



November 2018

Zumba! & STRONG!

704-782-1915

All Levels

www.cabarrusdance.com

Your First Class is Complimentary

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

Instructors



Laurie



Lisa



Lauren

\$5/Class at the Door
10 Class Punch Card is \$40

This month try **ZUMBA STRONG!** It's a high intensity interval class (no dancing).
STRONG participants will need a mat.