

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~

**September Fitness Class Schedule**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
3	4	5	6	7	8
	5:30-6:30a PiYO			5:30-6:30a Country Heat	8:00-9:00a PiYO
	7:30-10:00a Pickleball (Beginner)	7:30-10:00a Pickleball		7:30-10:00a Pickleball	
		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	
	5:30-6:30p Core Concepts	6:00-7:00p PiYO	5:30-6:30p Core Concepts	10:00-11:00a Zumba Gold	
10	11	12	13	14	15
	5:30-6:30a PiYO			5:30-6:30a Country Heat	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	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			
17	18	19	20	21	22
	5:30-6:30a PiYO			5:30-6:30a Country Heat	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	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			
24	25	26	27	28	29
	5:30-6:30a PiYO			5:30-6:30a Country Heat	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	<b>WMHS HOMECOMING GAMES</b> Come out and support your local sports teams!!
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		Alumni Soccer Fri, Sept. 28th 6:00 p	
Oct. 1	2	3	4	5	1
	5:30-6:30a PiYO				Color Schedule
7:30-10:00a Pickleball	7:30-10:00a Pickleball (Beginner)	7:30-10:00a Pickleball			Yoga w/ Tamara / Meg
7:45-9:00a Yoga w/ Tamara		7:45-9:00a Yoga w/ Tamara			Fitclasses w/ Lorna
8:30- 9:30a Waterworks	8:30- 9:30a Waterworks	8:30- 9:30a Waterworks			Fitclasses w/ Cedric
6:00-7:00p Evening Water EX	5:30-6:30p Core Concepts	6:00-7:00p PiYO			Zumba w/ Barbara
6:30-8:00p Flex Fit w/Cedric		6:30-8:00p Flex Fit w/Cedric			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!

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

