

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~

January Fitness Class Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
CLOSING @ 6:00 PM DEC. 31	CLOSED 1	2	3	4	5	
Yoga w/ Tamara / Meg			Sign up for our Fitness Challenge - 2019 Member - \$50.00 Non-members - \$65.00	5:30-6:30a PiYO	7:45-9:00a PiYO	
Fitclasses w/ Lorna						
Fitclasses w/ Cedric			7:30-10:00a Pickleball		7:30-10:00a Pickleball	
Zumba w/ Barbara			7:45-9:00a Yoga w/ Tamara		7:30-9:00a Yoga w/ Meg	
Pick-up Pickleball			8:30- 9:30a Waterworks	8:30- 9:30a Waterworks	8:30- 9:30a Waterworks	
Waterworks w/ Lori , JaJa or Rachel		6:00-7:00p PiYO	5:30-6:30p Core Concepts	10:00-11:00a Zumba Gold		
Pickleball (Beginner & intermediate)		6:30-8:00p Flex Fit w/Cedric				
7	8	9	10	11	12	
	5:30-6:30a PiYO			5:30-6:30a Am Mix	7:45-9:00a PiYO	
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		7:30-9:00a Yoga w/ Meg		
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 PiYO	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	6:45-7:30p Fitness Challenge - 2019			
14	15	16	17	18	19	
	5:30-6:30a PiYO			5:30-6:30a Am Mix	7:45-9:00a PiYO	
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		7:30-9:00a Yoga w/ Meg		
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 PiYO	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	6:45-7:30p Fitness Challenge - 2019			
21	22	23	24	25	26	
	NO CLASS TODAY - CANCELLED			NO CLASS TODAY - CANCELLED	NO CLASS TODAY - CANCELLED	
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		7:30-9:00a Yoga w/ Meg		
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	NO CLASS TODAY - CANCELLED	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	6:45-7:30p Fitness Challenge - 2019			
28	29	30	31	Winterfest Feb. 1	Winterfest Feb. 2	
	NO CLASS TODAY - CANCELLED			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!		
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	8:30- 9:30a Waterworks			
6:00-7:00p Evening Water EX	5:30-6:30p Core Concepts	NO CLASS TODAY - CANCELLED	5:30-6:30p Core Concepts			
6:30-8:00p Flex Fit w/Cedric		6:30-8:00p Flex Fit w/Cedric	6:45-7:30p Fitness Challenge - 2019			

Please check website www.wiscassetrec.com for program changes and updates
 schedule subject to change without notice

