

WISCASSET COMMUNITY CENTER

Gym Schedule

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00							
5:30	5:00 - 7:30a	5:00 - 7:30a	5:00 - 7:30a	5:30 - 6:30a	5:00 - 7:30a	Closed	
6:00	Open Gym	Open Gym	Open Gym	AM Mix	Open Gym		
6:30				Open Gym			
7:00						7:00-8:15a	
7:30	7:30 - 10:00a	7:30 - 10:00a	7:30 - 10:00a	7:30 - 10:00a	7:30 - 10:00a	PiYO	
8:00	Pickle Ball	Pickle Ball	Pickle Ball	Pickle Ball	Pickle Ball		
8:30	Pick-up	Pick-up	Pick-up	Pick-up	Pick-up		
9:00	3 courts or 4 courts at	3 courts or 4 courts at	3 courts or 4 courts at	3 courts or 4 courts at	3 courts or 4 courts at		
9:30	WMHS Tennis Courts	WMHS Tennis Courts	WMHS Tennis Courts	WMHS Tennis Courts	WMHS Tennis Courts		
10:00	10:00 - 11:00a	Senior Flex & Mobility		Senior Flex & Mobility	10:00 - 11:00a		
10:30	Line Dancing	10:00 - 11:00a		10:00 - 11:00a	Zumba Gold		
11:00	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym 8:30 - 2:00	Closed
11:30	Open Gym	Please call ahead	Please call ahead	Please call ahead	Please call ahead		
12:00	Please call ahead	for up to date info	for up to date info	for up to date info	for up to date info		
12:30	for up to date info	11:00 - 2:30p	10:00 - 2:30p	11:00 - 2:30p	11:00 - 2:30p		
13:00	11:00 - 2:30p						
13:30							
14:00							
14:30	ASA	ASA	ASA	ASA	ASA	Closed	CLOSED
15:00	2:45 - 4:30p	2:45 - 5:30p	2:45 - 5:30p	2:45 - 5:00p	2:45 - 5:30p		
15:30	1/2 gym	1/2 gym	1/2 gym	1/2 gym	1/2 gym		
16:00	Open Gym (half)	2:30 - 5:30p	2:30 - 7:15p	2:30 - 6:30p	2:30 - 6:00p		
16:30	2:30-6:30p (\$ Karate)	Open Gym (half)	Open Gym (half)	Open Gym (\$ Karate)	Open Gym (half)	Closed	Closed
17:00	4:30 - 6:30p			(half) 4:30 - 6:30			
17:30	1/2 gym			1/2 gym			
18:00							
18:30			6:00 - 7:15pm			Closed Rentals Available Inquire at the FRONT DESK!	Closed
18:30			PiYO 1/2 gym				
19:00							
19:30	Open Gym	Open Gym	Open Gym	Open Gym			
20:00	6:30 - 8:30p	5:30 - 8:30p	7:15 - 8:30p	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 - 10:00a, Open Gym if playing outside at WMHS courts.

ASA during the school year, open gym throughout the summer.

Gym times will depend on any special events / rentals scheduled as well!

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



Monday - Thursday 5:00 am - 8:30 pm
 Friday 5:00 am - 6:00 pm
 Saturday 7:00 am - 2:00 pm
 Sunday Closed



www.wiscassetrec.com