



# ALAMANCE COUNTY YMCA



## SIX WEEK SUNDAY SAMPLER GROUP EXERCISE SCHEDULE

Sunday, 6/4: **TURBO KICK** w/ Brandy

Sunday, 6/11: **INTRO TO CYCLE** w/ Anne

Sunday, 6/18: **PILATES** w/Melaine

Sunday, 6/25: **YOGA** w/ Tracey

Sunday, 7/2: **INTRO TO CYCLE** w/ Anne

Sunday, 7/9: **ZUMBA** w/ Christy

**ALL CLASSES BEGIN AT 3:00 PM IN THE  
GROUP EXERCISE STUDIO  
~ MEMBERS ONLY ~**