

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~

June Fitness Class Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Help us keep our gymnasium & fitness room clean and looking great by taking care of it with us.		CLASSES			ALUMNI 1
NO STREET SHOES		(SEN ROOM) Yoga w/ Sara			7:00- 8:00a Waterworks -No Instructor
NO FOOD or DRINKS		(GYM) Fitclasses w/ Lorna			7:00-8:15a PiYO!
NO CLEATS		(GYM) Zumba Gold w/			8:00a-1:00p Karate \$(WMHS)
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!		\$(GYM) Karate w/ Gene & Chip			
		(GYM) Balance & Flow w/ Vicki			
		(POOL) WW w/ Nori, JaJa; WEX w/ Nori			
		(GYM) Cedric's Challenge			
3	4	5	6	7	8
	5:30-6:30a PiYO		5:30-6:30a AM MIX		7:00- 8:00a Waterworks -No Instructor
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 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	
10	VOTING DAY 11	12	Last Day of School 13	14	15
	5:30-6:30a PiYO		5:30-6:30a AM MIX		7:00- 8:00a Waterworks -No Instructor
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(\$)	WCC Gymnasium is CLOSED			10:00-11:00a Zumba Gold	
6:00-7:00p Evening Water EX	ALL DAY for TOWN WARRANT	6:00 - 7:00p PiYO	4:30 - 6:30a Karate(\$)		
6:30 - 7:30p Cedric's Challenge	VOTING	6:00-7:00p Evening Water EX	6:30-7:30pm Fitness Challenge	6:30 - 7:30p Cedric's Challenge	
17	18	19	20	21	22
	5:30-6:30a PiYO		5:30-6:30a AM MIX		7:00- 8:00a Waterworks -No Instructor
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 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	
24	25	26	27	28	29
	5:30-6:30a PiYO		5:30-6:30a AM MIX		7:00- 8:00a Waterworks -No Instructor
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 \$(Gymnasium)
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 - CANCELLED	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	

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!