

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~

March 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.		1	2	3	4
NO STREET SHOES NO FOOD or DRINKS NO CLEATS		7:30-9:30a Pickleball - 3 Courts	7:30-9:30a Pickleball - 3 Courts	7:30-9:30a Pickleball - 3 Courts	7:00-8:00a Waterworks
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!		8:00-9:15a Yoga w/ Sara	8:30- 9:30a Waterworks	7:45-9:00a Yoga w/ Tamara	7:00-8:15a PiYO! - Cancelled
		8:30- 9:30a Waterworks	8:30- 9:30a Waterworks	8:30- 9:30a Waterworks	8:00-10:00a Karate \$(Senior Room)
		6:00 - 7:00p Flex & Balance w/ Vicki	5:30 - 6:30a Karate(\$)	10:00-11:00a Zumba Gold	
		6:00-7:00p Evening Water EX	6:30 - 8p Fitness Challenge(\$)	6:30 - 7:30p Cedric's Challenge	
6	7	8	9	10	11
		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!
8:00-9:15a Yoga w/ Sara		8:00-9:15a 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	
13	14	15	16	17	18
		5:30-6:30a PiYO	5:30-6:30a AM MIX	HOLIDAY ST. PATRICK'S DAY	
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- 8:00a Waterworks
8:00-9:15a Yoga w/ Sara		8:00-9:15a Yoga w/ Sara		7:45-9:00a Yoga w/ Tamara	7:00-8:15a PiYO!
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	8:00-2:00p Karate \$(Senior Room)
4:30 - 6:30a Karate(\$)				10:00-11:00a Zumba Gold	KUNG FU
6:00-7:00p Evening Water EX	5:30-6:30p Zumba w/ Vicki	6:00 - 7:00p PiYO	5:30 - 6:30a Karate(\$)		SATURDAY
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	
20	21	22	23	24	25
		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!
8:00-9:15a Yoga w/ Sara		8:00-9:15a 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	
27	28	29	30	31	(SEN ROOM) Yoga w/ Sara or Tamara
		5:30-6:30a PiYO	5:30-6:30a AM MIX		(GYM) Fitclasses w/ Lorna
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	(GYM) Zumba Gold w/ Barbara
8:00-9:15a Yoga w/ Sara		8:00-9:15a Yoga w/ Sara		7:45-9:00a Yoga w/ Tamara	\$(GYM) Karate w/ Gene
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	(GYM) Zumba w/ Vicki
4:30 - 6:30a Karate(\$)				10:00-11:00a Zumba Gold	(POOL) WW w/ Lori, JaJa; WEX w/ Nori
6:00-7:00p Evening Water EX	5:30-6:30p Zumba w/ Vicki	6:00 - 7:00p PiYO	5:30 - 6:30a Karate(\$)		(GYM) Cedric's Challenge
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	(GYM) 7:30 - 9:30a Pickleball

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

Schedule subject to change without notice

All times are subject to change due to other programming and special events!

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

