

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
Memorial 28	Color Schedule 29	30	31	1	2
	Yoga w/ Tamara, Kelley & Meg Fitclasses w/ Lorna Fitclasses w/ Cedric Zumba w/ Barbara Pick-up Pickleball Waterworks w/ Lori, JaJa or Rachel Pickleball (Beginner & intermediate)	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!		5:30-6:00a Mix 30 6:00-6:30a Mix 30 7:30-10:00a Pickleball 7:45-9:00a Yoga w/ Kelley 8:30- 9:30a Waterworks 10:00-11:00a Zumba Gold	
4	5	6	7	8	9
	5:30-6:00a Mix 30 6:00-6:30a Mix 30 7:30-10:00a Pickleball 7:45-9:00a Yoga w/ Tamara 8:30- 9:30a Waterworks 6:00-7:00p Evening Water EX	7:30-10:00a Pickleball (Beginner) 7:30-10:00a Pickleball 7:45-9:00a Yoga w/ Tamara 8:30- 9:30a Waterworks 6:00-7:00p PiYO	7:30-10:00a Pickleball 7:45-9:00a Yoga w/ Tamara 8:30- 9:30a Waterworks 5:30-6:30p Core Concepts	5:30-6:00a Mix 30 6:00-6:30a Mix 30 7:30-10:00a Pickleball 7:45-9:00a Yoga w/ Meg 8:30- 9:30a Waterworks 10:00-11:00a Zumba Gold	
11	12	13	14	15	16
	5:30-6:00a Mix 30 6:00-6:30a Mix 30 7:30-10:00a Pickleball 7:45-9:00a Yoga w/ Tamara 8:30- 9:30a Waterworks 6:00-7:00p Evening Water EX	NO PICKLEBALL TODAY - VOTING 7:30-10:00a Pickleball 7:45-9:00a Yoga w/ Tamara 8:30- 9:30a Waterworks 6:00-7:00p PiYO	7:30-10:00a Pickleball 7:45-9:00a Yoga w/ Tamara 8:30- 9:30a Waterworks 5:30-6:30p Core Concepts	5:30-6:30a PiYO 7:30-10:00a Pickleball NO CLASS - CANCELLED 8:30- 9:30a Waterworks 10:00-11:00a Zumba Gold	
18	19	20	21	22	23
	5:30-6:30a PiYO 7:30-10:00a Pickleball 7:45-9:00a Yoga w/ Tamara 8:30- 9:30a Waterworks 6:00-7:00p Evening Water EX	7:30-10:00a Pickleball (Beginner) 7:30-10:00a Pickleball 7:45-9:00a Yoga w/ Tamara 8:30- 9:30a Waterworks 5:30-6:30p Core Concepts	7:30-10:00a Pickleball 7:45-9:00a Yoga w/ Tamara 8:30- 9:30a Waterworks NO CLASS - CANCELLED	7:30-10:00a Pickleball 7:45-9:00a Yoga w/ Meg 8:30- 9:30a Waterworks 10:00-11:00a Zumba Gold	
25	26	27	28	29	30
	5:30-6:30a PiYO 7:30-10:00a Pickleball 7:45-9:00a Yoga w/ Tamara 8:30- 9:30a Waterworks 6:00-7:00p Evening Water EX	7:30-10:00a Pickleball (Beginner) 7:30-10:00a Pickleball 7:45-9:00a Yoga w/ Tamara 8:30- 9:30a Waterworks 5:30-6:30p Core Concepts	7:30-10:00a Pickleball 7:45-9:00a Yoga w/ Tamara 8:30- 9:30a Waterworks NO CLASS - CANCELLED	NO CLASS - CANCELLED 7:30-10:00a Pickleball NO CLASS - CANCELLED 8:30- 9:30a Waterworks 10:00-11:00a Zumba Gold	

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

