

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
29	30	31	1	2	3
<b>Lorna Weber, Local Banking &amp; Loan Professional - OUR Fitness Instructor</b> Lorna Weber is holding a couple of Intro to PIYO fitness classes February 17th(WCC) & 24th(WMHS)! Lorna has achieved her certificate in PIYO and is bringing it back to share! She is one of our instructors who is continually furthering her education & training in different Fitness Classes! She uses those skills to get you the most out of your workout! She currently Mixes it up on Tues. & Fri. mornings & also instructs the Country Heat Live! on Wed. Evenings & Sat. mornings				5:30-6:00a Mix 30 6:00-6:30a Mix 30 7:30-10:00a Pickleball 7:45-9:00a Yoga w/ Kelley	CANCELED - NO CLASS TODAY
5	6	7	8	9	10
	CANCELED - NO CLASS TODAY			CANCELED - NO CLASS TODAY	
	CANCELED - NO CLASS TODAY			CANCELED - NO CLASS TODAY	CANCELED - NO CLASS TODAY
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/ 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	CANCELED - NO CLASS TODAY	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	17
	5:30-6:00a Mix 30 6:00-6:30a Mix 30	<i>Valentine's Day</i>		5:30-6:00a Mix 30 6:00-6:30a Mix 30	8:00-9:00a Country Heat 9:00-10:00a Intro to PIYO w/ Lorna
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/ 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	
19	20	21	22	23	24
	5:30-6:00a Mix 30 6:00-6:30a Mix 30			5:30-6:00a Mix 30 6:00-6:30a Mix 30	<b>WCC - Indoor Carnival</b> 8:00-9:00a Country Heat @ WMHS 9:00-10:00a Intro to PIYO w/ Lorna @WMHS
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/ 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 NO CLASS TODAY	
26	27	28	1	2	3
	5:30-6:00a Mix 30 6:00-6:30a Mix 30		The WCC Gymnasium has just been refinished! Help us keep it 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 something out of place please clean it up or notify the Front Desk so we can get it cleaned up		<b>Color Schedule</b> Yoga w/ Tamara & Kelley Fitclasses w/ Lorna Fitclasses w/ Cedric Zumba w/ Barbara Pick-up Pickleball Waterworks w/ Lori or JaJa Pickleball (Beginner & intermediate)
7:30-10:00a Pickleball	7:30-10:00a Pickleball (Beginner)	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			



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

