



**ALAMANCE COUNTY
COMMUNITY YMCA**

SUNDAY SAMPLER GROUP EXERCISE SCHEDULE

Sunday, 7/13: MUSCLE PUMP w/ CHRISTY

Sunday, 7/20: SPIN w/ ANNIE

Sunday, 7/27: SPIN w/ ANNIE

Sunday, 8/3: ZUMBA w/ CHRISTY

Sunday, 8/10: MUSCLE PUMP w/ CHRISTY

Sunday, 8/17: ZUMBA w/ CHRISTY

CLASSES START AT 3:00PM

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