

# WISCASSET COMMUNITY CENTER

Gym Schedule October 1st - October 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	5:00 - 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		
	7:30 - 10a Beg/Inter Pickle Ball Pick-up		10:00 - 2:30 pm Open Gym	11:00 - 12:00 pm Senior Walk	10:00 - 11:00 am Zumba Gold	8:00 - 9:00 am PiYO
10:00 - 2:30 pm Open Gym	Open Gym	10:00 - 2:30 pm Open Gym	12:00 - 5:30 pm Open Gym	11:00 - 2:30 pm Open Gym	9:00 - 4:00 pm Open Gym	Closed Rentals Available
1/2 Open Gym	11:00 - 12:00 pm Senior Walk	Open 1/2 Gym	2:30 - 5:30 ASA 1/2 Gym	2:30 - 5:30 ASA 1/2 Gym	2:30 - 5:30 ASA 1/2 Gym	
	12:00 - 2:30 pm Open Gym					Open 1/2 Gym
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	Closed Rentals Available Inquire at the FRONT DESK!	Sunday's Open Oct.14th Open Gym 1:00 - 5:00 pm
1/2 Open Gym	Open Gym	6:00 - 7:00 PiYO 1/2 Open Gym	Open Gym 6:30 - 8:00	Cheer		
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.

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

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

### FALL HOURS

Monday - Friday      5:00 am - 8:00 pm  
 Saturday              8:00 am - 4:00 pm  
 Sunday (starting Oct. 14th)      1:00 pm - 5:00 pm

