

Fitness Classes are included in your membership fee.

Fit Classes **FREE** to Members



**STANDARD FIT CLASS RATES**

6 VISIT FIT PUNCH CARD ~ \$60  
 DROP-IN CLASS FEE ~ \$15 PICKLEBALL ~ \$3

~WISCASSET COMMUNITY CENTER~

**April Fitness Class Schedule**

| Monday                        | Tuesday                             | Wednesday                    | Thursday                            | Friday                  | Saturday                |
|-------------------------------|-------------------------------------|------------------------------|-------------------------------------|-------------------------|-------------------------|
|                               |                                     |                              |                                     |                         | 1                       |
|                               |                                     |                              |                                     |                         | 8:00-9:00a Country Heat |
|                               |                                     |                              |                                     |                         |                         |
|                               |                                     |                              |                                     |                         |                         |
|                               |                                     |                              |                                     |                         |                         |
|                               |                                     |                              |                                     |                         |                         |
|                               |                                     |                              |                                     |                         |                         |
| 3                             | 4                                   | 5                            | 6                                   | 7                       | 8                       |
|                               |                                     | 7:45-9:00a Yoga w/Murielle   | 5:30-6:30p FitCLASS Challenge       |                         |                         |
|                               |                                     | 8:30- 9:30a Waterworks       | 8:30- 9:30a Waterworks              |                         |                         |
| 7:45-9:00a Yoga w/Murielle    | 8:30- 9:30a Waterworks              | 7:30-10:00a Pickleball       |                                     | 7:30-10:00a Pickleball  |                         |
| 7:30-10:00a Pickleball        | 3:30 pm - 4:30pm Youth Athletic Fit |                              | 3:30 pm - 4:30pm Youth Athletic Fit | 8:30- 9:30a Waterworks  |                         |
| 8:30- 9:30a Waterworks        |                                     |                              |                                     | 10:00-11:00a Zumba Gold |                         |
| 6:00-7:00p Water X! w/Katrina | 5:30-6:30p Core Concepts            |                              | 5:30-6:30p Core Concepts            |                         |                         |
| 6:30-8:00p Flex Fit w/Cedric  | 6:00-8:00p FitCLASS Challenge       | 6:30-8:00p Flex Fit w/Cedric | 6:30-7:30p POWER                    |                         |                         |
|                               |                                     |                              |                                     |                         |                         |
| 10                            | 11                                  | 12                           | 13                                  | 14                      | 15                      |
|                               | 5:30-6:00a Mix 30                   | 7:45-9:00a Yoga w/Murielle   | 5:30-6:30p FitCLASS Challenge       | 5:30-6:00a Mix 30       |                         |
|                               | 6:00-6:30a Mix 30                   | 8:30- 9:30a Waterworks       | 8:30- 9:30a Waterworks              | 6:00-6:30a Mix 30       | 8:00-9:00a Country Heat |
| 7:45-9:00a Yoga w/Murielle    | 8:30- 9:30a Waterworks              | 7:30-10:00a Pickleball       |                                     | 7:30-10:00a Pickleball  |                         |
| 7:30-10:00a Pickleball        | 3:30 pm - 4:30pm Youth Athletic Fit |                              | 3:30 pm - 4:30pm Youth Athletic Fit | 8:30- 9:30a Waterworks  |                         |
| 8:30- 9:30a Waterworks        |                                     |                              |                                     | 10:00-11:00a Zumba Gold |                         |
| 6:00-7:00p Water X! w/Katrina | 5:30-6:30p Core Concepts            | 6:00-7:00p Country Heat      | 5:30-6:30p Core Concepts            |                         |                         |
| 6:30-8:00p Flex Fit w/Cedric  | 6:00-8:00p FitCLASS Challenge       | 6:30-8:00p Flex Fit w/Cedric | 6:30-7:30p POWER                    |                         |                         |
|                               |                                     |                              |                                     |                         |                         |
| 17                            | 18                                  | 18                           | 20                                  | 21                      | 22                      |
|                               | 5:30-6:00a Mix 30                   | 7:45-9:00a Yoga w/Murielle   | 5:30-6:30p FitCLASS Challenge       | 5:30-6:00a Mix 30       |                         |
|                               | 6:00-6:30a Mix 30                   | 8:30- 9:30a Waterworks       | 8:30- 9:30a Waterworks              | 6:00-6:30a Mix 30       | 8:00-9:00a Country Heat |
| 7:45-9:00a Yoga w/Murielle    | 8:30- 9:30a Waterworks              | 7:30-10:00a Pickleball       |                                     | 7:30-10:00a Pickleball  |                         |
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| 6:30-8:00p Flex Fit w/Cedric  | 6:00-8:00p FitCLASS Challenge       | 6:30-8:00p Flex Fit w/Cedric | 6:30-7:30p POWER                    |                         |                         |
|                               |                                     |                              |                                     |                         |                         |
| 24                            | 25                                  | 26                           | 27                                  | 28                      | 29                      |
|                               | 5:30-6:00a Mix 30                   | 7:45-9:00a Yoga w/Murielle   | 5:30-6:30p FitCLASS Challenge       | 5:30-6:00a Mix 30       |                         |
|                               | 6:00-6:30a Mix 30                   | 8:30- 9:30a Waterworks       | 8:30- 9:30a Waterworks              | 6:00-6:30a Mix 30       |                         |
| 7:45-9:00a Yoga w/Murielle    | 8:30- 9:30a Waterworks              | 7:30-10:00a Pickleball       |                                     | 7:30-10:00a Pickleball  |                         |
| 7:30-10:00a Pickleball        | 3:30 pm - 4:30pm Youth Athletic Fit |                              | 3:30 pm - 4:30pm Youth Athletic Fit | 8:30- 9:30a Waterworks  |                         |
| 8:30- 9:30a Waterworks        |                                     |                              |                                     | 10:00-11:00a Zumba Gold |                         |
| 6:00-7:00p Water X! w/Katrina | 5:30-6:30p Core Concepts            | 6:00-7:00p Country Heat      | 5:30-6:30p Core Concepts            |                         |                         |
| 6:30-8:00p Flex Fit w/Cedric  | 6:00-8:00p FitCLASS Challenge       | 6:30-8:00p Flex Fit w/Cedric | 6:30-7:30p POWER                    |                         |                         |

Please check website [www.wiscassetrec.com](http://www.wiscassetrec.com) for program changes and updates  
 schedule subject to change without notice

