

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~

**July Fitness Class Schedule**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<b>Class Index</b>		<b>1</b>	<b>2</b>
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!		Pickleball		7:30-9:30 am Pickleball	7:00 - 8:00a Waterworks
		Yoga w/ Tamara		7:45-9:00a Yoga w/ Tamara	
		Fitclasses w/ Lorna		in Senior Center	7:00 am PiYO!
		Aquatics Classes in WCC pool		8:30- 9:30a Waterworks	Recreational Pier
		Fitclasses w/ Cedric			
		Fitclasses w/ Chelsea		6:30 - 7:30 pm Cedric's Challenge in WCC gym	
<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>
<b>CLOSED</b> <b>4th of July</b>	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 7:45-9:00a Yoga w/ Tamara	7:00 - 8:00a Waterworks
	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	in Senior Center 8:30- 9:30a Waterworks	7:00 am PiYO! Recreational Pier
	8:30- 9:30a Waterworks	8:30- 9:30a Waterworks	8:30- 9:30a Waterworks		
		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>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</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 7:45-9:00a Yoga w/ Tamara	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	in Senior Center 8:30- 9:30a Waterworks	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		
		6:00 - 7:00p PiYO (gym)		6:30 - 7:30 pm Cedric's Challenge	
6:00-7:00p Evening Water EX		6:00-7:00p Evening Water EX		in WCC gym	
<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</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 7:45-9:00a Yoga w/ Tamara	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	in Senior Center 8:30- 9:30a Waterworks	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		
		6:00 - 7:00p PiYO (gym)		6:30 - 7:30 pm Cedric's Challenge	
6:00-7:00p Evening Water EX		6:00-7:00p Evening Water EX		in WCC gym	
<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</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 7:45-9:00a Yoga w/ Tamara	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	in Senior Center 8:30- 9:30a Waterworks	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		
		6:00 - 7:00p PiYO (gym)		6:30 - 7:30 pm Cedric's Challenge	
6:00-7:00p Evening Water EX		6:00-7:00p Evening Water EX		in WCC gym	

**Please check website [www.wiscassetrec.com](http://www.wiscassetrec.com) for program changes and updates**  
 schedule subject to change without notice

