



October 2018

CDA Zumba! and Strong!

www.cabarrusdance.com

Your First Class is Complimentary! Regular Class Rate Is \$5

Sun.	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.
	1 9:30AM Zumba with Lisa & Laurie	2 7:30PM Zumba with Laurie	3 9:30AM Zumba with Lisa & Laurie	4 7:30PM Zumba with Lauren & Lisa	5 9:30AM STRONG with Laurie & Lisa	6
7	8 9:30AM Zumba with Lisa & Laurie	9 7:30PM Zumba with Laurie	10 9:30AM STRONG with Laurie & Lisa	11 7:30PM Zumba with Lauren & Lisa	12	13
14	15 9:30AM Zumba with Lisa & Laurie	16 7:30PM Zumba with Laurie	17 9:30AM Zumba with Lisa & Laurie	18 7:30PM Zumba with Lauren & Lisa	19 9:30AM STRONG with Laurie & Lisa	20
21	22 9:30AM Zumba with Lisa & Laurie	23 7:30PM Zumba with Laurie	24 9:30AM STRONG with Laurie & Lisa	25 7:30PM Zumba with Lauren & Lisa	26	27
28	29 9:30AM Zumba with Lisa & Laurie	30 7:30PM Zumba GLOW PARTY!	31 9:30AM Zumba with Lisa & Laurie Happy Halloween!			

Instructors



Lisa



Lauren



Laurie

Try our new STRONG by Zumba Classes! These are High Intensity Interval Classes.

Don't miss our **Halloween GLOW PARTY**

On Tuesday, October 30!