

# St Bernard Dance and Fitness Studio

## November

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