

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~

January Fitness Class Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
3	4	5	6	7	8
7:30 - 9:30 am Pickleball in WCC gym	5:30 - 6:30 am PiYO in WCC gym	7:30 - 9:30 am Pickleball in WCC gym	5:30 - 6:30 am Morning Mix in WCC gym	7:30-9:30 am Pickleball	7:00 - 8:00a Waterworks
7:45-9:00a Yoga w/ Tamara in WCC gym	7:30-9:30 am Pickleball in WCC gym	7:45-9:00a Yoga w/ Tamara in WCC gym	7:30-9:30 am Pickleball in WCC gym	7:45-9:00a Yoga w/ Tamara in Senior Center	7:30 am PiYO! in WCC gym
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	10:00 - 11:00 Zumba Gold
6:00-7:00p Evening Water EX		6:00 - 7:00p PiYO (gym) 6:00-7:00p Evening Water EX	6:30 - 7:30 pm CardioKick in WCC gym	6:30 - 7:30 pm Cedric's Challenge in WCC gym	
10	11	12	13	14	15
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7:30 - 9:30 am Pickleball in WCC gym					Pickleball
7:45-9:00a Yoga w/ Tamara in WCC gym					Yoga w/ Tamara
8:30- 9:30a Waterworks					Fitclasses w/ Loma
6:00-7:00p Evening Water EX					Zumba w/ Barbara
					Aquatics Classes in WCC pool
					Fitclasses w/ Cedric
					Fitclasses w/ Chelsea

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 for program changes and updates
 schedule subject to change without notice

