



# ALAMANCE COUNTY COMMUNITY YMCA

## SUNDAY SAMPLER GROUP EXERCISE SCHEDULE

**Sunday, 3/1: MUSCLE PUMP w/ CHRISTY P**

**Sunday, 3/8: SPIN w/ ANNIE**

**Sunday, 3/15: SPIN w/ ANNIE**

**Sunday, 3/22: ZUMBA w/ CHRISTY P**

**Sunday, 3/29: ZUMBA + LIFT w/ CHRISTY P**

**Sunday, 4/5: HAPPY EASTER**

**CLASSES START AT 3:00PM**