

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
4	5	6	7	8	9
	5:30-6:30a PiYO		5:30-6:30a AM MIX		7:00- 8:00a Waterworks -No Instructor
7:30-9:30a Pickleball - 3 Courts	NO PICKLEBALL - Voting Day	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	8:00a-1:00p Karate \$(/WMHS)
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		6:00 - 7:00p PiYO			
6:30 - 7:30p Cedric's Challenge		6:00-7:00p Water EX - cancelled	6:30-7:45pm Fitness Challenge(\$)	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 -No Instructor
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	9:30 - 11:00a Beginner Pickle Ball Class (\$)	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		6:00 - 7:00p PiYO	5:30 - 6:30a Karate(\$)		
6:30 - 7:30p Cedric's Challenge		6:00-7:00p Evening Water EX	6:30-7:45pm Fitness Challenge(\$)	6:30 - 7:30p Cedric's Challenge	
18	19	20	21	22	23
	5:30-6:30a PiYO		5:30-6:30a AM MIX		7:00- 8:00a Waterworks -No Instructor
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	9:30 - 11:00a Beginner Pickle Ball Class (\$)	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		6:00 - 7:00p PiYO	5:30 - 6:30a Karate(\$)		
6:30 - 7:30p Cedric's Challenge		6:00-7:00p Evening Water EX	6:30-7:45pm Fitness Challenge(\$)	6:30 - 7:30p Cedric's Challenge	
25	26	27	28	29	Easter Weekend! 30
	5:30-6:30a PiYO		5:30-6:30a AM MIX		7:00- 8:00a Waterworks -No Instructor
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	9:30 - 11:00a Beginner Pickle Ball Class (\$)	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	Easter Egg Hunt - WMHS Track
6:00-7:00p Evening Water EX		6:00 - 7:00p PiYO	5:30 - 6:30a Karate(\$)		10:00a Sharp
6:30 - 7:30p Cedric's Challenge		6:00-7:00p Evening Water EX	6:30-7:45pm Fall Fitness Challenge(\$)	6:30 - 7:30p Cedric's Challenge	



- (SEN ROOM) Yoga w/ Sara or Tamara
- (GYM) Fitclasses w/ Loma
- (GYM) Zumba Gold w/ Barbara
- \$(GYM) Karate w/ Gene & Chip
- (\$ ) Beginner Pickle Ball Class w/ Elizabeth
- (POOL) WW w/ Nori, JaJa; WEX w/ Nori
- (GYM) Cedric's Challenge



Help us keep our gymnasium & fitness room clean and looking great by taking care of it with us.

**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!

Please check website [www.wiscassetrec.com](http://www.wiscassetrec.com) for program changes and updates

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





