

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~

August Fitness Class Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
31	1	2	3	4	5
	5:30-6:00a Mix 30 6:00-6:30a Mix 30			5:30-6:00a Mix 30 6:00-6:30a Mix 30	Country Heat - NO CLASS TODAY
7:30-10:00a Pickleball		7:30-10:00a Pickleball		7:30-10:00a Pickleball	
7:45-9:00a Yoga w/Murielle		7:45-9:00a Yoga w/Murielle		7:45-9:00a Yoga w/ New Instructor	
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	
	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		
7	8	9	10	11	12
	5:30-6:00a Mix 30 6:00-6:30a Mix 30			5:30-6:00a Mix 30 6:00-6:30a Mix 30	8:00-9:00a Country Heat
7:30-10:00a Pickleball		7:30-10:00a Pickleball		7:30-10:00a Pickleball	
7:45-9:00a Yoga w/Murielle		7:45-9:00a Yoga w/Murielle		7:45-9:00a Yoga w/ New Instructor	
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	
	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		
14	15	16	17	18	19
	Mix 30 - NO CLASS TODAY Mix 30 - NO CLASS TODAY			5:30-6:00a Mix 30 6:00-6:30a Mix 30	8:00-9:00a Country Heat
7:30-10:00a Pickleball		7:30-10:00a Pickleball		7:30-10:00a Pickleball	
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6:30-8:00p Flex Fit w/Cedric		6:30-8:00p Flex Fit w/Cedric	6:30-7:30p POWER		
21	22	23	24	25	26
	5:30-6:00a Mix 30 6:00-6:30a Mix 30			5:30-6:00a Mix 30 6:00-6:30a Mix 30	8:00-9:00a Country Heat
7:30-10:00a Pickleball		7:30-10:00a Pickleball		7:30-10:00a Pickleball	
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28	29	30	1	2	3
The WCC Gymnasium has just been refinished! Help us keep it looking great by taking care of it with us. NO STREET SHOES NO FOOD or DRINKS NO CLEATS If you see something out of place please clean it up or notify the Front Desk so we can get it cleaned up		SHUTDOWN WEEK August 26th (Noon) - September 4th (Labor Day) Wiscasset Community Center will be CLOSED to the public All fitness classes will resume on September 5th Thank you for your continued support		Have a great Labor Day Weekend!!!	

Please check website www.wiscassetrec.com for program changes and updates
 schedule subject to change without notice

