



# ALAMANCE COUNTY COMMUNITY YMCA

## SUNDAY SAMPLER GROUP EXERCISE SCHEDULE

**Sunday, 8/25: MUSCLE PUMP w/ CHRISTY \***

**Sunday, 9/1: ZUMBA w/ CHRISTY**

**Sunday, 9/8: MUSCLE PUMP w/ CHRISTY \***

**Sunday, 9/15: ZUMBA w/ CHRISTY**

**Sunday, 9/22: MUSCLE PUMP w/ CHRISTY \***

**Sunday, 9/29: ZUMBA w/ CHRISTY**

**CLASSES START AT 3:00PM**

**\* Muscle Pump will be in the Functional Fitness Studio!**

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

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