



ALAMANCE COUNTY COMMUNITY YMCA

SUNDAY SAMPLER GROUP EXERCISE SCHEDULE

Sunday, 7/14: MUSCLE PUMP w/ CHRISTY *

Sunday, 7/21: ZUMBA w/ CHRISTY

Sunday, 7/28: YOGA w/ TRACEY

Sunday, 8/4: PILATES w/ MELAINE

Sunday, 8/11: MUSCLE PUMP w/ CHRISTY *

Sunday, 8/18: YOGA w/ BECKY R.

CLASSES START AT 3:00PM

*** Muscle Pump will be in the Functional Fitness Studio!**

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

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