

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  |
|--|-----------------------------------|--|--|---|---|
|  | <b>1</b>                          | <b>2</b>   | <b>3</b>   | <b>4</b>                                | <b>5</b>  |
|  | 5:30 - 6:30 am PiYO<br>in WCC gym | 7:45-9:00a Yoga w/ Tamara<br>in WCC gym  | 5:30 - 6:30 am Morning Mix<br>in WCC gym   | 7:45-9:00a Yoga w/ Tamara<br>in WCC gym | 7:30 - 10:00 am Pickleball<br>at WMHS tennis courts |
|  | 8:30- 9:30a Waterworks            | 7:30 - 10:00 am Pickleball<br>at WMHS tennis courts  | 8:30- 9:30a Waterworks<br>9:00a Tai Chi & Qigong<br>at WCC front entry   | 8:30- 9:30a Waterworks                  | 8:00 am PiYO!<br>at Wiscasset Waterfront pier       |
|  |                                   | 8:30- 9:30a Waterworks<br>6:00-7:00p Evening Water EX<br>6:00 - 7:00p PiYO<br>at WCC parking lot | 3:00 - 5:00 pm Pickleball<br>at WMHS tennis courts   | 10:00a Zumba Gold<br>at WCC parking lot |   |
| <b>7</b>   | <b>8</b>                          | <b>9</b>   | <b>10</b>  | <b>11</b>                               | <b>12</b>   |
| <b>CLOSED</b>                                      | 5:30 - 6:30 am PiYO<br>in WCC gym | 7:45-9:00a Yoga w/ Tamara<br>in WCC gym  | 5:30 - 6:30 am Morning Mix<br>in WCC gym   | 7:45-9:00a Yoga w/ Tamara<br>in WCC gym | 7:30 - 10:00 am Pickleball<br>at WMHS tennis courts |
| <b>Labor Day</b>                                   | 8:30- 9:30a Waterworks            | 7:30 - 10:00 am Pickleball<br>at WMHS tennis courts  | 8:30- 9:30a Waterworks<br>9:00a Tai Chi & Qigong<br>at WCC front entry   | 8:30- 9:30a Waterworks                  | 8:00 am PiYO!<br>at Wiscasset Waterfront pier       |
|  |                                   | 8:30- 9:30a Waterworks<br>6:00-7:00p Evening Water EX<br>6:00 - 7:00p PiYO (WCC lot)             | 3:00 - 5:00 pm Pickleball<br>at WMHS tennis courts   | 10:00a Zumba Gold<br>at WCC parking lot |   |
| <b>14</b>  | <b>15</b>                         | <b>16</b>  | <b>17</b>  | <b>18</b>                               | <b>19</b>   |
| 7:45-9:00a Yoga w/ Tamara<br>in WCC gym            | 5:30 - 6:30 am PiYO<br>in WCC gym | 7:45-9:00a Yoga w/ Tamara<br>in WCC gym  | 5:30 - 6:30 am Morning Mix<br>in WCC gym   | 7:45-9:00a Yoga w/ Tamara<br>in WCC gym | 7:30 - 10:00 am Pickleball<br>at WMHS tennis courts |
| 8:30- 9:30a Waterworks                             | 8:30- 9:30a Waterworks            | 7:30 - 10:00 am Pickleball<br>at WMHS tennis courts  | 8:30- 9:30a Waterworks<br>9:00a Tai Chi & Qigong<br>at WCC front entry   | 8:30- 9:30a Waterworks                  | 8:00 am PiYO!<br>at Wiscasset Waterfront pier       |
| 3:00 - 5:00 pm Pickleball<br>at WMHS tennis courts |                                   | 8:30- 9:30a Waterworks   | at WCC front entry   | 10:00a Zumba Gold<br>at WCC parking lot |   |
| 6:00-7:00p Evening Water EX                        |                                   | 6:00-7:00p Evening Water EX  | 3:00 - 5:00 pm Pickleball @ WMHS   |   |   |
|  |                                   | 6:00 - 7:00p PiYO (WCC lot)  | 6:30 - 7:30 pm Cardio Kick @ WCC   |   |   |
| <b>21</b>  | <b>22</b>                         | <b>23</b>  | <b>24</b>  | <b>25</b>                               | <b>26</b>   |
| 7:45-9:00a Yoga w/ Tamara<br>in WCC gym            | 5:30 - 6:30 am PiYO<br>in WCC gym | 7:45-9:00a Yoga w/ Tamara<br>in WCC gym  | 5:30 - 6:30 am Morning Mix<br>in WCC gym   | 7:45-9:00a Yoga w/ Tamara<br>in WCC gym | 7:30 - 10:00 am Pickleball<br>at WMHS tennis courts |
| 8:30- 9:30a Waterworks                             | 8:30- 9:30a Waterworks            | 7:30 - 10:00 am Pickleball<br>at WMHS tennis courts  | 8:30- 9:30a Waterworks<br>9:00a Tai Chi & Qigong<br>at WCC front entry   | 8:30- 9:30a Waterworks                  | 8:00 am PiYO!<br>at Wiscasset Waterfront pier       |
| 3:00 - 5:00 pm Pickleball<br>at WMHS tennis courts |                                   | 8:30- 9:30a Waterworks   | at WCC front entry   | 10:00a Zumba Gold<br>at WCC parking lot |   |
| 6:00-7:00p Evening Water EX                        |                                   | 6:00-7:00p Evening Water EX  | 3:00 - 5:00 pm Pickleball @ WMHS   |   |   |
|  |                                   | 6:00 - 7:00p PiYO (WCC lot)  | 6:30 - 7:30 pm Cardio Kick @ WCC   |   |   |
| <b>28</b>  | <b>29</b>                         | <b>30</b>  | Help us keep our gymnasium & fitness room clean and looking great by taking care of it with us.<br><b>NO STREET SHOES</b><br><b>NO FOOD or DRINKS</b><br><b>NO CLEATS</b><br>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! |   | <b>Class Index</b>                                  |
| 7:45-9:00a Yoga w/ Tamara<br>in WCC gym            | 5:30 - 6:30 am PiYO<br>in WCC gym | 7:45-9:00a Yoga w/ Tamara<br>in WCC gym  |  |   | Pickleball  |
| 8:30- 9:30a Waterworks                             | 8:30- 9:30a Waterworks            | 7:30 - 10:00 am Pickleball<br>at WMHS tennis courts  |  |   | Yoga w/ Tamara / Meg                                |
| 3:00 - 5:00 pm Pickleball<br>at WMHS tennis courts |                                   | 8:30- 9:30a Waterworks   |  |   | Fitclasses w/ Lorna                                 |
| 6:00-7:00p Evening Water EX                        |                                   | 6:00-7:00p Evening Water EX  |  |   | Zumba w/ Barbara                                    |
|  |                                   | 6:00 - 7:00p PiYO (WCC lot)  | Tai Chi & Qigong w/ Mary Anne Moisan   |   |   |
|  |                                   |  | Fitclasses w/ Chelsea  |   |   |
|  |                                   |  | Aquatics Classes in WCC pool   |   |   |

Please check website [www.wiscassetrec.com](http://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\*\***

