



JANUARY 2019



Vibe Fit Studio
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 detroitvibetribe.com

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
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		1 HAPPY NEW YEAR! NO CLASSES	2 5:30 pm Slow Flow Yoga Charis 7:15 pm Bootcamp Cindy	3 6:15 pm Zumba Cindy/Christy 7:30 pm PiYo Christy	4 5:30 pm 30 Min Sculpt Susan 6:15 pm Zumba Susan	5 8:15am PiYo Christy 9:30 am CARDIO VIBE Cindy/Susan 10:30 am Bootcamp Cindy 12:00 pm Zumba Kids Jade
6	7 5:30pm 30 Min Sculpt Susan 6:15 pm Zumba Susan/Christy 7:30pm PiYo Christy	8 5:00pm BARRE Karrie 6:15 pm Zumba Cindy/Susan 7:30 pm DanceX Damon	9 5:30 pm Slow Flow Yoga Charis 7:15 pm Bootcamp Cindy	10 6:15 pm Zumba Cindy/Christy 7:30 pm PiYo Christy	11 5:30 pm 30 Min Sculpt Susan 6:30 – 8:00 pm ROCK YOUR RESOLUTION Zumba Masterclass \$12 advance; \$15 door	12 8:15am PiYo Christy 9:30 am CARDIO VIBE Cindy/Susan 10:30 am Bootcamp Cindy 12:00 pm Zumba Kids Jade
13 FREE OPEN HOUSE 1:00-4:00 pm	14 5:30pm 30 Min Sculpt Susan 6:15 pm Zumba “BIP vs. Everybody” Susan/Christy 7:30pm PiYo Christy	15 5:00pm BARRE Karrie 6:15 pm Zumba Cindy 7:30 pm DanceX Damon	16 5:30 pm Slow Flow Yoga Charis 7:15 pm Bootcamp Cindy	17 6:15 pm Zumba “BIP vs. Everybody” Cindy/Christy 7:30 pm PiYo Christy	18 5:30 pm 30 Min Sculpt Susan 6:15 pm Zumba Susan	19 8:15am PiYo Christy 9:30 am CARDIO VIBE Cindy/Susan 10:30 am Bootcamp Cindy
20 Restorative Yoga 5:00-6:00 pm Drop in \$15	21 5:30pm 30 Min Sculpt Susan 6:15 pm Zumba Susan/Christy 7:30pm PiYo Christy	22 5:00pm BARRE Karrie 6:15 pm Zumba “Daddy Yankee vs. Pitbull” Cindy/Susan 7:30 pm DanceX Damon	23 5:30 pm Slow Flow Yoga Charis 7:15 pm Bootcamp Cindy	24 6:15 pm Zumba “Sean Paul vs. Machel Montano” Cindy/Christy 7:30 pm PiYo Christy	25 5:30 pm 30 Min Sculpt Susan 6:15 pm Zumba Susan	26 8:15am PiYo Christy 9:30 am CARDIO VIBE Cindy/Susan 10:30 am Bootcamp Cindy 12:00 pm Zumba Kids Jade
27 PiYo+Prosecco 9:30-11:00 am \$12 adv; \$15 door Restorative Yoga 5:00-6:00 pm Drop in \$15	28 5:30pm 30 Min Sculpt Susan 6:15 pm Zumba Susan/Christy 7:30pm PiYo Christy	29 5:00pm BARRE Karrie 6:15 pm Zumba Cindy 7:30 pm DanceX Damon	30 5:30 pm Slow Flow Yoga Charis 7:15 pm Bootcamp Cindy	31 6:15 pm Zumba Cindy/Christy 7:30 pm PiYo Christy	FREE Open House – Sunday, Jan 13, 1-4 pm Rock Your Resolution Zumba – Jan 11, \$12 advance; \$15 door Restorative Yoga – 3 week session \$35; drop in \$15 Zumba Kids – 3 week session \$24; drop in \$10 Zumba – “BIP vs. Everybody” - Jan 14, Jan 17, drop in \$8 Zumba – “Pitbull vs Daddy Yankee” - Jan 22, drop in \$8 Zumba – “Sean Paul vs. Machel Montano” - Jan 24, drop in \$8 PiYo + Prosecco – Jan 27, \$12 advance; \$15 door	

Zumba– Latin-inspired dance fitness, 60 min
Bootcamp – Total body workout with weights, 60 min
Slow Flow Yoga– Foundational Yoga to build strength & flexibility
CARDIO VIBE- Advanced cardio kickboxing and aerobics, 60 min
PiYo – Pilates and Yoga mix total body workout, 60min
BARRE above™ – Pilates/Aerobics/Yoga fusion
DanceX- DanceXperience Hip Hop/Dance cardio, 60 min
30 Min Sculpt - 30min workout with weights and stability balls
Restorative Yoga - deep mind/body relaxation with the aid of props
Zumba Kids – Zumba ages 4-11 (drop in \$10)