

October 2025 Zumba Fitness & STRONG

SUN	MON	TUE	WED	THU	FRI	SAT
			1 STRONG 9:30AM Laurie/Lisa	2 Zumba 7:30PM Makenzie	3	4
5	6 Zumba 9:30AM Laurie	7 Party in PINK Zumbathon 7:30-9:00pm	8 STRONG 9:30AM Laurie/Lisa	9 Zumba 7:30PM Laurie/Lisa	10	11
12	13 Zumba 9:30AM Laurie/Lisa	14 Zumba 7:30PM Laurie/Lisa	15 STRONG 9:30AM Laurie/Lisa	16 Zumba 7:30PM Laurie/Lisa	17	18
19	20 Zumba 9:30AM Laurie/Lisa	21 Zumba 7:30PM Laurie/Lisa	22 STRONG 9:30AM Laurie/Lisa	23 Zumba 7:30PM Laurie/Lisa	24	25
26	27 Zumba 9:30AM Laurie/Lisa	28 Zumba 7:30PM Laurie/Lisa	29 STRONG 9:30AM Laurie/Lisa	30 Halloween GLOW Party! 7:30PM	31 HAPPY HALLOWEEN	

Class Details...

First Class FREE!

\$8/Class or

10 Session

Punch Card \$55

STRONG Nation

HIIT Classes:

Bring a Mat &

3-5lb. Weights

***Party in PINK**

\$10 suggested Donation

***Halloween Glow Party**

FREE for Card Holders!

CABARRUS
Dance
A C A D E M Y