



ALAMANCE COUNTY COMMUNITY YMCA

SUNDAY SAMPLER GROUP EXERCISE SCHEDULE

Sunday, 1/14: **PILATES** w/ MELAINE

Sunday, 1/21: **SPIN** w/ ANNE

Sunday, 1/28: **MUSCLE PUMP** w/ CHRISTY

Sunday, 2/4: **YOGA** w/ TRACEY

Sunday, 2/11: **MUSCLE PUMP** w/ CHRISTY

Sunday, 2/18: **CARIBBEAN ZUMBA** w/ DANA

CLASSES START AT 3:00PM!