

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~

November Fitness Class Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6
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	7:45-9:00a Yoga w/ Tamara in Senior Center	7:00 - 8:00a Waterworks
7:45-9:00a Yoga w/ Tamara in WCC gym	PICKLEBALL CANCELED (voting in gym)	7:45-9:00a Yoga w/ Tamara in WCC gym	7:30-9:30 am Pickleball in WCC gym	8:30- 9:30a Waterworks w/ Barbara	7:30 am PiYO! in WCC gym
8:30- 9:30a Waterworks	8:30- 9:30a Waterworks	8:30- 9:30a Waterworks 6:00 - 7:00p PiYO (gym)	8:30- 9:30a Waterworks 6:30 - 7:30 pm Cedric's Challenge in WCC gym		
6:00-7:00p Evening Water EX		6:00-7:00p Evening Water EX			
8	9	10	11	12	13
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	7:45-9:00a Yoga w/ Tamara in Senior Center	7:00 - 8:00a Waterworks
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6:00-7:00p Evening Water EX		6:00-7:00p Evening Water EX			
15	16	17	18	19	20
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	7:45-9:00a Yoga w/ Tamara in Senior Center	7:00 - 8:00a Waterworks
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6:00-7:00p Evening Water EX		6:00-7:00p Evening Water EX			
22	23	24	25	26	27
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	WCC CLOSED		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	Happy Thanksgiving!		7:30 am PiYO! in WCC gym
8:30- 9:30a Waterworks	8:30- 9:30a Waterworks	8:30- 9:30a Waterworks 6:00 - 7:00p PiYO (gym)			
6:00-7:00p Evening Water EX		6:00-7:00p Evening Water EX			
29	30				Class Index
7:30 - 9:30 am Pickleball in WCC gym	5:30 - 6:30 am PiYO in WCC gym		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!		Pickleball
7:45-9:00a Yoga w/ Tamara in WCC gym	7:30-9:30 am Pickleball 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

Please check website www.wiscassetrec.com for program changes and updates
 schedule subject to change without notice

