St Bernard Dance and Fitness Studio

July 2026

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