



# JULY 2018



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>1</b>	<b>2</b> 5:30pm <b>Sculpt</b> Susan 6:15 pm <b>Zumba</b> Susan 7:30pm <b>PiYo</b> Christy	<b>3</b> <del>5:00pm BARRE</del> Karrie 6:15 pm <b>Zumba</b> Cindy/Susan 7:30 pm <b>DanceX</b> Damon	<b>4</b> <b>4<sup>th</sup> of July Morning Zumba 9:30am</b> Susan/Cindy/Christy	<b>5</b> 5:00 pm <b>Zumba Kids</b> Jade 6:15 pm <b>Zumba</b> Cindy/Christy 7:30 pm <b>PiYo</b> Christy	<b>6</b> 5:30 pm <b>30 Min Sculpt</b> Susan 6:15 pm <b>Zumba</b> Susan	<b>7</b> 8:15am <b>PiYo</b> Christy 9:30 am <b>CARDIO VIBE</b> Cindy/Susan 10:30 am <b>Bootcamp</b> Cindy
<b>8</b>	<b>9 *NEW SCHED*</b> 10 am <b>Bootcamp</b> Cindy 5:30pm <b>Sculpt</b> Christy 6:15 pm <b>Zumba</b> Christy 7:30pm <b>PiYo</b> Christy	<b>10 *NEW SCHED*</b> 10 am <b>Zumba</b> Christy 5:00pm <b>BARRE</b> Karrie 6:15 pm <b>Zumba</b> Cindy/Susan 7:30 pm <b>DanceX</b> Damon	<b>11</b> 5:30 pm <b>Slow Flow Yoga</b> Charis 7:00 pm <b>Bootcamp</b> Cindy	<b>12</b> <del>5:00 pm Zumba Kids</del> Jade 6:15 pm <b>Zumba</b> Cindy 7:30 pm <b>PiYo</b> Christy	<b>13</b> 5:30 pm <b>30 Min Sculpt</b> Susan 6:15 pm <b>Zumba</b> Susan	<b>14</b> 8:15am <b>PiYo</b> Christy 9:30 am <b>CARDIO VIBE</b> Susan 10:30 am <b>Bootcamp</b> Cindy
<b>15</b>	<b>16</b> 10 am <b>Bootcamp</b> Cindy 5:30pm <b>Sculpt</b> Susan 6:15 pm <b>Zumba</b> Susan/Christy 7:30pm <b>PiYo</b> Christy	<b>17</b> 10 am <b>Zumba</b> Christy 5:00pm <b>BARRE</b> Karrie 6:15 pm <b>Zumba</b> Cindy 7:30 pm <b>DanceX</b> Damon	<b>18</b> 5:30 pm <b>Slow Flow Yoga</b> Charis 7:00 pm <b>Bootcamp</b> Cindy	<b>19</b> 5:00 pm <b>Zumba Kids</b> Jade 6:15 pm <b>Zumba</b> Cindy/Christy 7:30 pm <b>PiYo</b> Christy	<b>20</b> 5:30 pm <b>30 Min Sculpt</b> Susan 6:15 pm <b>Zumba</b> Susan	<b>21</b> 8:15am <b>PiYo</b> Christy 9:30 am <b>CARDIO VIBE</b> Cindy/Susan 10:30 am <b>Bootcamp</b> Cindy
<b>22</b>	<b>23</b> 10 am <b>Bootcamp</b> Cindy 5:30pm <b>Sculpt</b> Susan 6:15 pm <b>Zumba</b> Susan/Chrsty 7:30pm <b>PiYo</b> Christy	<b>24</b> 10 am <b>Zumba</b> Christy 5:00pm <b>BARRE</b> Karrie 6:15 pm <b>Zumba</b> Cindy 7:30 pm <b>DanceX</b> Damon	<b>25</b> 5:30 pm <b>Slow Flow Yoga</b> Charis 7:00 pm <b>Bootcamp</b> Cindy	<b>26</b> 5:00 pm <b>Zumba Kids</b> Jade 6:15 pm <b>Zumba</b> Damon 7:30 pm <b>PiYo</b> Karrie	<b>27</b> <b>NO CLASSES</b> Zumba Convention	<b>28</b> <b>NO CLASSES</b> Zumba Convention
<b>29</b>	<b>30</b> 10 am <b>Bootcamp</b> Cindy 5:30pm <b>Sculpt</b> Susan 6:15 pm <b>Zumba</b> Susan/Christy 7:30pm <b>PiYo</b> Christy	<b>31</b> 10 am <b>Zumba</b> Christy 5:00pm <b>BARRE</b> Karrie 6:15 pm <b>Zumba</b> Cindy 7:30 pm <b>DanceX</b> Damon	<b>Vibe Fit Studio</b> 9101 Allen Rd, Allen Park, MI vibefitstudio@gmail.com Susan: 734 658-6232 Christy: 734 497-7455 detroitvibetribe.com		<b>*NEW Summer Morning Classes*</b> Mon 10 am <b>Bootcamp</b> Tues 10 am <b>Zumba</b> Drop in for \$8 or use class package	<b>Drop in and join us anytime!</b> <b>Regular Classes</b> \$8 drop-in; 5 classes for \$35; 10 classes for \$70 <b>30 Min Classes</b> \$5 drop-in; 5 for \$25; 10 for \$45 <b>Zumba Kids</b> 5 week session \$40; \$10 drop-in <b>30 Day Unlimited Classes</b> \$115

**Zumba**– Latin-inspired dance fitness, 60 min     
 **CARDIO VIBE**- Intense 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     
**Zumba Kids/Kids Jr** –Zumba for kids ages, 4-11