

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~

May Fitness Class Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6
7:45-9:00a Yoga w/Murielle	5:30-6:00a Mix 30 @ WMHS	7:45-9:00a Yoga w/Murielle		5:30-6:00a Mix 30 @ WMHS	
	6:00-6:30a Mix 30 @ WMHS			6:00-6:30a Mix 30 @ WMHS	8:00-9:00a Country Heat @ WMHS
7:30-10:00a Pickleball @ WMHS Ten		7:30-10:00a Pickleball @ WMHS Ten		7:30-10:00a Pickleball @ WMHS Ten	
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	
				10:00-11:00a Zumba Gold	
6:00-7:00p Water X! w/Katrina	5:30-6:30p Core Concepts @ WMHS	6:00-7:00p Country Heat @ WMHS	5:30-6:30p Core Concepts @ WMHS		
6:30-8:00p Flex Fit w/Cedric		6:30-8:00p Flex Fit w/Cedric	6:30-7:30p POWER		
8	9	10	11	12	13
7:45-9:00a Yoga w/Murielle	5:30-6:00a Mix 30 @ WMHS	7:45-9:00a Yoga w/Murielle		5:30-6:00a Mix 30 @ WMHS	
	6:00-6:30a Mix 30 @ WMHS			6:00-6:30a Mix 30 @ WMHS	8:00-9:00a Country Heat @ WMHS
7:30-10:00a Pickleball @ WMHS Ten		7:30-10:00a Pickleball @ WMHS Ten		7:30-10:00a Pickleball @ WMHS Ten	
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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6:00-7:00p Water X! w/Katrina	5:30-6:30p Core Concepts @ WMHS	6:00-7:00p Country Heat @ WMHS	5:30-6:30p Core Concepts @ WMHS		
6:30-8:00p Flex Fit w/Cedric		6:30-8:00p Flex Fit w/Cedric	6:30-7:30p POWER		
15	16	17	18	19	20
7:45-9:00a Yoga w/Murielle	5:30-6:00a Mix 30 @ WMHS	7:45-9:00a Yoga w/Murielle		5:30-6:00a Mix 30 @ WMHS	
	6:00-6:30a Mix 30 @ WMHS			6:00-6:30a Mix 30 @ WMHS	8:00-9:00a Country Heat @ WMHS
7:30-10:00a Pickleball @ WMHS Ten		7:30-10:00a Pickleball @ WMHS Ten		7:30-10:00a Pickleball @ WMHS Ten	
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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6:00-7:00p Water X! w/Katrina	5:30-6:30p Core Concepts @ WMHS	6:00-7:00p Country Heat @ WMHS	5:30-6:30p Core Concepts @ WMHS		
6:30-8:00p Flex Fit w/Cedric		6:30-8:00p Flex Fit w/Cedric	6:30-7:30p POWER		
22	23	24	25	26	27
7:45-9:00a Yoga w/Murielle	5:30-6:00a Mix 30	7:45-9:00a Yoga w/Murielle		5:30-6:00a Mix 30	
	6:00-6:30a Mix 30			6:00-6:30a Mix 30	closed
7:30-10:00a Pickleball		7:30-10:00a Pickleball		7:30-10:00a Pickleball	
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	
				10:00-11:00a Zumba Gold	
6:00-7:00p Water X! w/Katrina	5:30-6:30p Core Concepts	6:00-7:00p Country Heat	5:30-6:30p Core Concepts		
6:30-8:00p Flex Fit w/Cedric		6:30-8:00p Flex Fit w/Cedric	6:30-7:30p POWER		
29	30	31			
	5:30-6:00a Mix 30	7:45-9:00a Yoga w/Murielle		Gymnasium closing	
closed	6:00-6:30a Mix 30			May 1 until floor project is completed	
		7:30-10:00a Pickleball			
	8:30- 9:30a Waterworks	8:30- 9:30a Waterworks		Gym classes held in alternate	
				locations. Please see our website	
	5:30-6:30p Core Concepts	6:00-7:00p Country Heat		or check with the front desk	
		6:30-8:00p Flex Fit w/Cedric		for class locations.	

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

