

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~

December Fitness Class Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
3	4	5	6	7	8
	5:30-6:30a PiYO			Gingerbread House Workshop 5:30-6:30a Am Mix	8:00-9:00a PiYO
7:30-10:00a Pickleball NO CLASS TODAY - CANCELLED	7:30-10:00a Pickleball (Beginner)	7:30-10:00a Pickleball		7:30-10:00a Pickleball	
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			
10	11	12	13	14	15
	5:30-6:30a PiYO			5:30-6:30a Am Mix	
7:30-10:00a Pickleball	7:30-10:00a Pickleball (Beginner)	7:30-10:00a Pickleball		7:30-10:00a Pickleball	NO CLASS TODAY - CANCELLED
7:45-9:00a Yoga w/ Tamara		7:45-9:00a Yoga w/ Tamara		7:30-9:00a Yoga w/ Meg	
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			
17	18	19	20	21	
	NO CLASS TODAY - CANCELLED			NO CLASS TODAY - CANCELLED	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		7:30-9:00a Yoga w/ Meg	
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			
CLOSED 24	CLOSED 25	26	27	28	29
				5:30-6:30a Am Mix	8:00-9:00a PiYO
		7:30-10:00a Pickleball		7:30-10:00a Pickleball	
		7:45-9:00a Yoga w/ Tamara		7:30-9:00a Yoga w/ Meg	
		8:30- 9:30a Waterworks	8:30- 9:30a Waterworks	8:30- 9:30a Waterworks	
		6:00-7:00p PiYO	5:30-6:30p Core Concepts	10:00-11:00a Zumba Gold	
6:30-8:00p Flex Fit w/Cedric					
CLOSING @ 6:00 pm 31	CLOSED 1	2	3	4	5
				Help us keep our gymnasium & fitness room clean and looking great by taking care of it with us. NO STREET SHOES NO FOOD or DRINKS NO CLEATS 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!	Yoga w/ Tamara / Meg
		7:30-10:00a Pickleball	7:30-10:00a Pickleball		Fitclasses w/ Lorna
		7:45-9:00a Yoga w/ Tamara	7:45-9:00a Yoga w/ Tamara		Fitclasses w/ Cedric
		8:30- 9:30a Waterworks	8:30- 9:30a Waterworks		Zumba w/ Barbara
		NO CLASS TODAY - CANCELLED	6:00-7:00p PiYO		Waterworks w/ Lori , JaJa or Rachel
NO CLASS TODAY - CANCELLED	6:30-8:00p Flex Fit w/Cedric	Pickleball (Beginner & intermediate)			

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

