NEW

Fitness Pass Classes are now included in your membership fee.

Fit Pass Classes FREE to Members

STANDARD RATES

6 VISIT PUNCH CARD ~ $60

WISCASSET COMMUNITY CENTER

March Fitness Pass Class Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2	3	4	5	6	7
5:30-6:30a Wake Up Call!	5:30-6:30a Flex Fit w/Kristina	5:30-6:30a Kick Boxing w/Kristina	5:30-6:30a Flex Fit w/Kristina	5:30-6:30a Wake Up Call!	
8:30-10a Pickleball	3:30-4:30p Zumba w/Debbie (WPS)	7:45-9a Yoga w/Murielle			7:30-8:30a Zumba w/Barbara
6-7p Water Ex! w/Janelle	3:30-4:30p Y. Athletic Fit	10:00-11:00am PT Consultation	3:30-4:30p Y. Athletic Fit	11a-12pm Zumba Gold	
	5:30-6:30p Core Concepts	6-7p Step It Up!	5:30-6:30p Core Concepts		
	6:30-8p Flex Fit w/Cedric	6:30-8p Flex Fit w/Cedric	6:30-8p Flex Fit w/Cedric	6:30-8p Flex Fit w/Cedric	
9	10	11	12	13	14
5:30-6:30a Wake Up Call!	5:30-6:30a Flex Fit w/Kristina	5:30-6:30a Kick Boxing w/Kristina	5:30-6:30a Flex Fit w/Kristina	5:30-6:30a Wake Up Call!	
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16	17	18	19	20	21
5:30-6:30a Wake Up Call!	5:30-6:30a Flex Fit w/Kristina	5:30-6:30a Kick Boxing w/Kristina	5:30-6:30a Flex Fit w/Kristina	5:30-6:30a Wake Up Call!	
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	5:30-6:30p Core Concepts	6-7p Step It Up!	5:30-6:30p Core Concepts		
	6:00-8:00p Vollyball Pick-up	6:30-8p Flex Fit w/Cedric	6:30-8p Flex Fit w/Cedric	6:30-8p Flex Fit w/Cedric	
	6:30-8p Flex Fit w/Cedric				
23	24	25	26	27	28
5:30-6:30a Wake Up Call!	5:30-6:30a Flex Fit w/Kristina	5:30-6:30a Kick Boxing w/Kristina	5:30-6:30a Flex Fit w/Kristina	5:30-6:30a Wake Up Call!	
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	6:00-8:00p Vollyball Pick-up	6:30-8p Flex Fit w/Cedric	6:30-8p Flex Fit w/Cedric	6:30-8p Flex Fit w/Cedric	
	6:30-8p Flex Fit w/Cedric				

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

schedule subject to change without notice