

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
2	3	4	5	6	7
	NO CLASS TODAY - CANCELLED			NO CLASS TODAY - CANCELLED	
	NO CLASS TODAY - CANCELLED			NO CLASS TODAY - CANCELLED	NO CLASS TODAY - CANCELLED
7:30-10:00a Pickleball	7:30-10:00a Pickleball (Beginner)	7:30-10:00a Pickleball		7:30-10:00a Pickleball	 <b>Vintage Market</b> 10:00 - 4:00 pm
7:45-9:00a Yoga w/ Tamara		7:45-9:00a Yoga w/ Tamara		7:45-9:00a Yoga w/ Pam	
8:30- 9:30a Waterworks	8:30- 9:30a Waterworks	8:30- 9:30a Waterworks	8:30- 9:30a Waterworks	8:30- 9:30a Waterworks	
6:00-7:00p Evening Water EX	5:30-6:30p Core Concepts	NO CLASS TODAY - CANCELLED	5:30-6:30p Core Concepts	10:00-11:00a Zumba Gold	
6:30-8:00p Flex Fit w/Cedric		6:30-8:00p Flex Fit w/Cedric	6:30-7:30p POWER	6:30-7:30p FlexFit w/ Cedric	
9	10	11	12	13	14
	NO CLASS TODAY - CANCELLED			5:30-6:00a Mix 30	
	NO CLASS TODAY - CANCELLED			6:00-6:30a Mix 30	8:00-9:00a PiYO
7:30-10:00a Pickleball	7:30-10:00a Pickleball (Beginner)	7:30-10:00a Pickleball		7:30-10:00a Pickleball	
7:45-9:00a Yoga w/ Tamara		7:45-9:00a Yoga w/ Tamara		7:45-9:00a Yoga w/ Kelley	
8:30- 9:30a Waterworks	8:30- 9:30a Waterworks	8:30- 9:30a Waterworks	8:30- 9:30a Waterworks	8:30- 9:30a Waterworks	
6:00-7:00p Evening Water EX	5:30-6:30p Core Concepts	6:00-7:00p Country Heat	5:30-6:30p Core Concepts	10:00-11:00a Zumba Gold	
6:30-8:00p Flex Fit w/Cedric		6:30-8:00p Flex Fit w/Cedric	6:30-7:30p POWER	6:30-7:30p FlexFit w/ Cedric	
<b>Boston Trip</b> 16	17	18	19	20	21
	5:30-6:00a PiYO			5:30-6:00a Mix 30	8:00-9:00a PiYO
	6:00-6:30a PiYO			6:00-6:30a Mix 30	<b>MidCoast Community</b>
	7:30-10:00a Pickleball	7:30-10:00a Pickleball (Beginner)	7:30-10:00a Pickleball	7:30-10:00a Pickleball	<b>4- Miler &amp; 1 Mile Fun Run</b>
	7:45-9:00a Yoga w/ Tamara		7:45-9:00a Yoga w/ Tamara	7:45-9:00a Yoga w/ Kelley	
	8:30- 9:30a Waterworks	8:30- 9:30a Waterworks	8:30- 9:30a Waterworks	8:30- 9:30a Waterworks	
6:00-7:00p Evening Water EX	5:30-6:30p Core Concepts	6:00-7:00p Country Heat	5:30-6:30p Core Concepts	10:00-11:00a Zumba Gold	
6:30-8:00p Flex Fit w/Cedric		6:30-8:00p Flex Fit w/Cedric	6:30-7:30p POWER	6:30-7:30p FlexFit w/ Cedric	
23	24	25	26	27	28
	5:30-6:00a PiYO			5:30-6:00a Mix 30	
	6:00-6:30a PiYO			6:00-6:30a Mix 30	8:00-9:00a PiYO
7:30-10:00a Pickleball	7:30-10:00a Pickleball (Beginner)	7:30-10:00a Pickleball		7:30-10:00a Pickleball	
7:45-9:00a Yoga w/ Tamara		7:45-9:00a Yoga w/ Tamara		7:45-9:00a Yoga w/ Kelley	
8:30- 9:30a Waterworks	8:30- 9:30a Waterworks	8:30- 9:30a Waterworks	8:30- 9:30a Waterworks	8:30- 9:30a Waterworks	
6:00-7:00p Evening Water EX	5:30-6:30p Core Concepts	6:00-7:00p Country Heat	5:30-6:30p Core Concepts	10:00-11:00a Zumba Gold	
6:30-8:00p Flex Fit w/Cedric		6:30-8:00p Flex Fit w/Cedric	6:30-7:30p POWER	6:30-7:30p FlexFit w/ Cedric	
30	1	2	3	4	5
	5:30-6:00a PiYO			<p>Help us keep our gymnasium &amp; fitness room clean and looking great by taking care of it with us.</p> <p><b>NO STREET SHOES</b>  <b>NO FOOD or DRINKS</b>  <b>NO CLEATS</b></p> <p>If you see a spill or something out of place please clean it up or notify the Front Desk so we can get it cleaned up!</p>	Yoga w/ Tamara , Pam & Kelley
	6:00-6:30a PiYO				Fitclasses w/ Lorna
7:30-10:00a Pickleball	7:30-10:00a Pickleball (Beginner)	7:30-10:00a Pickleball			Fitclasses w/ Cedric
7:45-9:00a Yoga w/ Tamara		7:45-9:00a Yoga w/ Tamara			Zumba w/ Barbara
8:30- 9:30a Waterworks	8:30- 9:30a Waterworks	8:30- 9:30a Waterworks			Pick-up Pickleball
6:00-7:00p Evening Water EX	5:30-6:30p Core Concepts	6:00-7:00p Country Heat		Waterworks w/ Lori or JaJa	
6:30-8:00p Flex Fit w/Cedric		6:30-8:00p Flex Fit w/Cedric		Pickleball (Beginner & intermediate)	

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

