

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
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!		Class Index	1	2	3
		Pickleball	5:30 - 6:30 am Morning Mix in WCC gym	7:45-9:00a Yoga w/ Tamara in WCC gym	
		Yoga w/ Tamara / Meg	7:30-9:30 am Pickleball in WCC gym	8:30- 9:30a Waterworks	PIYO! CANCELLED
		Fitclasses w/ Lorna	Tai Chi & Qigong w/ Mary Anne Moisan	8:30- 9:30a Waterworks	10:00a Zumba Gold
		Zumba w/ Barbara	Fitclasses w/ Chelsea	9:00a Tai Chi & Qigong	at WCC parking lot
		Tai Chi & Qigong w/ Mary Anne Moisan	Aquatics Classes in WCC pool	at WCC front entry	
			6:30 - 7:30 pm Cardio Kick @ WCC		
5	6	7	8	9	10
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	
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			8:30- 9:30a Waterworks	10:00a Zumba Gold	
		6:00-7:00p Evening Water EX	9:00a Tai Chi & Qigong	at WCC parking lot	
6:00-7:00p Evening Water EX		6:00 - 7:00p PIYO (WCC lot)	6:30 - 7:30 pm Cardio Kick @ WCC		
12	13	14	15	16	17
WCC CLOSED	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	
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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, September 18th for an American Red Cross Blood Drive****

