



**ALAMANCE COUNTY  
COMMUNITY YMCA**

## **SUNDAY SAMPLER GROUP EXERCISE SCHEDULE**

**Sunday, 10/5: BARRE w/ CALANDRA**

**Sunday, 10/12: MUSCLE PUMP w/ CHRISTY**

**Sunday, 10/19: SPIN w/ ANNIE**

**Sunday, 10/26: SPIN w/ ANNIE**

**Sunday, 11/2: ZUMBA TONING w/ CALANDRA**

**Sunday, 11/9: PILATES w/ MELAINE**

**CLASSES START AT 3:00PM**

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