

AUGUST ZUMBA FITNESS & STRONG 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1
2	3 No Class Today	4 Zumba 7:30PM Laurie	5 STRONG 9:30AM Laurie	6 Zumba 7:30PM Sarah	7	8
9	10 Zumba 9:30AM Laurie/Lisa	11 Zumba 7:30PM Laurie/Lisa	12 STRONG 9:30AM Laurie/Lisa	13 Zumba 7:30PM Lisa	14	15
16	17 Zumba 9:30AM Laurie/Lisa	18 Zumba 7:30PM Laurie/Lisa	19 STRONG 9:30AM Laurie/Lisa	20 Zumba 7:30PM Laurie/Lisa	21	22
23	24 Zumba 9:30AM Laurie/Lisa	25 Zumba 7:30PM Laurie/Lisa	26 STRONG 9:30AM Laurie/Lisa	27 Zumba 7:30PM Laurie/Lisa	28	29
30	31 Zumba 9:30AM Laurie/Lisa					

FIRST CLASS FREE!

\$8/CLASS OR

10 SESSION

PUNCH CARD \$55

STRONG NATION

CLASSES:

BRING A MAT,

LIGHT HAND

WEIGHTS & GLOVES

RECOMMENDED

CABARRUSDANCE.COM

704-782-1915

CABARRUS
Dance
ACADEMY