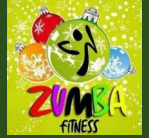


December Zumba!/STRONG

www.cabarrusdance.com



2018

\$5 at the Door Your first class is complimentary!

New Participants Welcome!

Whether you join us for Zumba Fitness or STRONG by Zumba, newcomers are always welcome to join in the fun.

Zumba is a total workout, combining all elements of fitness – cardio, muscle conditioning, balance and flexibility, boosted energy and a serious dose of awesome! Lots of DANCE and loads of fun!

STRONG is a high intensity INTERVAL class. Participants in the Strong by Zumba will need a floor mat. Serious workout. No dancing.

Meet Our Instructors: Lisa, Laurie, & Lauren



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	Zumba! 9:30 AM Lisa & Laurie	Zumba! 7:30 PM Laurie	Zumba! 9:30 AM Lisa & Laurie	Zumba! 7:30PM Lisa & Lauren	STRONG!!! 9:30 AM Lisa & Laurie	8
9	Zumba! 9:30 AM Lisa & Laurie	Zumba! 7:30 PM Laurie	Zumba! 9:30 AM Lisa & Laurie	Zumba! 7:30PM Lisa & Lauren	14	15
16	Zumba! 9:30 AM Lisa & Lauren	Zumba! 7:30PM Free! CHRISTMAS CLASS	19 No Zumba Class	20 No Zumba Class	21 No STRONG Class	22
23	24 No Zumba Class	25 No Zumba Class	26 No Zumba Class	27 No Zumba Class	28	29
30	31 No Zumba Class					

FIND US ON FACEBOOK: CDA Zumba and STRONG!
Our schedule can also be found on the Cabarrus Dance Academy app!