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

Fitness Schedule

Time	Monday			Tuesday			Wednesday			Thursday			Friday			Saturday	
5:00																	
5:30				PiYO						AM Mix							
6:00				5:30 - 6:30						5:30 - 6:30							
6:30				Gym						Gym							
7:00																PiYO	
7:30	Pickleball	Yoga		Pickleball			Pickleball	Yoga		Pickleball			Pickleball	Yoga		7:00 - 8:15	
8:00	Gym	w/ Sara		Gym			Gym	w/ Sara		Gym			Gym	w/ Sara		Gym / Pier	Karate ($)
8:30	3 courts	SenCen	Waterwork	3 courts	Waterwork		3 courts	SenCen	Waterwork	3 courts	Waterwork		3 courts	SenCen	Waterwork		8:00 - 10:00
9:00	7:30 - 10:00	8 - 9:15	Pool	7:30 - 10:00	Pool		7:30 - 10:00	8 - 9:15	Pool	7:30 - 10:00	Pool		7:30 - 10:00	8 - 9:15	Pool		SenCen or
9:30			8:30 - 9:30		8:30 - 9:30				8:30 - 9:30		8:30 - 9:30				8:30 - 9:30		Gym
10:00													Zumba Gold				
10:30													10:00 - 11:00				
11:00																	
11:30																	
12:00																	
12:30																	
13:00																	
13:30																	
14:00																	
14:30																	
15:00																	
15:30																	
16:00																	
16:30		Karate ($)															
17:00		Lil Nij															
17:30		4:30 - 5:30								Karate ($)							
18:00	Waterwork	Tao		Balance &			Waterwork	PiYO		Combo							
18:30	Pool	5:30 - 6:30	Cedric's	Flow, SC			Pool	6:00 - 7:00		5:30 - 6:30	Fit ($)		Cedric's				
19:00	6:00 - 7:00	Gym	Challenge	6:00 - 7:00	Adult		6:00 - 7:00	Gym		Gym	Challenge		Challenge	Adult			
19:30			6:30 - 7:30		Pick-up						6:30 - 7:30		6:30 - 7:30	Pick-up			
20:00					B-Ball($)									B-Ball($)			
20:30					7:00 - 8:30									7:00 - 8:30			

Please watch for gym, pool and Senior room closures and schedule updates - All times are SUBJECT TO CHANGE

Pickleball - Monday - Friday mornings from 7:30 - 10:00 am, also offered outside at WMHS Tennis Courts

Winter hours will start in Mid-October, look for updates in October

Fitness Classes offered at the WCC, in the Gym, Senior Center and Pool

BUILDING HOURS FOR THE WCC, WCC POOL HOURS ARE DIFFERENT (SEPARATE SCHEDULE)

Monday - Thursday	5:00 am - 8:30 pm
Friday	5:00 am - 8:00 pm
Saturday	7:00 am - 4:00 pm
Sunday	1:00 pm - 5:00 pm

www.wiscassetrec.com