



**ALAMANCE COUNTY  
COMMUNITY YMCA**

## **SUNDAY SAMPLER GROUP EXERCISE SCHEDULE**

**Sunday, 7/13: MUSCLE PUMP w/ CHRISTY**

**Sunday, 7/20: SPIN w/ ANNIE**

**Sunday, 7/27: SPIN w/ ANNIE**

**Sunday, 8/3: ZUMBA w/ CHRISTY**

**Sunday, 8/10: MUSCLE PUMP w/ CHRISTY**

**Sunday, 8/17: ZUMBA w/ CHRISTY**

**CLASSES START AT 3:00PM**

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