



# SIX WEEK SUNDAY SAMPLER GROUP EXERCISE SCHEDULE

Sunday, 8/27: **YOGA** w/ Tracey

Sunday, 9/3: **ZUMBA** w/ Christy

Sunday, 9/10: **ZUMBA** w/ Christy

Sunday, 9/17: **ZUMBA** w/ Christy

Sunday, 9/24: **ZUMBA** w/ Christy

Sunday, 10/1: **PILATES** w/ Melaine

## CLASSES START AT 3:00PM

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