



APRIL 2018

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 NO CLASSES HAPPY EASTER!	2 5:30pm 30 Min Sculpt Susan 6:15 pm ZUMBA Susan/Christy 7:30pm PiYo Christy	3 6:15 pm *Zumba 10 Year Anniversary* Cindy/Susan \$5 drop in 7:30 pm DanceX Damon	4 5:30 pm 30 Min Sculpt Susan 6:15 pm Slow Flow Yoga Charis 7:30 pm BOOTCAMP Cindy	5 6:15 pm ZUMBA Cindy 7:30 pm *DanceX Xtra Night* Damon	6 5:30 pm 30 Min Sculpt Susan 6:15 pm ZUMBA Susan	7 8:45am PiYo 9:30 am CARDIO VIBE Cindy/Susan 10:30 am BOOTCAMP Cindy
8 6:00 pm *NEW 4 week session BARRE above™ Karrie Apr 8- Apr 29, \$32 Drop-in \$10	9 10:00 am *NEW 5 week Small Group Training session Apr 9- May 7, \$40 Drop-in \$10 5:30pm 30 Min Sculpt Susan 6:15 pm ZUMBA Susan 7:30pm PiYo	10 6:15 pm ZUMBA Cindy/Susan 7:30 pm DanceX Damon	11 5:30 pm 30 Min Sculpt Susan 6:15 pm Slow Flow Yoga Charis 7:30 pm BOOTCAMP Cindy	12 6:15 pm ZUMBA Cindy/Christy 7:30 pm PiYo Christy	13 5:30pm Sculpt Susan 6:30-8:30 pm *DVT Decades Masterclass* Susan/Christy/Cindy/Damon \$15 in advance; \$20 door	14 8:15am PiYo Christy 9:30 am CARDIO VIBE Cindy/Susan 10:30 am BOOTCAMP Cindy 1:00 pm *New 5 Week Zumba Kids Jade \$40, Drop-in \$10
15 *FREE OPEN HOUSE 2:00 -5:00 pm 6:00 pm BARRE above™ Karrie Drop-in \$10	16 10 am Sm Grp Training Cindy, Drop-in \$10 5:30pm 30 Min Sculpt Susan 6:15 pm ZUMBA Susan/Christy 7:30pm PiYo Christy	17 6:15 pm ZUMBA Cindy/Susan 7:30 pm *Old Skool Night* DanceX Damon/Susan	18 5:30 pm 30 Min Sculpt Susan 6:15 pm Slow Flow Yoga Charis 7:30 pm BOOTCAMP Cindy	19 6:15 pm *Throwback Thursday Zumba* Cindy/Christy/Susan 7:30 pm PiYo Christy	20 5:30 pm 30 Min Sculpt Susan 6:15 pm ZUMBA Susan	21 8:15am PiYo Christy 9:30 am CARDIO VIBE Cindy/Susan 10:30 am BOOTCAMP Cindy 1:00 pm Zumba Kids Jade
22 6:00 pm BARRE above™ Karrie Drop-in \$10	23 10 am Sm Grp Training Cindy, Drop-in \$10 5:30pm 30 Min Sculpt Susan 6:15 pm ZUMBA Susan/Christy 7:30pm PiYo Christy	24 6:15 pm ZUMBA Cindy/Susan 7:30 pm DanceX Damon	25 5:30 pm 30 Min Sculpt Susan 6:15 pm Slow Flow Yoga Charis 7:30 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 8:15am PiYo Christy 9:30 am *Throwback Aerobics* Cindy/Susan 10:30 am BOOTCAMP Cindy 1:00 pm Zumba Kids Jade
29 6:00 pm BARRE above™ Karrie Drop-in \$10	30 10 am Sm Grp Training Cindy, Drop-in \$10 5:30pm 30 Min Sculpt Christy 6:15 pm ZUMBA Christy 7:30pm PiYo Christy	Vibe Fit Studio 9101 Allen Rd, Allen Park, MI vibefitstudio@gmail.com Susan: 734 658-6232 Christy: 734 497-7455 detroitvibetribe.com		Regular classes \$8 drop-in 5 classes: \$35; 10 classes: \$70 30 Min Classes \$5 drop-in; 5 for \$25; 10 for \$45 30 Day Unlimited Classes \$115		New Spring Sessions starting! Small Group Training Mon 10:00 am, 5 weeks \$40; drop in \$10 BARRE above™ Sun 6:00 pm, 4 weeks \$32; drop in \$10 Zumba Kids Sat 1:00 pm, 5 weeks \$40; drop in \$10

ZUMBA– Latin-inspired dance fitness, 60 min

CARDIO VIBE- Cardio kickboxing and dance, 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 - 30min workout with weights and stability balls

SLOW FLOW YOGA – Foundational Yoga to build strength & flexibility **BARRE above™** – Pilates/Aerobics/Yoga fusion **Zumba Kids/Kids Jr** –Zumba for kids ages, 4-11