

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~

September Fitness Class Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6	7	8	9	10	11
WCC CLOSED LABOR DAY	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
	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	8:30- 9:30a Waterworks w/ Barbara (front lawn)	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	6:30 - 7:30 pm Cedric's Challenge in WCC gym	
13	14	15	16	17	18
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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Class Index

Pickleball
Yoga w/ Tamara
Fitclasses w/ Lorna
Zumba w/ Barbara
Aquatics Classes in WCC pool
Fitclasses w/ Cedric

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

