

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~

April Fitness Class Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
Class Index	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!		1	2	3	
Pickleball			5:30 - 6:30 am Morning Mix in WCC gym	7:45-9:00a Yoga w/ Tamara in WCC gym		
Yoga w/ Tamara / Meg				7:30-9:30 am Pickleball in WCC gym	8:30- 9:30a Waterworks	7:30 am PiYO! in WCC gym
Fitclasses w/ Lorna				8:30- 9:30a Waterworks		9:00 - 11:30 am Pickleball in WCC gym
Zumba w/ Barbara					6:00 - 7:00 pm Cedric's Challenge in WCC gym	
Fitclasses w/ Chelsea				6:30 - 7:30 pm Cardio Kick		
Aquatics Classes in WCC pool						
Fitclasses w/ Cedric						
5	6	7	8	9	10	
7:45-9:00a Yoga w/ Tamara in WCC gym	5:30 - 6:30 am PiYO in WCC gym	7:45-9:00a Yoga w/ Tamara in WCC gym	5:30 - 6:30 am Morning Mix in WCC gym	7:45-9:00a Yoga w/ Tamara in WCC gym	7:30 am PiYO! in WCC gym	
8:30- 9:30a Waterworks	7:30-9:30 am Pickleball in WCC gym	8:30- 9:30a Waterworks	7:30-9:30 am Pickleball in WCC gym	8:30- 9:30a Waterworks	9:00 - 11:30 am Pickleball in WCC gym	
9:15 - 11:30 am Pickleball in WCC gym	8:30- 9:30a Waterworks	9:15 - 11:30 am Pickleball in WCC gym	8:30- 9:30a Waterworks			
		6:00-7:00p Evening Water EX		6:00 - 7:00 pm Cedric's Challenge in WCC gym		
6:00-7:00p Evening Water EX		6:00 - 7:00p PiYO (gym)	6:30 - 7:30 pm Cardio Kick			
12	13	14	15	16	17	
7:45-9:00a Yoga w/ Tamara in WCC gym		7:45-9:00a Yoga w/ Tamara in WCC gym	5:30 - 6:30 am Morning Mix in WCC gym	7:45-9:00a Yoga w/ Tamara in WCC gym	7:30 am PiYO! in WCC gym	
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Please check website www.wiscassetrec.com for program changes and updates
 schedule subject to change without notice

