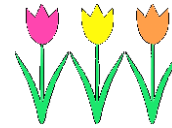




MAY 2019



Vibe Fit Studio
 9101 Allen Rd, Allen Park, MI
 vibefitstudio@gmail.com
 734 658-6232
 detroitvibetribe.com

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

| | | | | | | | | | |
|--|--|--|--|--|---|--|--|--|--|
| ~ COMING UP ~ | | | | | | | | | |
| <p>Cinco de PiYo – Sunday, May 5, 9:30 am, \$12 advance; \$15 door Zumba Bonus Night – Monday, May 13, extra 30 min of Zumba for \$5 more *NEW* Slow Restore Yoga – Tues 7:45 pm drop-in \$8 Memorial Day Zumba – Monday, May 27 9:30 am, \$8 drop-in</p> | | <p>1 5:30 pm Vinyasa Yoga Charis 7:15 pm Bootcamp Cindy</p> | | <p>2 6:15 pm Zumba Christy 7:30 pm PiYo Christy</p> | | <p>3 5:30 pm 30 Min Sculpt Susan 6:15 pm Zumba Susan</p> | | <p>4 8:15 am PiYo Christy 9:30 am Cardio Vibe Cindy 10:30 am Bootcamp Cindy</p> | |
| <p>5 Cinco de PiYo 9:30 am \$12 advance; \$15 door</p> | <p>6 5:30 pm 30 Min Sculpt Susan 6:15 pm Zumba Susan/Christy 7:30 pm PiYo Christy</p> | <p>7 6:15 pm Zumba Cindy 7:45 pm Slow Restore Yoga Charis</p> | <p>8 5:30 pm Vinyasa Yoga Charis 7:15 pm Bootcamp Cindy</p> | <p>9 6:15 pm Zumba Cindy/Christy 7:30 pm PiYo Christy</p> | <p>10 5:30 pm 30 Min Sculpt Susan 6:15 pm Zumba Susan</p> | <p>11 8:15 am PiYo Karrie 9:30 am Cardio Vibe Cindy/Susan 10:30 am Bootcamp Cindy</p> | | | |
| <p>12</p> | <p>13 5:30 pm 30 Min Sculpt Susan 90 Min Zumba 6:15 pm Zumba Susan 7:15 pm *30 Min Zumba \$5 Susan</p> | <p>14 6:15pm Zumba Susan 7:45pm Slow Restore Yoga Charis</p> | <p>15 5:30 pm Vinyasa Yoga Charis 7:15 pm Bootcamp Cindy</p> | <p>16 6:15 pm Zumba Cindy 7:30 pm PiYo Christy</p> | <p>17 5:30 pm 30 Min Sculpt Susan 6:15 pm Zumba Susan</p> | <p>18 8:15 am PiYo Christy 9:30 am Cardio Vibe Cindy/Susan 10:30 am Bootcamp Cindy 2:30pm Massage 101 Charis (FREE)</p> | | | |
| <p>19</p> | <p>20 5:30 pm 30 Min Sculpt Susan 6:15 pm Zumba Susan/Christy 7:30pm PiYo Christy</p> | <p>21 6:15pm Zumba Cindy 7:45pm Slow Restore Yoga Charis</p> | <p>22 5:30 pm Vinyasa Yoga Charis 7:15 pm Bootcamp Cindy</p> | <p>23 6:15 pm Zumba Cindy/Christy 7:30 pm PiYo Christy</p> | <p>24 5:30 pm 30 Min Sculpt Susan 6:15 pm Zumba Susan</p> | <p>25 8:15 am PiYo Christy 9:30 am Cardio Vibe Cindy/Susan 10:30 am Bootcamp Cindy</p> | | | |
| <p>26</p> | <p>27 9:30am * Memorial Day * Morning Zumba Christy/Cindy Drop in \$8</p> | <p>28 6:15pm Zumba Cindy/Susan 7:45pm Slow Restore Yoga Charis</p> | <p>29 5:30 pm Vinyasa Yoga Charis 7:15 pm Bootcamp Cindy</p> | <p>30 6:15 pm Zumba Cindy/Christy 7:30 pm PiYo Christy</p> | <p>31 5:30 pm 30 Min Sculpt Susan 6:15 pm Zumba Susan</p> | <p>Drop in anytime! 60 Minute Classes \$8 drop-in; 5 classes for \$38; 10 classes for \$70 30 Minute Classes \$5 drop-in; 5 for \$25; 10 for \$45 30 Day Unlimited Classes \$115</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 Restore Yoga–Foundational yoga to build strength & flexibility ending with restorative postures for deep mind/body relaxation, 60 min