



FEBRUARY 2019



Vibe Fit Studio
 9101 Allen Rd, Allen Park, MI
 vibefitstudio@gmail.com
 734 658-6232
 detroitvibetribe.com

SUNDAY

MONDAY




TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

<p>Drop in and join us anytime! Regular Classes \$8 drop-in; 5 classes for \$38; 10 classes for \$70 30 Min Classes \$5 drop-in; 5 for \$25; 10 for \$45 30 Day Unlimited Classes \$115</p>		<p>~ COMING UP ~ Restorative Yoga –3 week session \$35; drop in \$15 “Bring Your Sweetie for Free Day” – Thurs, Feb 14 (spouse/s.o. free) Zumba Kids Valentine’s Party – Sat, Feb 16, drop in \$10 Zumba –“Beach Party” – Feb 19, Feb 21, drop in \$8</p>			<p>1 5:30 pm 30 Min Sculpt Susan 6:15 pm Zumba Susan</p>	<p>2 8:15am PiYo Christy 9:30 am CARDIO VIBE Cindy/Susan 10:30 am Bootcamp Cindy</p>
<p>3</p>	<p>4 5:30pm 30 Min Sculpt Susan 6:15 pm Zumba Susan/Christy 7:30pm PiYo Christy</p>	<p>5 5:00pm BARRE Karrie 6:15 pm Zumba Cindy/Susan 7:30 pm DanceX Damon</p>	<p>6 5:30 pm Slow Flow Yoga Charis 7:15 pm Bootcamp Cindy</p>	<p>7 6:15 pm Zumba Cindy/Christy 7:30 pm PiYo Christy</p>	<p>8 5:30 pm 30 Min Sculpt Susan 6:15 pm Zumba Susan</p>	<p>9 8:15am PiYo Christy 9:30 am CARDIO VIBE Cindy/Susan 10:30 am Bootcamp Cindy</p>
<p>10</p>	<p>11 5:30pm 30 Min Sculpt Susan 6:15 pm Zumba Susan/Christy 7:30pm PiYo Christy</p>	<p>12 5:00pm BARRE Karrie 6:15 pm Zumba Cindy 7:30 pm DanceX Damon</p>	<p>13 5:30 pm Slow Flow Yoga Charis 7:15 pm Bootcamp Cindy</p>	<p>14 “Bring Your Sweetie for Free Day”  6:15 pm Zumba Cindy/Christy 7:30 pm PiYo</p>	<p>15 5:30 pm 30 Min Sculpt Susan 6:15 pm Zumba Susan</p>	<p>16 8:15am PiYo Christy 9:30 am CARDIO VIBE Cindy/Susan 10:30 am Bootcamp Cindy  12:00pm Zumba Kids Valentine’s Party , \$10 Jade</p>
<p>17 Restorative Yoga 5:00-6:00 pm 3 week session \$35 Drop in \$15</p>	<p>18 5:30pm 30 Min Sculpt Susan 6:15 pm Zumba Susan/Christy 7:30pm PiYo Christy</p>	<p>19 5:00pm BARRE Karrie 6:15 pm Zumba “Beach Party” Cindy/Susan  7:30 pm DanceX Damon</p>	<p>20 5:30 pm Slow Flow Yoga Charis 7:15 pm Bootcamp Cindy</p>	<p>21  6:15 pm Zumba “Beach Party” Cindy/Christy 7:30 pm PiYo Christy</p>	<p>22 5:30 pm 30 Min Sculpt Susan 6:15 pm Zumba Susan</p>	<p>23 8:15am PiYo Christy 9:30 am CARDIO VIBE Cindy/Susan 10:30 am Bootcamp Cindy</p>
<p>24 Restorative Yoga 5:00-6:00 pm Drop in \$15</p>	<p>25 5:30pm 30 Min Sculpt Susan 6:15 pm Zumba Susan/Christy 7:30pm PiYo Christy</p>	<p>26 5:00pm BARRE Karrie 6:15 pm Zumba Cindy 7:30 pm DanceX Damon</p>	<p>27 5:30 pm Slow Flow Yoga Charis 7:15 pm Bootcamp Cindy</p>	<p>28 6:15 pm Zumba Cindy/Christy 7:30 pm PiYo Christy</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** - 30min workout with weights and stability balls
Slow Flow Yoga– Foundational Yoga to build strength & flexibility **BARRE above™** – Pilates/Aerobics/Yoga fusion **Restorative Yoga** - deep mind/body relaxation with the aid of props
Zumba Kids – Zumba ages 4-11 (drop in \$10)