



ALAMANCE COUNTY COMMUNITY YMCA

SUNDAY SAMPLER GROUP EXERCISE SCHEDULE

Sunday, 2/25: **SPIN** w/ ANNE

Sunday, 3/3: **YOGA** w/ TRACEY *3:15 - 4:15*

Sunday, 3/10: **MUSCLE PUMP** w/ CHRISTY

Sunday, 3/17: **SPIN** w/ ANNE

Sunday, 3/24: **YOGA** w/ BECKY

Sunday, 4/7: **MUSCLE PUMP** w/ CHRISTY

**CLASSES START AT 3:00PM UNLESS
INDICATED OTHERWISE**