



APRIL 2019



Vibe Fit Studio
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 detroitvibetribe.com

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 5:30pm 30 Min Sculpt Susan 6:15 pm Zumba Susan 7:15 pm *30 Min Zumba \$5 Susan <small>90 Min Zumba</small>	2 5:30pm 30 Min BARRE Karrie 6:15 pm Zumba Cindy/Susan 7:45 pm Slow Flow Yoga Charis	3 5:30 pm Vinyasa Yoga Charis 7:15 pm Bootcamp Cindy	4 6:15 pm Zumba Cindy 7:15 pm *30 Min Zumba \$5 Cindy <small>90 Min Zumba</small>	5 5:30 pm 30 Min Sculpt Susan 6:15 pm Zumba Susan	6 8:15am PiYo Karrie 9:30 am Cardio Vibe Cindy/Susan 10:30 am Bootcamp Cindy
7	8 5:30pm 30 Min Sculpt Susan 6:15 pm Zumba Susan 7:15 pm *30 Min Zumba \$5 Susan <small>90 Min Zumba</small>	9 5:30pm 30 Min BARRE Karrie 6:15 pm Zumba Cindy 7:45 pm Slow Flow Yoga Charis	10 5:30 pm Vinyasa Yoga Charis 7:15 pm Bootcamp Cindy	11 6:15 pm Zumba Cindy/Christy 7:30 pm PiYo Christy	12 5:30 pm 30 Min Sculpt Susan 6:15 pm Zumba Susan	13 8:15am PiYo Christy 9:30 am Cardio Vibe Cindy/Susan 10:30 am Bootcamp Cindy
14 Restorative Yoga 5:30 pm drop in \$15	15 5:30pm 30 Min Sculpt Susan 6:15 pm Zumba Susan/Christy 7:30pm PiYo Christy	16 5:30pm 30 Min BARRE Karrie 6:15 pm Zumba Cindy/Susan 7:45 pm Slow Flow Yoga Charis	17 5:30 pm Vinyasa Yoga Charis 7:15 pm Bootcamp Cindy	18 6:15 pm Zumba Cindy/Christy 7:30 pm PiYo Christy	19 5:30 pm 30 Min Sculpt Susan 6:15 pm Zumba Susan	20 8:15am PiYo Christy 9:30 am Cardio Vibe Cindy/Susan 10:30 am Bootcamp Cindy 12:00pm Zumba Kids Jade
21 EASTER SUNDAY	22 5:30pm 30 Min Sculpt Susan 6:15 pm Zumba Susan/Christy 7:30pm PiYo Christy	23 5:30pm 30 Min BARRE Karrie 6:15 pm Zumba Cindy 7:45 pm Slow Flow Yoga Charis	24 5:30 pm Vinyasa Yoga Charis 7:15 pm Bootcamp Cindy	25 6:15 pm Zumba Cindy 7:30 pm PiYo Christy	26 5:30 pm 30 Min Sculpt Christy 6:15 pm Zumba Christy	27 8:15am PiYo Christy 9:30 am Cardio Vibe Cindy 10:30 am Bootcamp Cindy 12:00pm Zumba Kids Jade
28 Restorative Yoga 5:30 pm drop in \$15	29 5:30pm 30 Min Sculpt Christy 6:15 pm Zumba Christy 7:30pm PiYo Christy	30 5:30pm 30 Min BARRE Karrie 6:15 pm Zumba Cindy/Susan 7:45 pm Slow Flow Yoga Charis	Drop in and join us anytime! 60 Minute Classes \$8 drop-in; 5 classes for \$38; 10 classes for \$70 30 Minute Classes \$5 drop-in; 5 for \$25; 10 for \$45 30 Day Unlimited Classes \$115		~ COMING UP ~ 60 + 30 Minute Zumba Classes – Apr 1, 4, 8 Join us for an extra 30 min of Zumba for just \$5 more Zumba Kids (ages 4-11) – Sat 12 pm Apr 20, 27, May 4, 11 4 week session \$32, drop-in \$10 Restorative Yoga – Sun 5:30 pm Apr 14, 28 , drop-in \$15	

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
30 Min BARRE™ –Pilates/Aerobics/Yoga fusion **Zumba Kids** – Zumba ages 4-11 **Vinyasa Yoga** – Intermediate level yoga to build strength & flexibility, 60 min
Slow Flow Yoga–Foundational yoga to build strength & flexibility, 60 min **Restorative Yoga** –Deep mind/body relaxation with the aid of props, 60 min