00am *Zumba (Allison) 7:15-8:15pm	26 Strength Foundations 10:00-11:00am	27 PIYo 10:00-11:00pm
28	29 *Zumba (Kate) 10:00-11:00am *Zumba (Pat) 5:30-6:30pm	30 Yoga 9:30-10:30am				
						SEPTEMBER Unlimited
						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