

St Bernard Dance and Fitness Studio

September

www.facebook.com/StBDanceandFitness

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 *ZUMBA (Kate) 10:00-11:00am *Zumba (Pat) 5:30-6:30pm	3 NO Yoga 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	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	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	21 NO PiYo
22	23 *ZUMBA (Kate) 10:00-11:00am *Zumba (Pat) 5:30-6:30pm	24 Yoga 9:30-10:30am Rental/Stretch&Strength 7:00-8:00pm	25 Tai Chi 10:45-11:45am *Zumba Tone (Pat) 5:30-6:30pm	26 PiYo 10:00-11:00am *Zumba (Allison) 7:15-8:15pm	27	28 PiYo 10:00-11:00am
29	30 *ZUMBA (Kate) 10:00-11:00am *Zumba (Pat) 5:30-6:30pm			StB Studio 4803 Tower Avenue St Bernard, OH Questions: Kate: 513-324-3513 or Rec. Dept: 513-641-3137	September 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
Rental/Dance Company 4:00-5:30pm						