



# MARCH 2019



**Vibe Fit Studio**  
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 detroitvibetribe.com

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

<p><b>Drop in and join us anytime!</b>  <b>60 Minute Classes</b>        \$8 drop-in; 5 classes for \$38; 10 classes for \$70  <b>30 Minute Classes</b>        \$5 drop-in; 5 for \$25; 10 for \$45  <b>30 Day Unlimited Classes \$115</b></p>		<p><b>*NEW* 30 Minute BARRE</b> – Tues 5:30 pm, 10 classes \$45; drop-in \$5  <b>*NEW* Slow Flow Yoga</b> – Tues 7:45 pm, <b>Vinyasa Yoga</b> – Wed 5:30 pm, drop-in \$8  <b>March Madness</b> –Mar 18-23, attend any class and take a second class that day for \$5  <b>Restorative Yoga</b> – Sun 5:30 pm Mar 17-31, 3 week session \$35; drop-in \$15  <b>Zumba Kids</b> – Sat 12 pm Mar 2-30, 4 week session \$32, drop-in \$10  <b>PiYo &amp; Prosecco</b> – Sun, Mar 24 9:30am, pre-sale \$12; \$15 door</p>			<p><b>1</b>  <b>5:30 pm 30 Min Sculpt</b>        Christy    <b>6:15 pm Zumba</b>        Christy</p>	<p><b>2</b>  <b>8:15am PiYo</b> Christy  <b>9:30 am Cardio Vibe</b> Cindy  <b>10:30 am Bootcamp</b> Cindy  <b>12:00pm Zumba Kids</b> Jade</p>
<p><b>3</b>  <b>Your Guide to Nutrition - FREE</b>        3:00 pm  <b>Restorative Yoga</b>        5:00 pm</p>	<p><b>4</b> <b>5:30pm 30 Min Sculpt</b>        Susan  <b>6:15 pm Zumba</b>        Susan/Christy  <b>7:30pm PiYo</b> Christy</p>	<p><b>5</b>  <del>5:30pm 30 Min BARRE</del>        Karrie  <b>6:15 pm Zumba</b>        Cindy  <b>7:30 pm DanceX</b>        Damon</p>	<p><b>6</b>  <b>5:30 pm Slow Flow Yoga</b>        Charis    <b>7:15 pm Bootcamp</b>        Cindy</p>	<p><b>7</b>  <b>6:15 pm Zumba</b>        Cindy/Christy    <b>7:30 pm PiYo</b>        Christy</p>	<p><b>8</b>  <b>5:30 pm 30 Min Sculpt</b>        Susan    <b>6:15 pm Zumba</b>        Susan</p>	<p><b>9</b> <del>8:15am PiYo</del> Christy  <b>9:30 am Cardio Vibe</b>        Cindy/Susan  <b>10:30 am Bootcamp</b> Cindy  <b>12:00pm Zumba Kids</b> Jade</p>
<p><b>10</b></p>	<p><b>11</b> <b>5:30pm 30 Min Sculpt</b>        Susan  <b>6:15 pm Zumba</b>        Susan/Christy  <b>7:30pm PiYo</b> Christy</p>	<p><b>12</b> <b>5:30pm 30 Min BARRE</b>        Karrie  <b>6:15 pm Zumba</b>        Cindy/Susan  <b>7:30 pm DanceX PARTY</b>   Damon</p>	<p><b>13</b>  <b>5:30 pm Slow Flow Yoga</b>        Charis    <b>7:15 pm Bootcamp</b>        Cindy</p>	<p><b>14</b>  <b>6:15 pm Zumba</b>        Cindy/Christy    <b>7:30 pm PiYo</b>        Christy</p>	<p><b>15</b>  <b>5:30 pm 30 Min Sculpt</b>        Susan    <b>6:15 pm Zumba</b>        Susan</p>	<p><b>16</b> <b>8:15am PiYo</b> Christy  <b>9:30 am Cardio Vibe</b>        Cindy/Susan  <b>10:30 am Bootcamp</b> Cindy  <b>12:00pm Zumba Kids</b> Jade</p>
<p><b>17</b>  <b>Restorative Yoga</b>        5:30 pm        3 week session \$35        Drop-in \$15</p>	<p><b>18</b> <b>March Madness</b>  <b>5:30pm 30 Min Sculpt</b>        Susan  <b>6:15 pm Zumba</b>        Susan/Christy  <b>7:30pm PiYo</b> Christy</p>	<p><b>19</b> <b>March Madness</b>  <b>5:30pm 30 Min BARRE</b>        Karrie  <b>6:15 pm Zumba</b>        Cindy/Susan  <b>7:45 pm Slow Flow Yoga</b>        Charis</p>	<p><b>20</b> <b>March Madness</b>  <b>5:30 pm Vinyasa Yoga</b>        Charis    <b>7:15 pm Bootcamp</b>        Cindy</p>	<p><b>21</b> <b>March Madness</b>  <b>6:15 pm Zumba</b>        Cindy/Christy    <b>7:30 pm PiYo</b>        Christy</p>	<p><b>22</b> <b>March Madness</b>  <b>5:30 pm 30 Min Sculpt</b>        Christy    <b>6:15 pm Zumba</b>        Christy</p>	<p><b>23</b> <b>March Madness</b>  <b>8:15am PiYo</b> Christy  <b>9:30 am Cardio Vibe</b> Cindy  <b>10:30 am Bootcamp</b> Cindy  <del>12:00pm Zumba Kids</del> Jade</p>
<p><b>24</b>  <b>PiYo &amp; Prosecco</b>        9:30 am        \$12 presale;        \$15 door  <b>Restorative Yoga</b>  <b>New time 5:30 pm</b></p>	<p><b>25</b> <b>5:30pm 30 Min Sculpt</b>        Susan  <b>6:15 pm Zumba</b>        Susan/Christy  <b>7:30pm PiYo</b> Christy</p>	<p><b>26</b>  <b>5:30pm 30 Min BARRE</b>        Karrie  <b>6:15 pm Zumba</b>        Cindy  <b>7:45 pm Slow Flow Yoga</b>        Charis</p>	<p><b>27</b>  <b>5:30 pm Vinyasa Yoga</b>        Charis    <b>7:15 pm Bootcamp</b>        Cindy</p>	<p><b>28</b>  <b>6:15 pm Zumba</b>        Cindy/Christy    <b>7:30 pm PiYo</b>        Christy</p>	<p><b>29</b>  <b>5:30 pm 30 Min Sculpt</b>        Susan    <b>6:15 pm Zumba</b>        Susan</p>	<p><b>30</b> <b>8:15am PiYo</b> Christy  <b>9:30 am Cardio Vibe</b>        Cindy/Susan  <b>10:30 am Bootcamp</b> Cindy  <b>12:00pm Zumba Kids</b> Jade</p>

**Zumba**– Latin-inspired dance fitness, 60 min **Cardio Vibe** –Advanced 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** – Total body workout with weights, bands and stability balls  
**30 Min BARRE™** –Pilates/Aerobics/Yoga fusion **Zumba Kids** – Zumba ages 4-11 **Vinyasa Yoga** – Intermediate level yoga to build strength & flexibility, 60 min  
**Slow Flow Yoga**–Foundational yoga to build strength & flexibility, 60 min **Restorative Yoga** –Deep mind/body relaxation with the aid of props, 60 min