



# ALAMANCE COUNTY COMMUNITY YMCA

## SUNDAY SAMPLER GROUP EXERCISE SCHEDULE

Sunday, 1/5: **MUSCLE PUMP** w/ **CHRISTY**

Sunday, 1/12: **ZUMBA** w/ **DANIELLE**

Sunday, 1/19: **MUSCLE PUMP** w/ **CHRISTY**

Sunday, 1/26: **INTRO TO SPIN** w/ **ANNE**

Sunday, 2/2: **SPIN** w/ **ANNE**

Sunday, 2/9: **ZUMBA** w/ **CHRISTY**

**CLASSES START AT 3:00PM**

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

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