

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~

**February Fitness Class Schedule**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Jan. 28	29	30	31	Winterfest @ WCC 1	Winterfest @ WCC 2
	Yoga w/ Tamara / Meg	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!		NO CLASS TODAY - CANCELLED	NO CLASS TODAY - CANCELLED
	Fitclasses w/ Lorna				
	Fitclasses w/ Cedric				
	Zumba w/ Barbara				
	Pick-up Pickleball				
	Waterworks w/ Lori , JaJa or Rachel				
Pickleball (Beginner & intermediate)				7:30-10:00a Pickleball	
				7:30-9:00a Yoga w/ Meg	
				8:30- 9:30a Waterworks	
				10:00-11:00a Zumba Gold	
4	5	6	7	Father/ Daughter Dance 8	9
	NO CLASS TODAY - CANCELLED			5:30-6:30a PIYO	
					7:45-9:00a PIYO
7:30-10:00a Pickleball	7:30-10:00a Pickleball (Beginner)	7:30-10:00a Pickleball		7:30-10:00a Pickleball	9:00 - 10:00a Intro to PIYO!
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	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		6:30-8:00p Flex Fit w/Cedric	6:45-7:30p Fitness Challenge - 2019		
11	12	13	14	15	16
	5:30-6:30a PIYO			5:30-6:30a Am Mix	
					7:45-9:00a PIYO
7:30-10:00a Pickleball	7:30-10:00a Pickleball (Beginner)	7:30-10:00a Pickleball		7:30-10:00a Pickleball	9:00 - 10:00a Intro to PIYO!
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	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		6:30-8:00p Flex Fit w/Cedric	6:45-7:30p Fitness Challenge - 2019		
School 18	Vacation 19	Week 20	School 21	Vacation 22	23
	5:30-6:30a PIYO			5:30-6:30a Am Mix	
					7:45-9:00a 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	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		6:30-8:00p Flex Fit w/Cedric	6:45-7:30p Fitness Challenge - 2019		
25	26	27	28	29	30
	5:30-6:30a PIYO			5:30-6:30a Am Mix	
					7:45-9:00a 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	
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6:30-8:00p Flex Fit w/Cedric		6:30-8:00p Flex Fit w/Cedric	6:45-7:30p Fitness Challenge - 2019		

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

