



ALAMANCE COUNTY COMMUNITY YMCA

SUNDAY SAMPLER GROUP EXERCISE SCHEDULE

Sunday, 11/24: **ZUMBA** w/ **DANIELLE**

Sunday, 12/1: **MUSCLE PUMP** w/ **CHRISTY**

Sunday, 12/8: **ZUMBA** w/ **CHRISTY**

Sunday, 12/15: **MUSCLE PUMP** w/ **CHRISTY**

Sunday, 12/22: **ZUMBA** w/ **DANIELLE**

Sunday, 12/29: **YOGA** w/ **TRACEY**

CLASSES START AT 3:00PM

1346 S. Main Street, Burlington, NC 27215 - (336) 395-9622

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