



ALAMANCE COUNTY COMMUNITY YMCA

SUNDAY SAMPLER GROUP EXERCISE SCHEDULE

Sunday, 3/2: **ZUMBA** w/ **CHRISTY**

Sunday, 3/9: **MUSCLE PUMP** w/ **CHRISTY**

Sunday, 3/16: **ZUMBA** w/ **CHRISTY**

Sunday, 3/23: **MUSCLE PUMP** w/ **CHRISTY**

Sunday, 3/30: **ZUMBA** w/ **CHRISTY**

Sunday, 4/6: **MUSCLE PUMP** w/ **CHRISTY**

CLASSES START AT 3:00PM