

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~

July Fitness Class Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2	3	4	5	6	7
	5:30-6:00a Mix 30 6:00-6:30a Mix 30	WCC CLOSED		5:30-6:30a PIYO	
7:30-10:00a Pickleball	7:30-10:00a Pickleball (Beginner)			7:30-10:00a Pickleball	
7:45-9:00a Yoga w/ Tamara				NO YOGA - CLASS 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	5:30-6:30p Core Concepts		5:30-6:30p Core Concepts	10:00-11:00a Zumba Gold	
9	10	11	12	13	14
	5:30-6:00a Mix 30 6:00-6:30a Mix 30			5:30-6:30a 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		7:45-9:00a Yoga	
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	
16	17	18	19	20	21
	5:30-6:00a Mix 30 6:00-6:30a Mix 30			5:30-6:30a 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		7:45-9:00a Yoga	
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	
23	24	25	26	27	28
	5:30-6:00a Mix 30 6:00-6:30a Mix 30			5:30-6:30a 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		7:45-9:00a Yoga	
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	
30	31	1	2	3	4
	5:30-6:00a Mix 30 6:00-6:30a Mix 30	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!		Color Schedule	
7:30-10:00a Pickleball	7:30-10:00a Pickleball (Beginner)			Yoga w/ Tamara & Meg	
7:45-9:00a Yoga w/ Tamara				Fitclasses w/ Lorna	
8:30- 9:30a Waterworks	8:30- 9:30a Waterworks			Fitclasses w/ Cedric	
6:00-7:00p Evening Water EX	5:30-6:30p Core Concepts			Zumba w/ Barbara	
		Pick-up Pickleball			
		Waterworks w/ Lori & Misc. Instructors			
		Pickleball (Beginner & intermediate)			

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

