

St Bernard Dance and Fitness Studio

December

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