



**ALAMANCE COUNTY
COMMUNITY YMCA**

SUNDAY SAMPLER GROUP EXERCISE SCHEDULE

Sunday, 8/24: Caribbean Cardio Dance w/ Dana

Sunday, 8/31: Zumba w/ Calandra

Sunday, 9/7: Strength Boot Camp w/ Calandra

Sunday, 9/14: Muscle Pump w/ Christy

Sunday, 9/21: Muscle Pump w/ Christy

Sunday, 9/28: Muscle Pump w/ Christy

CLASSES START AT 3:00PM

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