

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~

May Fitness Class Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2	3	4	5	6	7
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 WCC gym	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! in WCC gym
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 CardioKick in WCC gym	6:30 - 7:30 pm Cedric's Challenge in WCC gym	
9	10	11	12	13	14
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16	17	18	19	20	21
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29	30	31	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
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			Pickleball
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			Yoga w/ Tamara
8:30- 9:30a Waterworks	8:30- 9:30a Waterworks	8:30- 9:30a Waterworks			Fitclasses w/ Loma
6:00-7:00p Evening Water EX		6:00 - 7:00p PiYO (gym) 6:00-7:00p Evening Water EX			Aquatics Classes in WCC pool
				Fitclasses w/ Chelsea	

Please check website www.wiscassetrec.com for program changes and updates
 schedule subject to change without notice

