



DECEMBER 2017



SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

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 classes \$20 30 Day Unlimited Classes \$115		Small Group Training 5 Week Session Mondays 10 am *Next 5 week session begins Mon, Jan 8 5 week session \$38; \$10 drop-in		1 5:30 pm 30 Min SCULPT Susan 6:15 pm ZUMBA Susan	2 8:15am PiYo Christy 9:30 am CARDIO VIBE Cindy/Susan 10:30 am BOOTCAMP Cindy 1:00 pm Zumba Kids/Kids Jr. Jade
3	4 10am Small Group Training Cindy \$10 drop in 5:30pm 30 Min SCULPT Susan 6:15 pm ZUMBA Susan/Christy 7:30 pm DanceX Damon	5 6:15pm ZUMBA Cindy/Susan 7:30pm PiYo Christy	6 5:30 pm 30 Min SCULPT Susan 6:15 pm YOGA Charis 7:30 pm BOOTCAMP Cindy	7 6:15 pm ZUMBA Cindy/Christy 7:30 pm PiYo Christy	8 5:30 pm 30 Min SCULPT Susan 6:15 pm ZUMBA Susan	9 8:15am PiYo Christy 9:30 am CARDIO VIBE Cindy/Susan 10:30 am BOOTCAMP Cindy	
10	11 10am Small Group Training Cindy \$10 drop in 5:30pm 30 Min SCULPT Susan 6:15 pm ZUMBA Susan/Christy 7:30 pm DanceX Damon	12 6:15pm ZUMBA Cindy/Susan 7:30pm PiYo Christy	13 5:30 pm 30 Min SCULPT Susan 6:15 pm YOGA Charis 7:30 pm BOOTCAMP Cindy	14 6:15 pm ZUMBA Cindy/Christy 7:30 pm PiYo Christy	15 5:30 pm 30 Min SCULPT Susan 6:15 pm ZUMBA Susan	16 8:15am PiYo Christy 9:30 am CARDIO VIBE Cindy/Susan 10:30 am BOOTCAMP Cindy	
17	18 5:30pm 30 Min SCULPT Susan 6:15 pm ZUMBA Susan/Christy 7:30 pm DanceX Damon	19 6:15pm ZUMBA Cindy/Susan 7:30pm PiYo Christy	20 5:30 pm 30 Min SCULPT Susan 6:15 pm YOGA Charis 7:30 pm BOOTCAMP Cindy	21 6:15 pm ZUMBA Cindy 7:30 pm PiYo Christy	22 5:30 pm 30 Min SCULPT Susan 6:15 pm ZUMBA Susan	23 8:15am PiYo Christy 9:30 am CARDIO VIBE Cindy/Susan 10:30 am BOOTCAMP Cindy	
24	25 MERRY CHRISTMAS No classes Dec 25 and Jan 1	26 6:15pm ZUMBA Cindy 7:30pm PiYo Christy	27 5:30 pm 30 Min SCULPT Susan 6:15 pm YOGA Charis 7:30 pm BOOTCAMP Cindy	28 6:15 pm ZUMBA Cindy/Christy 7:30 pm PiYo Christy	29 5:30 pm 30 Min SCULPT Susan 6:15 pm ZUMBA Susan	30 8:15am PiYo Christy 9:30 am CARDIO VIBE Cindy/Susan 10:30 am BOOTCAMP Cindy	

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

Zumba Kids/Kids Jr –Zumba for kids ages, 7-11. 4-6