

WISCASSET COMMUNITY CENTER

Gym Schedule May 1st - May 31st, 2018

| 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 | | 5:30 - 6:30 am Mix 30 | Closed | Closed |
| | 6:30 - 11:00 am Open Gym | | 5:00 - 11:00 am Open Gym | 6:30 - 7:30 am Open Gym | | |
| 7:30 - 10:00 am Pickle Ball Pick-up | 7:30 - 10a Beg/Inter Pickle Ball Pick-up | 7:30 - 10:00 am Pickle Ball Pick-up | | 7:30 - 10:00 am Pickle Ball Pick-up | 8:00 - 9:00 am PiYO | Closed |
| 10:00 - 11:30 pm Open Gym | 11:00 - 12:00 pm Senior Walk | 10:00 - 6:30 pm Open Gym | 11:00 - 12:00 pm Senior Walk | 10:00 - 11:00 am Zumba Gold Open Gym | 9:00 - 4:00 pm Open Gym | |
| 11:30 - 1:00 pm Recess Playgroup | | | | 11:30 - 1:00 pm Recess Play | | Closed Rentals Available |
| 1:00 - 6:30 pm Open Gym | 12:00 - 5:30 pm Open Gym | | 12:00 - 5:30 pm Open Gym | 1:00 - 8:00 pm Open Gym | | |
| 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 | 2:30 - 5:30 ASA 1/2 Gym | 1:00 - 5:00 pm Open Gym |
| | Core Conc. 1/2 Gym | | Core Conc 1/2 Gym | | | Closed Rentals Available Inquire at the FRONT DESK! |
| 6:30 - 8:00 Flex Fit 1/2 Gym | Open Gym | 6:30 - 8:00 Flex Fit 1/2 Gym | 6:00 - 7:00 Cnt.Heat 1/2 Open Gym | Power 1/2 Gym | 6:30-7:30 Flex Fit | |
| CLOSED | CLOSED | CLOSED | CLOSED | CLOSED | CLOSED | CLOSED |

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

CLOSED - Memorial Day Weekend, May 26, 27 & 28th

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 (Depending on the weather / otherwise at Rec. Playground)

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

FALL / WINTER HOURS

| | |
|-----------------|-----------------------------------|
| Monday - Friday | 5:00 am - 8:00 pm |
| Saturday | 8:00 am - 4:00 pm |
| Sunday | 1:00 pm - 5:00 pm ending May 20th |

