

WISCASSET COMMUNITY CENTER

Gym Schedule January 1st - January 31st, 2019

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday		
5:00 - 7:30 am Open Gym	5:30 - 6:30 am PiYO	5:00 - 7:30 am Open Gym	5:00 - 11:00 am Open Gym	5:30 - 6:30 am AM Mix	Closed	Closed		
7:30 - 10:00 am Pickle Ball Pick-up	Open Gym	7:30 - 10:00 am Pickle Ball Pick-up		6:30 - 7:30 am Open Gym				
10:00 - 11:30 pm Open Gym	7:30 - 10a Beg/Inter Pickle Ball Pick-up	10:00 - 2:30 pm Open Gym	7:30 - 10:00 am Pickle Ball Pick-up	10:00 - 11:00 am Zumba Gold			Closed	Closed
11:30 - 1:00 pm Recess Playgroup	11:00 - 12:00 pm Senior Walk		11:00 - 12:00 pm Senior Walk	11:00 - 2:30 pm Open Gym	Rentals Available			
Open Gym	12:00 - 2:30 pm Open Gym		12:30 - 2:00 pm Recess Playgroup		Closed	Rentals Available		
1/2 Open Gym	2:30 - 5:30 ASA 1/2 Gym	Open 1/2 Gym	2:30 - 5:30 ASA 1/2 Gym	Open 1/2 Gym			Closed	Rentals Available
6:30 - 8:00 Flex Fit 1/2 Gym	Core Conc. 1/2 Gym	6:30 - 8:00 Flex Fit 1/2 Gym	Core Conc 1/2 Gym	Open Gym 5:30 - 8:00 pm				
	Cheer		Fitness Challenge 2019					
CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED		

Please watch for gym closures and schedule updates - All Gym times are SUBJECT TO CHANGE

Pickleball - Monday, Wednesday & Friday mornings from 7:30 - 10:00 am

Pickleball Pick-up for Beginners & Intermediates now on Tuesdays - Come in and better your game!

ASA 1/2 Gym times will depend on the weather.

Recess Playgroup (Monday & Thursday)

Cheering practices Tues. & Thurs. 5:30 - 7:00 pm

Adult Basketball League - 3 games every Sunday evening

Youth Basketball - schedules will vary on Saturdays

Fitness Classes offered in our gymnasium. See also the Fitness Class Schedule.

Fitness Challenge 2019 - Sign up for this weekly challenge!

WINTER HOURS

Monday - Friday	5:00 am - 8:00 pm
Saturday	8:00 am - 4:00 pm
Sunday	1:00 pm - 5:00 pm

