

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~

April Fitness Class Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		8	9	10	11
				5:30-6:30a Mix 30	
		7:30-10:00a Pickleball - 3 Courts	8:00 - 9:00a Tai Chi & Qigong		7:45-9:00a PiYO!
		7:45-9:00a Yoga w/ Tamara		7:30-10:00a Pickleball - 3 Courts	
				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	6:30 - 7:30p Cardio Kick w/ Chelsea	10:00-11:00a Zumba Gold	
		6:00-7:00p Evening Water EX			
13	14	15	16	17	18
	5:30-6:30a PiYO			5:30-6:30a Mix 30	
	7:30-10:00a Pickleball (Beginner)	7:30-10:00a Pickleball - 3 Courts	8:00 - 9:00a Tai Chi & Qigong		7:45-9:00a PiYO!
7:30-10:00a Pickleball - 3 Courts		7:45-9:00a Yoga w/ Tamara		7:30-10:00a Pickleball - 3 Courts	
7:45-9:00a Yoga w/ Tamara	8:30- 9:30a Waterworks			YOGA CANCELLED	
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		6:00 - 7:00p PiYO	6:30 - 7:30p Cardio Kick w/ Chelsea	10:00-11:00a Zumba Gold	
	Fit Challenge w/ Chelsea 6:30 - 8:00**	6:00-7:00p Evening Water EX			
20	21	22	23	24	25
	5:30-6:30a PiYO			5:30-6:30a Mix 30	
	7:30-10:00a Pickleball (Beginner)	7:30-10:00a Pickleball - 3 Courts	8:00 - 9:00a Tai Chi & Qigong		7:45-9:00a PiYO!
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27	28	29	30		
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	Fit Challenge w/ Chelsea 6:30 - 8:00**				
					Class Index
					Pickleball
					Yoga w/ Tamara / Meg
					Fitclasses w/ Lorna
					Zumba w/ Barbara
					Tai Chi & Qigong w/ Mary Anne Moisan
					Cardio Kick w/ Chelsea (Thursdays)
					WW w/ Lori, JaJa; WEX w/ Nori
					Fitness Challenge w/ Chelsea**

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!

Please check website www.wiscassetrec.com for program changes and updates

schedule subject to change without notice

****Fitness Challenge classes must be preregistered for and are not included with WCC membership****

