



SEPTEMBER 2018



SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

Vibe Fit Studio 9101 Allen Rd, Allen Park, MI vibefitstudio@gmail.com Susan: 734 658-6232 Christy: 734 497-7455 detroitvibetribe.com		Drop in and join us anytime! Regular Classes \$8 drop-in; 5 classes for \$35; 10 classes for \$70 30 Min Classes \$5 drop-in; 5 for \$25; 10 for \$45 30 Day Unlimited Classes \$115			Coming up! Sept1 –Arts, Beats & Eats Zumbathon, Royal Oak Sept 3 – Labor Day Zumba 9:30am Sept 21- Vibe Fit Studio 2 Year Anniversary Masterclass 6:30-8:00pm, \$12 advance; \$15 door			1 NO CLASSES Arts Beats & Eats Zumbathon 10:00-11:30 am
2	3 LABOR DAY ZUMBA 9:30 – 10:30 am Drop in \$8 or use class package	4 5:00pm BARRE Karrie 6:15 pm Zumba Cindy/Susan 7:30 pm DanceX Damon	5 5:30 pm Slow Flow Yoga Charis 7:00 pm Bootcamp Cindy	6 6:15 pm Zumba Cindy 7:30 pm PiYo Christy	7 5:30 pm 30 Min Sculpt Christy 6:15 pm Zumba Christy	8 8:15am PiYo Christy 9:30 am CARDIO VIBE Cindy 10:30 am Bootcamp Cindy		
9	10 10 am Bootcamp Cindy 5:30pm 30 Min Sculpt Susan 6:15 pm Zumba Susan/Christy 7:30pm PiYo Christy	11 5:00pm BARRE Karrie 6:15 pm Zumba Cindy 7:30 pm DanceX Damon	12 5:30 pm Slow Flow Yoga Charis 7:00 pm Bootcamp Cindy	13 6:15 pm Zumba Cindy/Christy 7:30 pm PiYo Christy	14 5:30 pm 30 Min Sculpt Susan 6:15 pm Zumba Susan	15 8:15am PiYo Christy 9:30 am CARDIO VIBE Cindy/Susan 10:30 am Bootcamp Cindy		
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23	24 10 am Bootcamp Cindy 5:30pm 30 Min Sculpt Susan 6:15 pm Zumba Susan/Christy 7:30pm PiYo Christy	25 5:00pm BARRE Karrie 6:15 pm Zumba Cindy/Susan 7:30 pm DanceX Damon	26 5:30 pm Slow Flow Yoga Charis 7:00 pm Bootcamp Cindy	27 6:15 pm Zumba Cindy/Christy 7:30 pm PiYo Christy	28 5:30 pm 30 Min Sculpt Susan 6:15 pm Zumba Susan	29 8:15am PiYo Christy 9:30 am CARDIO VIBE Cindy/Susan 10:30 am Bootcamp Cindy		

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