



# JANUARY 2018



SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

<p><b>1</b></p> <p><b>Schedule Change:</b> Mon 7:30 pm PiYo Tues 7:30 pm DanceX</p>	<p><b>NO CLASSES</b></p>	<p><b>2 TRIPLE THREAT</b> 6:15pm ZUMBA Cindy/Susan/Christy 7:30pm DanceX Cindy/Susan/Christy</p>	<p><b>3 5:30 pm 30 Min SCULPT</b> Susan 6:15 pm YOGA Charis 7:30 pm BOOTCAMP Cindy</p>	<p><b>4</b> 6:15 pm ZUMBA Cindy/Christy 7:30 pm PiYo Christy</p>	<p><b>5</b> 5:30 pm 30 Min SCULPT Susan 6:15 pm ZUMBA Susan</p>	<p><b>6</b> 8:15am PiYo Christy 9:30 am CARDIO VIBE Cindy/Susan 10:30 am BOOTCAMP Cindy</p>
<p><b>7</b></p> <p><b>FREE OPEN HOUSE</b> 2-4 PM</p>	<p><b>8 10am Small Group Training</b> Cindy \$10 drop in 5:30pm 30 Min SCULPT Susan 6:15 pm ZUMBA Susan/Christy 7:30pm PiYo Christy</p>	<p><b>9</b> 6:15pm ZUMBA Cindy/Susan 7:30 pm DanceX Damon</p>	<p><b>10</b> 5:30 pm 30 Min SCULPT Susan 6:15 pm YOGA Charis 7:30 pm BOOTCAMP Cindy</p>	<p><b>11</b> 6:15 pm ZUMBA Cindy/Christy 7:30 pm PiYo Christy</p>	<p><b>12 5:30 pm SCULPT</b> Susan 630 pm- 8:00 pm ROCK YOUR RESOLUTION MASTERCLASS \$12 advance; \$15 door</p>	<p><b>13</b> 8:15am PiYo Christy 9:30 am CARDIO VIBE Cindy/Susan 10:30 am BOOTCAMP Cindy</p>
<p><b>14</b></p>	<p><b>15 10am Small Group Training</b> Cindy \$10 drop in 5:30pm 30 Min SCULPT Susan 6:15 pm ZUMBA Susan/Christy 7:30pm PiYo Christy</p>	<p><b>16</b> 6:15pm ZUMBA Cindy/Susan 7:30 pm DanceX Damon</p>	<p><b>17</b> 5:30 pm 30 Min SCULPT Susan 6:15 pm YOGA Charis 7:30 pm BOOTCAMP Cindy</p>	<p><b>18</b> 6:15 pm ZUMBA Cindy/Christy 7:30 pm PiYo Christy</p>	<p><b>19</b> 5:30 pm 30 Min SCULPT Susan 6:15 pm ZUMBA Susan</p>	<p><b>20</b> 8:15am PiYo Karrie 9:30 am CARDIO VIBE Cindy/Susan 10:30 am BOOTCAMP Cindy</p>
<p><b>21</b></p>	<p><b>22 10am Small Group Training</b> Cindy \$10 drop in 5:30pm 30 Min SCULPT Susan 6:15 pm ZUMBA Susan/Christy 7:30pm PiYo Karrie</p>	<p><b>23</b> 6:15pm ZUMBA Cindy/Susan 7:30 pm DanceX Damon</p>	<p><b>24</b> 5:30 pm 30 Min SCULPT Susan 6:15 pm YOGA Charis 7:30 pm BOOTCAMP Cindy</p>	<p><b>25</b> 6:15 pm ZUMBA Cindy 7:30 pm PiYo Karrie</p>	<p><b>26</b> 5:30 pm 30 Min SCULPT Susan 6:15 pm ZUMBA Susan</p>	<p><b>27</b> 8:15am PiYo Christy 9:30 am CARDIO VIBE Cindy/Susan 10:30 am BOOTCAMP Cindy</p>
<p><b>28</b></p>	<p><b>29 10am Small Group Training</b> Cindy \$10 drop in 5:30pm 30 Min SCULPT Susan 6:15 pm ZUMBA Susan/Christy 7:30pm PiYo Christy</p>	<p><b>30</b> 6:15pm ZUMBA Cindy 7:30 pm DanceX Damon</p>	<p><b>31</b> 5:30 pm 30 Min SCULPT Susan 6:15 pm YOGA Charis 7:30 pm BOOTCAMP Cindy</p>	<p><b>Regular classes \$8 drop-in</b> 5 classes: \$35; 10 classes: \$70 <b>30 Min Classes</b> \$5 drop-in; 5 classes \$25 <b>30 Day Unlimited Classes</b> \$115</p>		<p><b>Vibe Fit Studio</b> <b>9101 Allen Rd, Allen Park, MI</b> 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

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