

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~

March Fitness Class Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Color Schedule 26	27	28	1	2	3
Yoga w/ Tamara & Pam	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!			5:30-6:00a Mix 30	
Fitclasses w/ Lorna			6:00-6:30a Mix 30	8:00-9:00a PiYO	
Fitclasses w/ Cedric			7:30-10:00a Pickleball		
Zumba w/ Barbara			7:45-9:00a Yoga w/ Pam		
Pick-up Pickleball			8:30- 9:30a Waterworks	8:30- 9:30a Waterworks	
Waterworks w/ Lori or JaJa			5:30-6:30p Core Concepts	10:00-11:00a Zumba Gold	
Pickleball (Beginner & intermediate)	6:30-7:30p POWER	6:30-7:30p FlexFit w/ Cedric			
5	6	7	8	9	10
	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/ 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	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	
12	13	14	15	16	
	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/ 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	
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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	6:30-7:30p FlexFit w/ Cedric	
19	20	21	22	23	
	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	
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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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26	27	28	29	30	
	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/ 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	
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Please check website www.wiscassetrec.com for program changes and updates
 schedule subject to change without notice

