

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~

**August Fitness Class Schedule**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>
7:30 - 9:30 am Pickleball in WCC gym	5:30 - 6:30 am PiYO in WCC gym	7:30 - 9:30 am Pickleball in WCC gym	5:30 - 6:30 am Morning Mix in WCC gym	7:30-9:30 am Pickleball	7:00 - 8:00a Waterworks
7:45-9:00a Yoga w/ Sara in Senior Center	7:30-9:30 am Pickleball in WCC gym	7:45-9:00a Yoga w/ Sara in Senior Center	7:30-9:30 am Pickleball in WCC gym	7:45-9:00a Yoga w/ Tamara in Senior Center	7:00 am PiYO! Recreational Pier
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		6:00 - 7:00p PiYO (gym) 6:00-7:00p Evening Water EX		6:30 - 7:30 pm Cedric's Challenge in WCC gym	
<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>
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<b>29</b>	<b>30</b>	<b>31</b>	<b>Class Index</b>		
<b>WCC Closed</b>	<b>for SHUTDOWN</b>	<b>WEEK</b>	Pickleball	Help us keep our gymnasium & fitness room clean and looking great by taking care of it with us. <b>NO STREET SHOES</b> <b>NO FOOD or DRINKS</b> <b>NO CLEATS</b> 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!	
			Yoga w/ Tamara		
			Fitclasses w/ Lorna		
			Aquatics Classes in WCC pool		
			Fitclasses w/ Cedric		
			Fitclasses w/ Chelsea		

Please check website [www.wiscassetrec.com](http://www.wiscassetrec.com) for program changes and updates

schedule subject to change without notice

