

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
2	3	4	5	6	7
7:45-9:00a Yoga w/ Tamara in WCC gym	5:30 - 6:30 am PiYO in WCC gym	7:45-9:00a Yoga w/ Tamara in WCC gym	5:30 - 6:30 am Morning Mix in WCC gym	7:45-9:00a Yoga w/ Tamara in WCC gym	
8:30- 9:30a Waterworks		8:30- 9:30a Waterworks	7:30-9:30 am Pickleball	8:30- 9:30a Waterworks	8:00 am PiYO!
9:15 - 11:30 am Pickleball in WCC gym *singles only*	8:30- 9:30a Waterworks	9:15 - 11:30 am Pickleball in WCC gym *singles only*	in WCC gym *singles only*		in WCC gym
6:00-7:00p Evening Water EX		6:00-7:00p Evening Water EX		10:00a Zumba Gold	
		6:00 - 7:00p PiYO (WCC gym)	6:30 - 7:30 pm Cardio Kick @ WCC		
9	10	11	12	13	14
7:45-9:00a Yoga w/ Tamara in WCC gym	5:30 - 6:30 am PiYO in WCC gym	7:45-9:00a Yoga w/ Tamara in WCC gym	5:30 - 6:30 am Morning Mix in WCC gym	7:45-9:00a Yoga w/ Tamara in WCC gym	
8:30- 9:30a Waterworks	7:30-9:30 am Pickleball	8:30- 9:30a Waterworks	7:30-9:30 am Pickleball	8:30- 9:30a Waterworks	8:00 am PiYO!
9:15 - 11:30 am Pickleball in WCC gym *singles only*	in WCC gym *singles only*		in WCC gym *singles only*		in WCC gym
6:00-7:00p Evening Water EX	8:30- 9:30a Waterworks	6:00-7:00p Evening Water EX	8:30- 9:30a Waterworks		
		6:00 - 7:00p PiYO (WCC gym)	6:30 - 7:30 pm Cardio Kick @ WCC		
16	17	18	19	20	21
7:45-9:00a Yoga w/ Tamara in WCC gym	5:30 - 6:30 am PiYO in WCC gym	7:45-9:00a Yoga w/ Tamara in WCC gym	5:30 - 6:30 am Morning Mix in WCC gym	7:45-9:00a Yoga w/ Tamara in WCC gym	
8:30- 9:30a Waterworks	7:30-9:30 am Pickleball	8:30- 9:30a Waterworks	7:30-9:30 am Pickleball	8:30- 9:30a Waterworks	8:00 am PiYO!
9:15 - 11:30 am Pickleball in WCC gym *singles only*	in WCC gym *singles only*		in WCC gym *singles only*		in WCC gym
6:00-7:00p Evening Water EX	8:30- 9:30a Waterworks	6:00-7:00p Evening Water EX	8:30- 9:30a Waterworks		
		6:00 - 7:00p PiYO (WCC gym)	6:30 - 7:30 pm Cardio Kick @ WCC		
23	24	25	26	27	28
7:45-9:00a Yoga w/ Tamara in WCC gym	5:30 - 6:30 am PiYO in WCC gym	7:45-9:00a Yoga w/ Tamara in WCC gym	Happy Thanksgiving! WCC CLOSED	7:45-9:00a Yoga w/ Tamara in WCC gym	8:00 am PiYO!
8:30- 9:30a Waterworks	7:30-9:30 am Pickleball	8:30- 9:30a Waterworks		8:30- 9:30a Waterworks	in WCC gym
9:15 - 11:30 am Pickleball in WCC gym *singles only*	in WCC gym *singles only*				
6:00-7:00p Evening Water EX	8:30- 9:30a Waterworks	6:00-7:00p Evening Water EX			
		6:00 - 7:00p PiYO (WCC gym)			
30			Class Index	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!	
7:45-9:00a Yoga w/ Tamara in WCC gym			Pickleball		
8:30- 9:30a Waterworks			Yoga w/ Tamara / Meg		
9:15 - 11:30 am Pickleball in WCC gym *singles only*			Fitclasses w/ Lorna		
6:00-7:00p Evening Water EX			Zumba w/ Barbara		
			Fitclasses w/ Chelsea		
			Aquatics Classes in WCC pool		

Please check website www.wiscassetrec.com for program changes and updates

schedule subject to change without notice

****Outdoor Group Fitness Classes may move inside WCC depending on weather at the instructor's discretion****

****The gymnasium will be closed on Friday, November 27th for an American Red Cross Blood Drive****

