



JULY 2017



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
	July 31 10:00 am Bootcamp Cindy 5:30pm Stretch &Strength Susan 6:15 pm ZUMBA Susan/Christy 7:30 pm DanceX Damon	All classes \$8 drop-in 5 classes: \$35; 10 classes: \$65 Unlimited Classes for 30 days: \$100 Zumba Kids/Kids Jr. 5 week session \$38; \$10 drop-in 30 Min Stretch & Strength 5 classes \$20; \$5 drop-in		Vibe Fit Studio 9101 Allen Rd, Allen Park, MI vibefitstudio@gmail.com Susan: 734 658-6232 Christy: 734 497-7455 detroitvibetribe.com		1 8:15 am PiYo Christy 9:30 am CARDIO VIBE Susan/Cindy 10:30 am BOOTCAMP Cindy 1:00 pm Zumba Kids Jade	
2	3 10:00 am Bootcamp Cindy 5:30pm Stretch &Strength Susan 6:15 pm ZUMBA Susan/Christy 7:30 pm DanceX Damon	4  9:30am 4th of July ZUMBA Christy/Susan/Cindy	5 10:00 am Zumba Susan 5:00 pm YOGA CANCELLED 6:15 pm CARDIO VIBE Susan/Cindy 7:30 pm BOOTCAMP Cindy	6 6:15 pm ZUMBA Cindy/Christy 7:30 pm PiYo Christy	7 5:30 pm Stretch & Strength Susan 6:15 pm ZUMBA Susan	8 8:15 am PiYo - Christy 9:30 am CARDIO VIBE Cindy 10:30 am BOOTCAMP Cindy	
9	10 10:00 am Bootcamp Cindy 5:30pm Stretch &Strength Christy 6:15 pm ZUMBA Christy 7:30 pm DanceX Damon	11 6:15pm ZUMBA Cindy 7:30pm STRONG Cindy/Christy 8:30pm PiYo Christy	12 10:00 am Zumba CANCELLED 5:00 pm YOGA Charis 6:15 pm CARDIO VIBE Cindy 7:30 pm BOOTCAMP Cindy	13 6:15 pm ZUMBA Cindy/Christy 7:30 pm PiYo Christy	14 5:30 pm Stretch & Strength Susan 6:15 pm ZUMBA Susan	15 8:15am PiYo Christy 9:30 am CARDIO VIBE Cindy/Susan 10:30 am BOOTCAMP Cindy	
16	17 10:00 am Bootcamp Cindy 5:30pm Stretch &Strength Susan 6:15 pm ZUMBA Susan/Christy 7:30 pm DanceX Damon	18 6:15pm ZUMBA Cindy/Susan 7:30pm STRONG Susan 8:30pm PiYo Christy	19 10:00 am Zumba Susan 5:00 pm YOGA Charis 6:15 pm CARDIO VIBE Cindy 7:30 pm BOOTCAMP Cindy	20 5:00pm Zumba Kids Jr. Jade 6:15 pm ZUMBA Cindy/Christy 7:30 pm PiYo Christy	21 5:30 pm Stretch & Strength Susan 6:15 pm ZUMBA Susan	22 8:15am PiYo Christy 9:30 am CARDIO VIBE Cindy/Susan 10:30 am BOOTCAMP Cindy	
23	24 10:00 am Bootcamp Cindy 5:30pm Stretch &Strength Susan 6:15 pm ZUMBA Susan 7:30 pm DanceX Damon	25 6:15 pm ZUMBA Cindy 7:30 pm STRONG Cindy/Christy 8:30pm PiYo Christy	26 10:00 am Zumba Christy 5:00 pm YOGA Charis 6:15 pm CARDIO VIBE Cindy 7:30 pm BOOTCAMP Cindy	27 5:00pm Zumba Kids Jr. Jade 6:15 pm ZUMBA Damon 7:30 pm Yoga Charis	28 ALL CLASSES CANCELLED		29 ALL CLASSES CANCELLED

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
STRETCH & STRENGTH - Stretch and strength with balls and weights, 30min
STRONG by ZUMBA – Music led interval training, 60 min
SLOW FLOW YOGA – Foundational Yoga to build strength & flexibility
Zumba Kids/Kids Jr –Zumba for kids ages, 7-11. 4-6