





August 2018

Zumba®! & STRONG!

\$5 at the Door or Punch Card

www.cabarrusdance.com

704-782-1915

Sun.	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.
			1 Zumba! 9:30 AM Lisa & Laurie	2 Zumba! 7:30 PM Lauren	3	4
5	6 Zumba! 9:30 AM Lisa & Sarah	7 Zumba! 7:30 PM Lauren	8 Zumba! 9:30 AM Lisa & Laurie	9 Zumba! 7:30 PM Lauren & Lisa	10	11
12	13 Zumba! 9:30 AM Lisa & Sarah	14 Zumba! 7:30 PM Sarah	15 Zumba! 9:30 AM Lisa & Sarah	16 Zumba! 7:30 PM Lauren & Lisa	17	18
19	20 Zumba! 9:30 AM Lisa & Laurie	21 Zumba! 7:30 PM Laurie	22 STRONG 9:30 AM Lisa & Laurie	23 Zumba! 7:30 PM Lauren & Lisa	24	25
26	27 STRONG 9:30 AM Lisa and Laurie	28 Zumba! 7:30 PM Laurie	29 Zumba! 9:30 AM Lisa & Laurie	30 Zumba! 7:30 PM Lauren & Lisa	31	
Laurie	Lisa	Lauren	Sarah			
						

NEW !!

This month we will offer two STRONG by Zumba® classes. STRONG is a HIIT class – not a dance class. It's a high intensity interval workout done to music. Feel every beat. Sync every move. Work every muscle. STRONG by Zumba®! STRONG participants should bring a fitness mat.