

St Bernard Dance and Fitness Studio May

www.facebook.com/StBDanceandFitness

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