



**ALAMANCE COUNTY  
COMMUNITY YMCA**

## **SUNDAY SAMPLER GROUP EXERCISE SCHEDULE**

**Sunday, 6/1: INTRO TO CYCLE w/ ANNIE**

**Sunday, 6/8: CYCLE w/ ANNIE**

**Sunday, 6/15: MUSCLE PUMP w/ CHRISTY**

**Sunday, 6/22: ZUMBA w/ CHRISTY**

**Sunday, 6/29: MUSCLE PUMP w/ CHRISTY**

**Sunday, 7/6: ZUMBA w/ CHRISTY**

**CLASSES START AT 3:00PM**

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