

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~

January Fitness Class Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6
Happy New Year!	5:30-6:00a Mix 30			5:30-6:00a Mix 30	
	6:00-6:30a Mix 30			6:00-6:30a Mix 30	8:00-9:00a Country Heat
		7:30-10:00a Pickleball		7:30-10:00a Pickleball	
		7:45-9:00a Yoga w/ Tamara		7:45-9:00a Yoga w/ Kelley	
	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	6:30-7:30p POWER	6:30-7:30p FlexFit w/ Cedric	
8	9	10	11	12	13
	5:30-6:00a Mix 30			5:30-6:00a Mix 30	
	6:00-6:30a 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/ Tamara		7:45-9:00a Yoga w/ Tamara		7:45-9:00a Yoga w/ Kelley	
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	
15	16	17	18	19	20
	5:30-6:00a Mix 30			5:30-6:00a Mix 30	
	6:00-6:30a 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/ Tamara		7:45-9:00a Yoga w/ Tamara		7:45-9:00a Yoga w/ Kelley	
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	
22	23	24	25	26	27
	5:30-6:00a Mix 30			5:30-6:00a Mix 30	
	6:00-6:30a 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/ Tamara		7:45-9:00a Yoga w/ Tamara		7:45-9:00a Yoga w/ Kelley	
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	
29	30	31	1	2	3
	5:30-6:00a Mix 30				
	6:00-6:30a Mix 30				
7:30-10:00a Pickleball		7:30-10:00a Pickleball			
7:45-9:00a Yoga w/ Tamara		7:45-9:00a Yoga w/ Tamara			
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			
6:30-8:00p Flex Fit w/Cedric		6:30-8:00p Flex Fit w/Cedric			
			<p>The WCC Gymnasium has just been refinished! Help us keep it looking great by taking care of it with us.</p> <p>NO STREET SHOES NO FOOD or DRINKS NO CLEATS</p> <p>If you see something out of place please clean it up or notify the Front Desk so we can get it cleaned up</p>		<p>Yoga w/ Tamara & Kelley</p> <p>Fitclasses w/ Lorna</p> <p>Fitclasses w/ Cedric</p> <p>Zumba w/ Barbara</p> <p>Pick-up Pickleball</p> <p>Waterworks w/ Lori or JaJa</p>

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

