

Fitness Classes are included in your membership fee.

Fit Classes **FREE** to Members



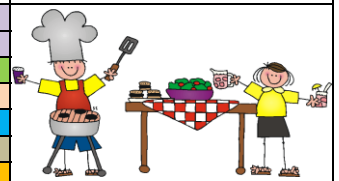
STANDARD FIT CLASS RATES

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
Color Schedule 30	1	2	3	4	5
Yoga w/ Tamara & Kelley	5:30-6:00a PiYO			5:30-6:00a Mix 30	
Fitclasses w/ Lorna	6:00-6:30a PiYO			6:00-6:30a Mix 30	8:00-9:00a PiYO
Fitclasses w/ Cedric	7:30-10:00a Pickleball (Beginner)	7:30-10:00a Pickleball		7:30-10:00a Pickleball	
Zumba w/ Barbara		7:45-9:00a Yoga w/ Tamara		7:45-9:00a Yoga w/ Kelley	
Pick-up Pickleball	8:30- 9:30a Waterworks	8:30- 9:30a Waterworks	8:30- 9:30a Waterworks	8:30- 9:30a Waterworks	
Waterworks w/ Lori or JaJa	5:30-6:30p Core Concepts	6:00-7:00p Country Heat	5:30-6:30p Core Concepts	10:00-11:00a Zumba Gold	
Pickleball (Beginner & intermediate)		6:30-8:00p Flex Fit w/Cedric	6:30-7:30p POWER	6:30-7:30p FlexFit w/ Cedric	
7	8	9	10	11	12
	5:30-6:00a PiYO			5:30-6:00a Mix 30	
	6:00-6:30a PiYO			6:00-6:30a Mix 30	8:00-9:00a 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		7:45-9:00a Yoga w/ Kelley	
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 Country Heat	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	6:30-7:30p POWER	6:30-7:30p FlexFit w/ Cedric	
14	15	16	17	18	19
	5:30-6:00a PiYO			5:30-6:00a Mix 30	
	6:00-6:30a PiYO			6:00-6:30a Mix 30	8:00-9:00a 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		7:45-9:00a Yoga w/ Kelley	
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 Country Heat	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	6:30-7:30p POWER	6:30-7:30p FlexFit w/ Cedric	
21	22	23	24	25	26
	5:30-6:00a PiYO			5:30-6:00a Mix 30	
	6:00-6:30a PiYO			6:00-6:30a Mix 30	
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 w/ Kelley	
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 Country Heat	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	6:30-7:30p POWER	6:30-7:30p FlexFit w/ Cedric	
28	29	30	31	1	2
	5:30-6:00a PiYO				
	6:00-6:30a PiYO				
	7:30-10:00a Pickleball (Beginner)	7:30-10:00a Pickleball			
		7:45-9:00a Yoga w/ Tamara			
	8:30- 9:30a Waterworks	8:30- 9:30a Waterworks	8:30- 9:30a Waterworks		
	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	6:30-7:30p POWER		



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!



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

