



# OCTOBER 2018



**Vibe Fit Studio**  
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 detroitvibetribe.com

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<b>1</b> 5:30pm 30 Min Sculpt Susan 6:15 pm Zumba Susan/Christy 7:30pm PiYo Christy	<b>2</b> 5:00pm BARRE Karrie 6:15 pm Zumba Cindy/Susan 7:30 pm DanceX Damon	<b>3</b> 5:30 pm Slow Flow Yoga Charis 7:00 pm Bootcamp Cindy	<b>4</b> 6:15 pm Zumba Cindy/Christy 7:30 pm PiYo Christy	<b>5</b> 5:30 pm 30 Min Sculpt Susan 6:15 pm Zumba Susan	<b>6</b> 8:15am PiYo Christy 9:30 am CARDIO VIBE Cindy/Susan 10:30 am Bootcamp Cindy
<b>7</b> <b>FREE OPEN HOUSE</b> 1:30-4:30pm	<b>8</b> 5:30pm 30 Min Sculpt Susan 6:15 pm TIME MACHINE MONDAY ZUMBA "Skateland" Susan/Christy 7:30pm PiYo Christy	<b>9</b> 5:00pm BARRE Karrie 6:15 pm Zumba Cindy 7:30 pm DanceX Damon	<b>10</b> 5:30 pm Slow Flow Yoga Charis 7:00 pm Bootcamp Cindy	<b>11</b> 6:15 pm THROWBACK THURSDAY ZUMBA "DRHC" Cindy/Christy 7:30 pm PiYo Christy	<b>12</b> 5:30 pm 30 Min Sculpt Susan 6:15 pm Zumba Susan	<b>13</b> 8:15am PiYo Christy 9:30 am CARDIO VIBE Susan 10:30 am Bootcamp Susan
<b>14</b>	<b>15</b> 5:30pm 30 Min Sculpt Susan 6:15 pm Zumba Susan/Christy 7:30pm PiYo Christy	<b>16 \$2 TUESDAY</b> 5:00pm BARRE Karrie 6:15 pm Zumba Cindy/Susan 7:30 pm DanceX Damon	<b>17</b> 5:30 pm Slow Flow Yoga Charis 7:00 pm Bootcamp Cindy	<b>18</b> 6:15 pm Zumba Cindy/Christy 7:30 pm PiYo Christy	<b>19</b> 5:30 pm 30 Min Sculpt Susan 6:15 pm Zumba Susan	<b>20</b> 8:15am PiYo Christy 9:30 am CARDIO VIBE Cindy 10:30 am Bootcamp Cindy
<b>21</b> Restorative Yoga 5:00-6:00 pm 3 week series \$35	<b>22</b> 5:30pm 30 Min Sculpt Christy 6:15 pm Zumba Chrsty 7:30pm PiYo Christy	<b>23</b> 5:00pm BARRE Karrie 6:15 pm Zumba Cindy 7:30 pm DanceX Damon	<b>24</b> 5:30 pm Slow Flow Yoga Charis 7:00 pm Bootcamp Cindy	<b>25</b> 6:15 pm Zumba Cindy 7:30 pm PiYo Christy	<b>26</b> 5:30 pm 30 Min Sculpt Christy 6:15 pm Zumba Christy	<b>27</b> 8:15am PiYo Christy 9:30 am CARDIO VIBE Cindy 10:30 am Bootcamp Cindy
<b>28</b> Restorative Yoga 5:00-6:00 pm 3 week series \$35	<b>29</b> 5:30pm 30 Min Sculpt Susan 6:15 pm Zumba Susan/Christy 7:30pm PiYo Christy	<b>30</b> 5:00pm BARRE Karrie 6:15 pm ZUMBA SPOOKTACULAR Christy/Susan/Cindy 7:30 pm BLACK CAT DanceX Damon	<b>31</b> <b>NO CLASSES</b> Happy Halloween!	<b>Coming up!</b> <b>Oct 7</b> –Free Open House 1:30-4:30 pm <b>Oct 8</b> – Time Machine Monday Zumba 6:15 pm <b>Oct 11</b> – Throwback Thursday Zumba 6:15 pm <b>Oct 16</b> - \$2 Tuesday, all classes \$2 <b>Oct 21, 28, Nov 4</b> – Restorative Yoga 5:00 pm <b>Oct 30</b> – Zumba Spooktacular 6:15 pm Janet Black Cat DanceX 7:30pm		<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</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     **Restorative Yoga** - deep mind/body relaxation with the aid of props