

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~

**July Fitness Class Schedule**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Class Index</b>	Help us keep our gymnasium & fitness room clean and looking great by taking care of it with us. <b>NO STREET SHOES</b> <b>NO FOOD or DRINKS</b> <b>NO CLEATS</b> 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!		<b>1</b>	<b>2</b>	<b>3</b>
Pickleball			5:30 - 6:30 am Morning Mix in WCC gym	7:45-9:00a Yoga w/ Tamara in WCC gym	7:00 - 8:00a Waterworks
Yoga w/ Tamara / Meg			7:30-9:30 am Pickleball in WCC gym	8:30- 9:30a Waterworks	7:30 am PiYO! on the Pier
Fitclasses w/ Lorna			8:30- 9:30a Waterworks	10:00 - 11:00 Zumba Gold w/ Barbara (front lawn)	Wiscasset Waterfront
Zumba w/ Barbara				6:30 - 7:00 pm Cedric's Challenge in WCC gym	
Fitclasses w/ Chelsea					
Aquatics Classes in WCC pool					
Fitclasses w/ Cedric					
<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>
7:30 - 9:30 am Pickleball at WMHS Tennis Courts	5:30 - 6:30 am PiYO in WCC gym	7:30 - 9:30 am Pickleball at WMHS Tennis Courts	5:30 - 6:30 am Morning Mix in WCC gym	7:45-9:00a Yoga w/ Tamara in WCC gym	7:00 - 8:00a Waterworks
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6:00-7:00p Evening Water EX		6:00 - 7:00p PiYO (gym)		6:00 - 7:00 pm Cedric's Challenge in WCC gym	
<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>
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**Please check website [www.wiscassetrec.com](http://www.wiscassetrec.com) for program changes and updates**  
 schedule subject to change without notice

