

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	
30	31	1	2	3	4	
Help us keep our gymnasium & fitness room clean and looking great by taking care of it with us. <b>NO STREET SHOES</b> <b>NO FOOD or DRINKS</b> <b>NO CLEATS</b> 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!				5:30-6:30a PiYO	Wiscasset Community Center hosts Wiscasset Rod & Gun Club 4th Annual Gun Show Sat, Aug 4th (9:00 - 5:00) Sunday, Aug 5th (9:00 - 2:00)	
		7:30-10:00a Pickleball		7:30-10:00a Pickleball		
		7:45-9:00a Yoga w/ Tamara		NO CLASS - will resume in Sept.		NO CLASS - will resume in Sept.
		8:30- 9:30a Waterworks		NO CLASS - will resume in Sept.		8:30- 9:30a Waterworks
		6:00-7:00p PiYO		5:30-6:30p Core Concepts		10:00-11:00a Zumba Gold
6	<b>National Night Out!</b> 7	8	9	10	11	
	5:30-6:30a Country Heat			5:30-6:30a 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		NO CLASS - will resume in Sept.		
8:30- 9:30a Waterworks	8:30- 9:30a Waterworks	8:30- 9:30a Waterworks	NO CLASS - will resume in Sept.	8:30- 9:30a Waterworks		
	5:30-6:30p Core Concepts	6:00-7:00p PiYO	5:30-6:30p Core Concepts	10:00-11:00a Zumba Gold		
13	14	15	16	17	18	
	5:30-6:30a Country Heat			NO CLASS - CANCELLED		
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		NO CLASS - will resume in Sept.		
8:30- 9:30a Waterworks	8:30- 9:30a Waterworks	8:30- 9:30a Waterworks	NO CLASS - will resume in Sept.	8:30- 9:30a Waterworks		
	5:30-6:30p Core Concepts	NO CLASS - CANCELLED	5:30-6:30p Core Concepts	10:00-11:00a Zumba Gold		
20	21	22	23	24	25	
	5:30-6:30a Country Heat			5:30-6:30a 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		NO CLASS - will resume in Sept.		
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	5:30-6:30p Core Concepts	6:00-7:00p PiYO	5:30-6:30p Core Concepts	10:00-11:00a Zumba Gold		
27	28	29	30	31	1	

**SHUTDOWN WEEK - WCC CLOSED**

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

- Yoga w/ Tamara
- Fitclasses w/ Lorna
- Fitclasses w/ Cedric
- Zumba w/ Barbara
- Pick-up Pickleball
- Waterworks w/ Lori , JaJa or Rachel
- Pickleball (Beginner & intermediate)

