

Fitness Classes are included with your membership fee, unless noted \$ (Karate has a 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
1	2	3	4	5	6
	5:30-6:30a PiYO				
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!
8:00-9:15a Yoga w/ Sara		8:00-9:15a Yoga w/ Sara		7:45-9:00a Yoga w/ Sara	8:00a-1:00p 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	6:00 - 7:00p Balance & Flow w/ Vicki	6:00 - 7:00p PiYO			
6:30 - 7:30p Cedric's Challenge		6:00-7:00p Evening Water EX		6:30 - 7:30p Cedric's Challenge	
8	9	10		11	12
	5:30-6:30a PiYO		5:30-6:30a AM MIX		
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!
8:00-9:15a Yoga w/ Sara		8:00-9:15a Yoga w/ Sara		7:45-9:00a Yoga w/ Sara	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	6:00 - 7:00p w/ Vicki (Cancelled)	6:00 - 7:00p PiYO	4:30 - 6:30a Karate(\$)		
6:30 - 7:30p Cedric's Challenge		6:00-7:00p Evening Water EX	6:30-7:30pm Fitness Challenge	6:30 - 7:30p Cedric's Challenge	
15	16	17	18	19	20
	5:30-6:30a PiYO		5:30-6:30a AM MIX		
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!
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6:30 - 7:30p Cedric's Challenge		6:00-7:00p Evening Water EX	6:30-7:30pm Fitness Challenge	6:30 - 7:30p Cedric's Challenge	
22	23	24	25	26	27
	5:30-6:30a PiYO		5:30-6:30a AM MIX		
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6:00-7:00p Evening Water EX	6:00 - 7:00p Balance & Flow w/ Vicki	6:00 - 7:00p PiYO	4:30 - 6:30a Karate(\$)		
6:30 - 7:30p Cedric's Challenge		6:00-7:00p Evening Water EX	6:30-7:30pm Fitness Challenge	6:30 - 7:30p Cedric's Challenge	
29	30	31	1	2	CLASSES
	5:30-6:30a PiYO		Help us keep our gymnasium & fitness room clean and looking great by taking care of it with us.	(SEN ROOM) Yoga w/ Sara	
7:30-9:30a Pickleball - 3 Courts	7:30-9:30a Pickleball - 3 Courts	7:30-9:30a Pickleball - 3 Courts		(GYM) Fitclasses w/ Lorna	
8:00-9:15a Yoga w/ Sara		8:00-9:15a Yoga w/ Sara	NO STREET SHOES	(GYM) Zumba Gold w/	
8:30- 9:30a Waterworks	8:30- 9:30a Waterworks	8:30- 9:30a Waterworks	NO FOOD or DRINKS	\$(GYM) Karate w/ Gene & Chip	
4:30 - 6:30a Karate(\$)			NO CLEATS	(GYM) Balance & Flow w/ Vicki	
6:00-7:00p Evening Water EX	6:00 - 7:00p Balance & Flow w/ Vicki	6:00 - 7:00p PiYO	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!	(POOL) WW w/ Nori, JaJa, WEX w/ Nori	
6:30 - 7:30p Cedric's Challenge		6:00-7:00p Evening Water EX		(GYM) Cedric's Challenge	

Please check website www.wiscassetrec.com for program changes and updates

Pickleball is being played at WMHS Tennis Courts when weather permits, 5 outdoor courts

All times are subject to change due to other programming, cancellations and special events, sometimes without notice!