

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~

May Fitness Class Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6
	5:30-6:30a PIYO		5:30-6:30a AM MIX - Cancelled		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! - Cancelled
7:45-9:00a Yoga w/ Sara		7:45-9:00a 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	
8	9	10	11	12	13
	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!
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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	
15	16	17	18	19	20
	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!
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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 SUP Yoga w/ Sara (\$)	6:00-7:00p Evening Water EX	6:30 - 8p 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		Closed
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	
7:45-9:00a Yoga w/ Sara		7:45-9:00a Yoga w/ Sara		7:45-9:00a Yoga w/ Tamara	
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 Flex & Balance w/ Vicki	5:30 - 6:30a Karate(\$)		
6:30 - 7:30p Cedric's Challenge	6:00 - 7:00p SUP Yoga w/ Sara (\$)	6:00-7:00p Evening Water EX	6:30 - 8p Fitness Challenge(\$)	6:30 - 7:30p Cedric's Challenge	
Closed	29	30	31		
	5:30-6:30a PIYO		Help us keep our gymnasium & fitness room clean and looking great by taking care of it with us.		
	7:30-9:30a Pickleball - 3 Courts	7:30-9:30a Pickleball - 3 Courts	NO STREET SHOES NO FOOD or DRINKS NO CLEATS 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!		
		7:45-9:00a Yoga w/ Sara			
	8:30- 9:30a Waterworks	8:30- 9:30a Waterworks			
	5:30-6:30p Zumba w/ Vicki	6:00 - 7:00p Flex & Balance w/ Vicki	(SEN ROOM) Yoga w/ Sara or Tamara		
	6:00 - 7:00p SUP Yoga w/ Sara (\$)	6:00-7:00p Evening Water EX	(GYM) Fitclasses w/ Loma		
			(GYM) Zumba Gold w/ Barbara		
			\$(GYM) Karate w/ Gene		
			(GYM) Zumba w/ Vicki		
			(POOL) WW w/ Lori, JaJa; WEX w/ Noni		
			(GYM) Cedric's Challenge		
			(GYM) 7:30 - 9:30a Pickleball		

Schedule subject to change without notice

All times are subject to change due to other programming and special events!
 (NEW) Stand Up Paddleboard Yoga w/ Sara, starting April 18th (6 week class) -SIGN UP TODAY!

