

St Bernard Dance and Fitness Studio

March

www.facebook.com/StBDanceandFitness

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