



# ALAMANCE COUNTY COMMUNITY YMCA

## SIX WEEK SUNDAY SAMPLER GROUP EXERCISE SCHEDULE

Sunday, 11/19: **CARIBBEAN ZUMBA** w/ **DANA**

Sunday, 11/26: **ZUMBA** w/ **Christy**

Sunday, 12/3: **PILATES** w/ **Melaine**

Sunday, 12/10: **INTRO TO SPIN** w/ **Anne**

Sunday, 12/17: **SPIN** w/ **Anne**

Sunday, 1/7: **MUSCLE PUMP** w/ **Danielle**

**DUE TO HOLIDAYS WE WILL NOT HAVE CLASSES ON 12/24 OR 12/31**

**CLASSES START AT 3:00PM**