



CDA Zumba! & **STRONG**

September 2018

\$5 at the Door or Punch Card

www.cabarrusdance.com

704-782-1915

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

Instructors



Lisa



Lauren



Laurie

Introducing our new STRONG by Zumba Class! Participants in these classes will need to bring a fitness mat! STRONG is a high intensity interval class, and a great new workout!

Zumba Fitness is lots of dance fun!
Join the party! Get in shape!