

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~

**October Fitness Class Schedule**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2	3	4	5	6	7
	5:30-6:00a Mix 30			5:30-6:00a Mix 30	
	6:00-6:30a Mix 30			6:00-6:30a Mix 30	8:00-9:00a Country Heat
7:30-10:00a Pickleball		7:30-10:00a Pickleball		7:30-10:00a Pickleball	
7:45-9:00a Yoga w/ Tamara		7:45-9:00a Yoga w/Murielle		7:45-9:00a Yoga w/ Tamara	
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	
	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	
9	10	11	12	13	14
	5:30-6:00a Mix 30			5:30-6:00a Mix 30	
	6:00-6:30a Mix 30			6:00-6:30a Mix 30	8:00-9:00a Country Heat
7:30-10:00a Pickleball		7:30-10:00a Pickleball		7:30-10:00a Pickleball	
7:45-9:00a Yoga w/ Tamara		7:45-9:00a Yoga w/Murielle		7:45-9:00a Yoga w/ Tamara	Scarecrow Festival
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	11:00 am - 3:00 pm
	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	
16	17	18	19	20	21
	5:30-6:00a Mix 30			5:30-6:00a Mix 30	
	6:00-6:30a Mix 30			6:00-6:30a Mix 30	8:00-9:00a Country Heat
7:30-10:00a Pickleball		7:30-10:00a Pickleball		7:30-10:00a Pickleball	
7:45-9:00a Yoga w/ Tamara		7:45-9:00a Yoga w/Murielle		7:45-9:00a Yoga w/ Tamara	
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	
	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	
23	24	25	26	27	28
	5:30-6:00a Mix 30			5:30-6:00a Mix 30	
	6:00-6:30a Mix 30			6:00-6:30a Mix 30	8:00-9:00a Country Heat
7:30-10:00a Pickleball		7:30-10:00a Pickleball		7:30-10:00a Pickleball	
7:45-9:00a Yoga w/ Tamara		7:45-9:00a Yoga w/Murielle		7:45-9:00a Yoga w/ Tamara	
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	
	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	
30	31	1	2	3	4
	5:30-6:00a Mix 30	The WCC Gymnasium has just been refinished! Help us keep it 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 something out of place please clean it up or notify the Front Desk so we can get it cleaned up			
	6:00-6:30a Mix 30				
7:30-10:00a Pickleball					Yoga w/ Murielle & Tamara
7:45-9:00a Yoga w/ Tamara					Fitclasses w/ Lorna
8:30- 9:30a Waterworks	8:30- 9:30a Waterworks				Fitclasses w/ Cedric
	5:30-6:30p Core Concepts				Zumba w/ Barbara
6:30-8:00p Flex Fit w/Cedric		Pick-up Pickleball			
		Waterworks w/ Lori or JaJa			



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

