

WISCASSET COMMUNITY CENTER

Gym Schedule September 7th, 2020 - September 30th, 2020

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Open Gym 5:00 - 7:30 am	Open Gym 5:00 - 5:30 am	Open Gym 5:00 - 7:30 am	5:00 - 5:30 am Open Gym	Open Gym 5:00 - 7:30 am	Closed	Closed
Yoga w/ Tamara 7:45 - 9:00 am	PiYO! w/ Lorna 5:30 - 6:30 am	Yoga w/ Tamara 7:45 - 9:00 am	Morning Mix w/ Lorna 5:30 - 6:30 am	Yoga w/ Tamara 7:45 - 9:00 am		
Open Gym 9:00 am - 1:00 pm	Open Gym 6:30 am - 1:00 pm	Open Gym 9:00 am - 1:00 pm	Open Gym 6:30 am - 1:00 pm	Open Gym 9:00 am - 1:00 pm	PiYO! w/ Lorna 8:00 - 9:00 am weather depending	
Closed 1:00 - 2:00 pm	Closed 1:00 - 2:00 pm	Closed 1:00 - 2:00 pm	Closed 1:00 - 2:00 pm	Closed 1:00 - 2:00 pm	Open Gym 7:00 - 12:00	
Open Gym 2:00 - 7:00 pm	Open Gym 2:00 - 7:00 pm	Open Gym 2:00 - 7:00 pm	Open Gym 2:00 - 7:00 pm	Open Gym 2:00 - 5:30 pm	Closed	
	Gym CLOSED for Selectboard Meeting 4:00 - 7:00 pm 1st & 3rd Tuesday only	PiYO! w/ Lorna 6:00 - 7:00 pm in gym weather depending	CardioKick w/ Chelsea 6:30 - 7:30 pm in gym weather depending			
Closed	Closed	Closed	Closed	Closed		

Please watch for gym closures and schedule updates - SUBJECT TO CHANGE

Schedule Changes

****Friday September 18th the gymnasium will be closed 8:00 am - 4:00 pm for an American Red Cross Blood Drive.****

****Outdoor Fitness Classes may move into the gym depending on weather and the instructor's discretion****

****Cardio Kick with Chelsea will return on Thursday, September 17th****

