



FEBRUARY 2018



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>Introducing BARRE Above™ Sundays at 5:30pm starting Feb 25 5 week session \$40; drop-in \$10</p> <p>Space is limited! Register at detroitvibetribe.com or call 734 658-6232</p>		<p>Zumba Kids/Kids Jr. is back! Saturdays at 1:00pm starting Feb 24 5 week session \$40; drop-in \$10</p> <p>REGISTER NOW!</p>		<p>1 6:15 pm ZUMBA Cindy/Christy</p> <p>7:30 pm PiYo Christy</p>	<p>2 5:30 pm 30 Min SCULPT Susan</p> <p>6:15 pm ZUMBA Susan</p>	<p>3 8:15am PiYo Christy 9:30 am CARDIO VIBE Cindy/Susan 10:30 am BOOTCAMP Cindy</p>
<p>4</p>	<p>5 5:30pm 30 Min Sculpt Susan 6:15 pm ZUMBA Susan/Christy 7:30pm PiYo Christy</p>	<p>6 6:15pm ZUMBA Cindy/Susan</p> <p>7:30 pm DanceX Damon</p>	<p>7 5:30 pm 30 Min Sculpt Susan 6:15 pm Slow Flow Yoga Charis 7:30 pm BOOTCAMP Cindy</p>	<p>8 6:15 pm ZUMBA Cindy/Christy</p> <p>7:30 pm PiYo Christy</p>	<p>9 5:30 pm Sculpt Susan 6:15 pm ZUMBA Susan</p>	<p>10 8:15am PiYo Christy 9:30 am CARDIO VIBE Cindy/Susan 10:30 am BOOTCAMP Cindy</p>
<p>11</p>	<p>12 5:30pm 30 Min Sculpt Susan 6:15 pm ZUMBA Susan/Christy 7:30pm PiYo Christy</p>	<p>13 6:15pm ZUMBA Cindy/Susan</p> <p>7:30 pm DanceX Damon</p>	<p>14 5:30 pm 30 Min Sculpt Susan 6:15 pm Slow Flow Yoga Charis 7:30 pm BOOTCAMP Cindy</p>	<p>15 6:15 pm ZUMBA Cindy/Christy</p> <p>7:30 pm PiYo Christy</p>	<p>16 5:30 pm 30 Min Sculpt Susan 6:15 pm ZUMBA Susan</p>	<p>17 8:15am PiYo Christy 9:30 am CARDIO VIBE Cindy/Susan 10:30 am BOOTCAMP Cindy</p>
<p>18</p>	<p>19 5:30pm 30 Min Sculpt Susan 6:15 pm ZUMBA Susan/Christy 7:30pm PiYo Christy</p>	<p>20 6:15pm ZUMBA Cindy/Susan</p> <p>7:30 pm DanceX Damon</p>	<p>21 5:30 pm 30 Min Sculpt Susan 6:15 pm Slow Flow Yoga Charis 7:30 pm BOOTCAMP Cindy</p>	<p>22 6:15 pm ZUMBA Cindy</p> <p>7:30 pm PiYo Christy</p>	<p>23 5:30 pm 30 Min Sculpt Susan 6:15 pm ZUMBA Susan</p>	<p>24 8:15am PiYo Christy 9:30 am CARDIO VIBE Cindy/Susan 10:30 am BOOTCAMP Cindy 1:00 pm Zumba Kids/Kids Jr. Jade \$10 drop-in</p>
<p>25 *NEW* 5:30 pm BARRE Above™ Karrie 5 week session \$40 Feb 25- Mar 25 Drop-in \$10</p>	<p>26 5:30pm 30 Min Sculpt Susan 6:15 pm ZUMBA Susan/Christy 7:30pm PiYo Christy</p>	<p>27 6:15pm ZUMBA Cindy</p> <p>7:30 pm DanceX Damon</p>	<p>28 5:30 pm 30 Min Sculpt Susan 6:15 pm Slow Flow Yoga Charis 7:30 pm BOOTCAMP Cindy</p>	<p>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</p>		<p>Vibe Fit Studio 9101 Allen Rd, Allen Park, MI vibefitstudio@gmail.com Susan: 734 658-6232 Christy: 734 497-7455 detroitvibetribe.com</p>

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