

Fitness Classes are included in your membership 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
29-Apr	30	1	2	3	4
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!		7:30-10:00a Pickleball		5:30-6:30a Am Mix	7:45-9:00a PiYO
		7:45-9:00a Yoga w/ Tamara		7:30-10:00a Pickleball	
		8:30- 9:30a Waterworks		7:30-9:00a Yoga w/ Meg	
		6:00-7:00p PiYO	8:30- 9:30a Waterworks	8:30- 9:30a Waterworks	
		6:00-7:00p Evening Water EX	5:30-6:30p Core Concepts	5:30-6:30p Core Concepts	10:00-11:00a Zumba Gold
6:30-8:00p Flex Fit w/Cedric		6:30-8:00p Flex Fit w/Cedric	6:30-8:00p Summer Fit Challenge		
6	7	8	9	10	11
	5:30-6:30a PiYO			5:30-6:30a Am Mix	7:45-9:00a PiYO
7:30-10:00a Pickleball	7:30-10:00a Pickleball (Beginner)	7:30-10:00a Pickleball		7:30-10:00a Pickleball	
7:45-9:00a Yoga w/ Tamara		7:45-9:00a Yoga w/ Tamara		7:30-9:00a Yoga w/ Meg	
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	
6:00-7:00p Evening Water EX	5:30-6:30p Core Concepts	6:00-7:00p Evening Water EX	5:30-6:30p Core Concepts	10:00-11:00a Zumba Gold	
6:30-8:00p Flex Fit w/Cedric		6:30-8:00p Flex Fit w/Cedric	6:30-8:00p Summer Fit Challenge		
13	14	15	16	17	18
	5:30-6:30a PiYO			5:30-6:30a Am Mix	7:45-9:00a PiYO
7:30-10:00a Pickleball	7:30-10:00a Pickleball (Beginner)	7:30-10:00a Pickleball		7:30-10:00a Pickleball	
7:45-9:00a Yoga w/ Tamara		7:45-9:00a Yoga w/ Tamara		7:30-9:00a Yoga w/ Meg	
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	
6:00-7:00p Evening Water EX	5:30-6:30p Core Concepts	6:00-7:00p Evening Water EX	5:30-6:30p Core Concepts	10:00-11:00a Zumba Gold	
6:30-8:00p Flex Fit w/Cedric		6:30-8:00p Flex Fit w/Cedric	6:30-8:00p Summer Fit Challenge		
20	21	22	23	24	25
	5:30-6:30a PiYO			5:30-6:30a Am Mix	7:45-9:00a PiYO
7:30-10:00a Pickleball	7:30-10:00a Pickleball (Beginner)	7:30-10:00a Pickleball		7:30-10:00a Pickleball	
7:45-9:00a Yoga w/ Tamara		7:45-9:00a Yoga w/ Tamara		7:30-9:00a Yoga w/ Meg	
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	
6:00-7:00p Evening Water EX	5:30-6:30p Core Concepts	6:00-7:00p Evening Water EX	5:30-6:30p Core Concepts	10:00-11:00a Zumba Gold	
6:30-8:00p Flex Fit w/Cedric		6:30-8:00p Flex Fit w/Cedric	6:30-8:00p Summer Fit Challenge		
27	28	29	30	31	1-Jun
	5:30-6:30a PiYO			5:30-6:30a Am Mix	Yoga w/ Tamara / Meg
		7:30-10:00a Pickleball			Fitclasses w/ Lorna
	7:30-10:00a Pickleball (Beginner)	7:30-10:00a Pickleball (Beginner)		7:30-10:00a Pickleball	Fitclasses w/ Cedric
		8:30- 9:30a Waterworks	8:30- 9:30a Waterworks	7:30-9:00a Yoga w/ Meg	Zumba w/ Barbara
	8:30- 9:30a Waterworks	6:00-7:00p PiYO	8:30- 9:30a Waterworks	8:30- 9:30a Waterworks	Pick-up Pickleball
	5:30-6:30p Core Concepts	6:00-7:00p Evening Water EX	5:30-6:30p Core Concepts	10:00-11:00a Zumba Gold	WW w/ Lori, JaJa; WEX w/ Rachel, Nori
		6:30-8:00p Flex Fit w/Cedric	6:30-8:00p Summer Fit Challenge		Pickleball (Beginner & intermediate)



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

schedule subject to change without notice

**Summer Fitness Challenge is not included with your membership - Registration is requested
Please see WCC Summer Brochure for program details.**

