



# NOVEMBER 2018



**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>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>30 Day Unlimited Classes \$115</b></p>		<p><b>Coming up!</b>  <b>Nov 11- PiYo + Prosecco</b> 9:30 am, \$10  <b>Nov 22 – Thanksgiving Zumba</b> 9:30 am, \$8</p> <hr/> <p><b>Register Now!</b>  <b>Restorative Yoga Session</b> – Dec 2, 9, 16            3 week session \$35, drop in \$15</p>		<p><b>1</b>  <b>6:15 pm Zumba</b>            Cindy</p> <p><b>7:30 pm PiYo</b>            Christy</p>	<p><b>2</b>  <b>5:30 pm 30 Min Sculpt</b>            Susan</p> <p><b>6:15 pm Zumba</b>            Susan</p>	<p><b>3</b>  <b>8:15am PiYo</b>            Christy  <b>9:30 am CARDIO VIBE</b>            Cindy/Susan  <b>10:30 am Bootcamp</b> Cindy  <b>12:00 pm Zumba Kids</b> Jade</p>
<p><b>4</b>  <b>Restorative Yoga</b>            5:00-6:00 pm            Drop in \$15            (space permitting)</p>	<p><b>5</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>6</b> <b>5:00pm BARRE</b>            Karrie  <b>6:15 pm Zumba</b>            Cindy  <b>7:30 pm DanceX</b>            Damon</p>	<p><b>7</b> <b>5:30 pm Slow Flow Yoga</b>            Charis  <b>*NEW TIME *</b>  <b>7:15 pm Bootcamp</b>            Cindy</p>	<p><b>8</b>  <b>6:15 pm Zumba</b>            Cindy/Christy</p> <p><b>7:30 pm PiYo</b>            Christy</p>	<p><b>9</b> <b>5:30 pm 30 Min Sculpt</b>            Susan  <b>6:15 pm Zumba</b>            Susan</p>	<p><b>10</b> <b>8:15am PiYo</b>            Christy  <b>9:30 am CARDIO VIBE</b>            Cindy/Susan  <b>10:30 am Bootcamp</b> Cindy  <b>12:00 pm Zumba Kids</b> Jade</p>
<p><b>11</b>  <b>PiYo + Prosecco</b>            9:30-11:00 am            Drop in \$10</p>	<p><b>12</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>13</b> <b>5:00pm BARRE</b>            Karrie  <b>6:15 pm Zumba</b>            Cindy/Susan  <b>7:30 pm DanceX</b>            Damon</p>	<p><b>14</b> <b>5:30 pm Slow Flow Yoga</b>            Charis  <b>7:15 pm Bootcamp</b>            Cindy</p>	<p><b>15</b>  <b>6:15 pm Zumba</b>            Cindy/Christy</p> <p><b>7:30 pm PiYo</b>            Christy</p>	<p><b>16</b> <b>5:30 pm 30 Min Sculpt</b>            Susan  <b>6:15 pm Zumba</b>            Susan</p>	<p><b>17</b> <b>8:15am PiYo</b>            Christy  <b>9:30 am CARDIO VIBE</b>            Cindy/Susan  <b>10:30 am Bootcamp</b> Cindy  <b>12:00 pm Zumba Kids</b> Jade</p>
<p><b>18</b></p>	<p><b>19</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>20</b> <b>5:00pm BARRE</b>            Karrie  <b>6:15 pm Zumba</b>            Cindy  <b>7:30 pm DanceX</b>            Damon</p>	<p><b>21</b> <b>5:30 pm Slow Flow Yoga</b>            Charis  <b>7:15 pm Bootcamp</b>            Cindy</p>	<p><b>22</b>  <b>THANKSGIVING MORNING ZUMBA</b>            9:30-10:30 am            Christy/Cindy/Susan            Drop in \$8</p>	<p><b>23</b>  <b>NO CLASSES</b></p>	<p><b>24</b> <b>8:15am PiYo</b>            Christy  <b>9:30 am CARDIO VIBE</b>            Cindy/Susan  <b>10:30 am Bootcamp</b> Cindy</p>
<p><b>25</b></p>	<p><b>26</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>27</b> <b>5:00pm BARRE</b>            Karrie  <b>6:15 pm Zumba</b>            Cindy/Susan  <b>7:30 pm DanceX</b>            Damon</p>	<p><b>28</b> <b>5:30 pm Slow Flow Yoga</b>            Charis  <b>7:15 pm Bootcamp</b>            Cindy</p>	<p><b>29</b>  <b>6:15 pm Zumba</b>            Cindy/Christy</p> <p><b>7:30 pm PiYo</b>            Christy</p>	<p><b>30</b> <b>5:30 pm 30 Min Sculpt</b>            Susan  <b>6:15 pm Zumba</b>            Susan</p>	

**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     **Restorative Yoga** - deep mind/body relaxation with the aid of props  
**Zumba Kids** – Zumba ages 4-11 (drop in \$10)