



# ALAMANCE COUNTY COMMUNITY YMCA

## SUNDAY SAMPLER GROUP EXERCISE SCHEDULE

Sunday, 4/13: **CARIBBEAN CARDIO** w/ **DANA**

Sunday, 4/20: **CLOSED FOR EASTER**

Sunday, 4/27: **CARIBBEAN CARDIO** w/ **DANA**

Sunday, 5/4: **YOGA** w/ **TRACEY**

Sunday, 5/11: **MUSCLE PUMP** w/ **CHRISTY**

Sunday, 5/18: **ZUMBA** w/ **CHRISTY**

Sunday, 5/25: **MUSCLE PUMP** w/ **CHRISTY**

**CLASSES START AT 3:00PM**