



SEPTEMBER 2019



SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

1	2 Zumba 9:30 am Christy/Cindy/Susan \$8 or class package	3 6:15 pm Zumba Cindy 7:45 pm Slow Restore Yoga Charis	4 5:30 pm BARRE above Karrie 7:00 pm Bootcamp Cindy	5 6:15 pm Zumba Cindy/Christy 7:30 pm PiYo Christy	6 5:30 pm 30 Min Sculpt Susan Vibe Fit Studio 3 Year Anniversary Zumba Masterclass 6:30-8:00 pm Susan/Christy/Cindy \$12 advance; \$15 door	7 8:15 am PiYo Christy 9:30 am Cardio Vibe Susan/Cindy 10:30 am Bootcamp Cindy
8	9 5:30 pm 30 Min Sculpt Susan 6:15 pm Zumba Susan/Christy 7:30pm Vinyasa Yoga Charis	10 6:15 pm Zumba Cindy/Susan 7:45 pm Slow Restore Yoga Charis	11 5:30 pm BARRE above Karrie 7:00 pm Bootcamp Cindy	12 6:15 pm Zumba Cindy/Christy 7:30 pm PiYo Christy	13 5:30 pm 30 Min Sculpt Susan 6:15 pm Zumba Susan	14 8:15 am PiYo Christy 9:30 am Cardio Vibe Susan 10:30 am Bootcamp Susan
15	16 5:30 pm 30 Min Sculpt Susan 6:15 pm Zumba Susan/Christy 7:30 pm Vinyasa Yoga Charis	17 6:15 pm Zumba Cindy 7:45 pm Slow Restore Yoga Charis	18 5:30 pm BARRE above Karrie 7:00 pm Bootcamp Cindy	19 6:15 pm Zumba Cindy/Christy 7:30 pm PiYo Christy	20 5:30 pm 30 Min Sculpt Susan 6:15 pm Zumba Susan	21 8:15 am PiYo Christy 9:30 am Cardio Vibe Cindy/Susan 10:30 am Bootcamp Cindy
22	23 5:30 pm 30 Min Sculpt Susan 6:15 pm Zumba Christy/Susan 7:30 pm Vinyasa Yoga Charis	24 6:15 pm Zumba Cindy/Susan 7:45 pm Slow Restore Yoga Charis	25 5:30 pm BARRE above Karrie 7:00 pm Bootcamp Cindy	26 6:15 pm Zumba Cindy/Christy 7:30 pm PiYo Christy	27 5:30 pm 30 Min Sculpt Susan 6:15 pm Zumba Susan	28 8:15 am PiYo Christy 9:30 am Cardio Vibe Cindy 10:30 am Bootcamp Cindy
29	30 5:30 pm 30 Min Sculpt Susan 6:15 pm Zumba Susan/Christy 7:30 pm Vinyasa Yoga Charis	<p>60 Minute Classes \$8 drop-in; 5 classes for \$38; 10 classes for \$70</p> <p>30 Minute Classes \$5 drop-in; 5 for \$25; 10 for \$45</p> <p>30 Day Unlimited Classes \$115 7 Day Unlimited Classes \$33</p>		<p>Vibe Fit Studio 9101 Allen Rd, Allen Park, MI <i>Drop-ins welcome!</i> vibefitstudio@gmail.com 734 658-6232 detroitvibetribe.com</p>		

Zumba– Latin-inspired dance fitness, 60 min **Cardio Vibe** –Advanced cardio kickboxing and aerobics, 60 min **DanceX** –DanceXperience Hip Hop/Dance cardio, 60 min
Bootcamp – Total body workout with weights, 60 min **PiYo** – Pilates and Yoga mix total body workout, 60min **30 Min Sculpt** – Total body workout with weights, bands and stability balls
BARRE™ above –Pilates/Aerobics/Yoga fusion **Zumba Kids** – Zumba ages 4-11 **Vinyasa Yoga** – Intermediate level yoga to build strength & flexibility, 60 min
Slow Restore Yoga–Foundational yoga to build strength & flexibility ending with restorative postures for deep mind/body relaxation, 60 min