

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~

**November Fitness Class Schedule**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
29	30	<b>HALLOWEEN OCT. 31</b>	1	2	3	
Yoga w/ Tamara / Meg	Help us keep our gymnasium & fitness room clean and looking great by taking care of it with us. <b>NO STREET SHOES</b> <b>NO FOOD or DRINKS</b> <b>NO CLEATS</b> 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!			5:30-6:30a Am Mix	8:00-9:00a PiYO	
Fitclasses w/ Lorna						
Fitclasses w/ Cedric					7:30-10:00a Pickleball	
Zumba w/ Barbara					7:30-9:00a Yoga w/ Meg	
Pick-up Pickleball				NO CLASS - CANCELLED	8:30- 9:30a Waterworks	
Waterworks w/ Lori , JaJa or Rachel				5:30-6:30p Core Concepts	10:00-11:00a Zumba Gold	
Pickleball (Beginner & intermediate)						
5	<b>Voting Day 6</b>	7	8	9	10	
	5:30-6:30a PiYO			5:30-6:30a Am Mix		
7:30-10:00a Pickleball	NO PICKLEBALL - VOTING DAY	7:30-10:00a Pickleball		7:30-10:00a Pickleball	8:00-9:00a PiYO	
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	5:30-6:30p Core Concepts	6:00-7:00p PiYO	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				
12	13	14	15	16	17	
	5:30-6:30a PiYO			5:30-6:30a Am Mix	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		7:30-9:00a 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	5:30-6:30p Core Concepts	NO CLASS - CANCELLED	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				
19	20	21	22	23	24	
	5:30-6:30a PiYO	Building Closing @ 6:00 pm Check w/ Instructors for class!		5:30-6:30a Am Mix	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		7:30-9:00a Yoga w/ Meg		
8:30- 9:30a Waterworks	8:30- 9:30a Waterworks	8:30- 9:30a Waterworks		8:30- 9:30a Waterworks		
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6:30-8:00p Flex Fit w/Cedric		6:30-8:00p Flex Fit w/Cedric				
26	27	28	29	30	Dec. 1	
	5:30-6:30a PiYO			5:30-6:30a Am Mix	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		7:30-9:00a 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 Flex Fit w/Cedric		6:30-8:00p Flex Fit w/Cedric				

Please check website [www.wiscassetrec.com](http://www.wiscassetrec.com) for program changes and updates  
 schedule subject to change without notice

