



# August 2019

## Zumba and STRONG!

Sun.	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.
				1 Zumba! 7:30 PM Lisa & Lauren	2	3
<div style="border: 1px solid black; background-color: yellow; padding: 5px;">           STRONG participants should bring a fitness mat for class.         </div>						
4	5 9:30 AM Laurie & Lisa	6 7:30 PM Laurie	7 Zumba! 9:30 AM Laurie & Lisa	8 Zumba! 7:30 PM Lisa & Lauren	9 STRONG! 9:30 AM Lisa & Laurie	10
11	12 9:30 AM Lisa	13 7:30 PM Lauren	14 9:30 AM Lisa	15 7:30 PM Lisa & Lauren	16	17
18	19 9:30 AM Laurie & Lisa	20 7:30 PM Laurie	21 9:30 AM Laurie & Lisa	22 7:30 PM Lisa & Lauren	23 9:30 AM Lisa & Laurie	24
25	26 9:30 AM Laurie & Lisa	27 7:30 PM Laurie	28 9:30 AM Lisa & Laurie	29 7:30 PM Lisa & Lauren	30	
						
						

### STRONG

Strong is a 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! Offered twice monthly on Fridays at 9:30AM.