

Fitness Classes are included with your membership fee, unless noted \$ (Karate & Fitness Challenge have a fee).

Fit Classes **FREE** to Members



**Non - Member FIT CLASS RATES**

6 VISIT FIT PUNCH CARD ~ \$60  
 DROP-IN CLASS FEE ~ \$15 PICKLEBALL ~ \$3

~WISCASSET COMMUNITY CENTER~

**January Fitness Class Schedule**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2	3	4	5	6	7
	5:30-6:30a PiYO		5:30-6:30a AM MIX		7:00- 8:00a Waterworks
7:30-9:30a Pickleball - 3 Courts	7:30-9:30a Pickleball - 3 Courts	7:30-9:30a Pickleball - 3 Courts	7:30-9:30a Pickleball - 3 Courts	7:30-9:30a Pickleball - 3 Courts	7:00-8:15a PiYO!
7:45-9:00a Yoga w/ Sara		7:45-9:00a Yoga w/ Sara		7:45-9:00a Yoga w/ Tamara	8:00-10:00a Karate (\$)(Senior Room)
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	
4:30 - 6:30a Karate(\$)				10:00-11:00a Zumba Gold	
6:00-7:00p Evening Water EX	5:30-6:30p Zumba w/ Vicki	6:00 - 7:00p PiYO	5:30 - 6:30a Karate(\$)		
6:30 - 7:30p Cedric's Challenge		6:00-7:00p Evening Water EX	6:30 - 8p Fitness Challenge(\$)	6:30 - 7:30p Cedric's Challenge	
9	10	11	12	13	14
	5:30-6:30a PiYO		5:30-6:30a AM MIX		7:00- 8:00a Waterworks
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	17	18	19	20	21
	5:30-6:30a PiYO		5:30-6:30a AM MIX		7:00- 8:00a Waterworks
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23	24	25	26	27	28
	5:30-6:30a PiYO		5:30-6:30a AM MIX		7:00- 8:00a Waterworks
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30	31	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!			 (SEN ROOM) Yoga w/ Sara or Tamara (GYM) Fitclasses w/ Lorna (GYM) Zumba Gold w/ Barbara \$(GYM) Karate w/ Gene (GYM) Zumba w/ Vicki (POOL) WW w/ Lori, JaJa; WEX w/ Nori (GYM) Cedric's Challenge (GYM) 7:30 - 9:30a Pickleball

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

Schedule subject to change without notice

**CLOSED - Sunday, January 1st (New Years Day).**

**OPEN Saturday, December 31st - WCC BUILDING (7:00a - 2:00p), WCC POOL (7:00a - 12:00p), all times are subject to change**

**(NEW) WCC Fitness Challenge - Thursday evenings, 6:30 - 8p**



