

WISCASSET COMMUNITY CENTER

Gym Schedule July 1st - July 31st, 2024

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday		
5:00	5:00 - 7:30 am Open Gym		5:00 - 7:30 am Open Gym		5:00 - 7:30 am Open Gym	Closed	Closed Rentals Available		
5:30		5:30 - 6:30 am PiYO		5:30 - 6:30 am AM Mix					
6:00		Open Gym		Open Gym					
6:30									
7:00	7:30 - 9:30 am Pickle Ball Pick-up 3 courts or 5 courts at WMHS Tennis Courts	7:30 - 9:30 am Pickle Ball Pick-up 3 courts or 5 courts at WMHS Tennis Courts	7:30 - 9:30 am Pickle Ball Pick-up 3 courts or 5 courts at WMHS Tennis Courts	7:30 - 9:30 am Pickle Ball Pick-up 3 courts or 5 courts at WMHS Tennis Courts	7:30 - 9:30 am Pickle Ball Pick-up 3 courts or 5 courts at WMHS Tennis Courts	7:00-8:15a PiYO or Rec Pier			
7:30									
8:00									
8:30									
9:00									
9:30									
10:00	Open Gym	Open Gym	Open Gym	Open Gym	10:00 - 11:00 am Zumba Gold	Closed Rentals Available			
10:30									
11:00									
11:30									
12:00									
12:30									
13:00									
13:30									
14:00									
14:30					9:30 - 4:30 Open Gym		9:30 - 5:30 Open Gym	9:30 - 5:30 Open Gym	9:30 - 5:00 Open Gym
15:00						CLOSED			
15:30									
16:00									
16:30	(\$ Karate					Closed	Closed Rentals Available Inquire at the FRONT DESK!		
17:00	4:30 - 6:30								
17:30	1/2 gym								
18:00	Cedric's Challenge	Balance & Flow	6:00 - 7:00		Cedric's Challenge				
18:30	6:00p - 7:00p 1/2 gym	w/ Vicki 1/2 Gym	PiYO 1/2 gym	6:30-7:30p 1/2 gym	6:00p - 7:00p 1/2 gym				
19:00	WMHS Basketball	WMHS Basketball	WMHS Basketball	Fitclass	Adult Pick-up				
19:30	Summer Practice	Summer Practice	Summer Practice	w/ Cedric	Basketball				
20:00					7:00 - 8:30p				
20:30									
	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED				

Please watch for gym closures and schedule updates - All Gym times are SUBJECT TO CHANGE

Pickleball - Monday - Friday mornings from 7:30 - 9:30 am

Gym times will depend on the weather. Summer Camp returns to the WCC in August

Fitness Classes offered in our gymnasium. See also the Fitness Class Schedule.



Monday - Thursday 5:00 am - 8:30 pm
 Friday 5:00 am - 8:00 pm
 Saturday 7:00 am - 2:00 pm
 Sunday CLOSED



www.wiscassetrec.com