

Fitness Classes are included in your membership fee.

Fit Classes **FREE** to Members




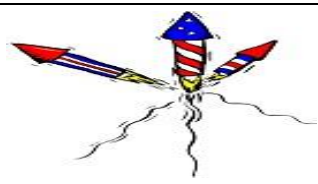


STANDARD FIT CLASS RATES

6 VISIT FIT PUNCH CARD ~ \$60
DROP-IN CLASS FEE ~ \$15 PICKLEBALL ~ \$3

~WISCASSET COMMUNITY CENTER~

June Fitness Class Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
3-Jun	4	5	6	7	8
	5:30-6:30a PiYO		WMHS Graduation 	5:30-6:30a Am Mix	7:45-9:00a PiYO! On the Pier
7:30-10:00a Pickleball	7:30-10:00a Pickleball (Beginner)	7:30-10:00a Pickleball		7:30-10:00a Pickleball	Wiscasset Waterfront
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 - 7:30p Pickleball	6:00-7:00p Evening Water EX		10:00-11:00a Zumba Gold	
			6:30-8:00p Summer Fit Challenge		
10	11	12	13	14	15
	5:30-6:30a PiYO			5:30-6:30a Am Mix	7:45-9:00a PiYO! On the Pier
7:30-10:00a Pickleball	7:30-10:00a Pickleball (Beginner)	7:30-10:00a Pickleball		7:30-10:00a Pickleball	Wiscasset Waterfront
7:45-9:00a Yoga w/ Tamara		7:45-9:00a Yoga w/ Tamara		7:30-9:00a Yoga w/ Meg	
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			6:30-8:00p Summer Fit Challenge		
17	18	19	20	21	22
	5:30-6:30a PiYO	Last day of School!		5:30-6:30a Am Mix	7:45-9:00a PiYO! On the Pier
7:30-10:00a Pickleball	7:30-10:00a Pickleball (Beginner)	7:30-10:00a Pickleball		7:30-10:00a Pickleball	Wiscasset Waterfront
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	
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			6:30-8:00p Summer Fit Challenge		
24	25	26	27	28	29
	5:30-6:30a PiYO			5:30-6:30a Am Mix	7:45-9:00a PiYO! On the Pier
7:30-10:00a Pickleball	7:30-10:00a Pickleball (Beginner)	7:30-10:00a Pickleball		7:30-10:00a Pickleball	Wiscasset Waterfront
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			6:30-8:00p Summer Fit Challenge		
First day of Camp! 1	2	3	4	5	6
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!					Yoga w/ Tamara / Meg Fitclasses w/ Lorna Wiscasset Waterfront / PiYO! Zumba w/ Barbara Pick-up Pickleball WW w/ Lori, JaJa; WEX w/ Rachel, Nori NEW! 5:30 - 7:30p Pickleball

Please check website www.wiscassetrec.com for program changes and updates

schedule subject to change without notice

Summer Fitness Challenge is not included with your membership - Registration is requested
Please see WCC Summer Brochure for program details.

