

January Zumba Fitness/STRONG

2019

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

cabarrusdance.com

704-782-1915

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.



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2 9:30 AM Lisa & Laurie	3 7:30PM Lisa & Lauren	4	5
6	7 9:30 AM Lisa & Laurie	8 7:30 PM Laurie	9 9:30 AM Lisa & Laurie	10 7:30PM Lisa & Lauren	11 STRONG!!! 9:30 AM Lisa & Laurie	12
13	14 9:30 AM Lisa & Laurie	15 7:30 PM Laurie	16 9:30 AM Lisa & Laurie	17 7:30PM Lisa & Lauren	18	19
20	21 CLOSED for MLK HOLIDAY	22 7:30 PM Laurie	23 9:30 AM Lisa & Laurie	24 7:30PM Lisa & Lauren	25 STRONG!!! 9:30 AM Lisa & Laurie	26
27	28 9:30 AM Lisa & Laurie	29 7:30 PM Laurie	30 9:30 AM Lisa & Laurie	31 7:30PM Lisa & Lauren		

FIND US ON FACEBOOK: CDA Zumba and STRONG!

Our schedule can also be found on the Cabarrus Dance Academy app!