



# ALAMANCE COUNTY COMMUNITY YMCA

## SUNDAY SAMPLER GROUP EXERCISE SCHEDULE

**Sunday, 10/13: STRENGTH CIRCUIT w/ SARAH\***

**Sunday, 10/20: MUSCLE PUMP w/ CHRISTY**

**Sunday, 10/27: MUSCLE PUMP w/ CHRISTY**

**Sunday, 11/3: MUSCLE PUMP w/ CHRISTY**

**Sunday, 11/10: MUSCLE PUMP w/ CHRISTY**

**Sunday, 11/17: INTRO TO SPIN w/ ANNIE**

**CLASSES START AT 3:00PM**

**\* Classes will be in the Functional Fitness Studio!**

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

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