

September 2026

Zumba Fitness & STRONG

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Zumba 7:30PM	2 STRONG 9:30AM	3 Zumba 7:30PM	4	5
6	7 CLOSED LABOR DAY	8 Zumba 7:30PM	9 STRONG 9:30AM	10 Zumba 7:30PM	11	12
13	14 Zumba 9:30AM	15 Zumba 7:30PM	16 STRONG 9:30AM	17 Zumba 7:30PM	18	19
20	21 Zumba 9:30AM	22 Zumba 7:30PM	23 STRONG 9:30AM	24 Zumba 7:30PM	25	26
27	28 Zumba 9:30AM	29 Zumba 7:30PM	30 STRONG 9:30AM			

First Class FREE!
 \$8/Class or
 10 Session
 Punch Card \$60
 STRONG Nation
 Classes: Bring a Mat,
 Light Hand Weights
 & Gloves
 Recommended
cabarrusdance.com
 704-782-1915

CABARRUS
Dance
 ACADEMY

*All Zumba + STRONG classes taught by Laurie Flora & Lisa Niblock