

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~

September 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
(SEN ROOM) Yoga w/ Sara or Tamara		NO STREET SHOES		7:30-9:30a Pickleball - 3 Courts	7:00- 8:00a Waterworks
(GYM) Fitclasses w/ Lorna		NO FOOD or DRINKS		7:45-9:00a Yoga w/ Tamara	7:00-8:15a PiYO!
(GYM) Zumba Gold w/ Barbara		NO CLEATS		8:30- 9:30a Waterworks	8:00-10:00a Karate (\$)(Senior Room)
\$(GYM) Karate w/ Gene		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!		10:00-11:00a Zumba Gold	
(GYM) Zumba w/ Vicki				6:30 - 7:30p Cedric's Challenge	
(POOL) WW w/ Nori, JaJa; WEX w/ Nori					
(GYM) Cedric's Challenge					
4	5	6	7	8	9
	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 - 7:30p Cedric's Challenge	
11	12	13	14	15	16
	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)
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6:30 - 7:30p Cedric's Challenge		6:00-7:00p Evening Water EX		6:30 - 7:30p Cedric's Challenge	
18	19	20	21	22	23
	5:30-6:30a PiYO		5:30-6:30a AM MIX	5:30-6:30a AM MIX	7:00- 8:00a Waterworks
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6:30 - 7:30p Cedric's Challenge		6:00-7:00p Evening Water EX			
25	26	27	28	29	30
	5:30-6:30a PiYO		5:30-6:30a AM MIX	5:30-6:30a AM MIX	7:00- 8:00a Waterworks
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Please check website www.wiscassetrec.com for program changes and updates

Pickleball courts are also available on the Town's outdoor courts at Wiscasset Middle High School

All times are subject to change due to other programming and special events, sometimes without notice!