

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	
2	3	4	5	6	7	
	WCC & School Open 5:30-6:30a PiYO			5:30-6:30a Am Mix	7:45-9:00a PiYO! On the Pier	
	7:30-10:00a Pickleball (Beginner)	7:30-10:00a Pickleball 7:45-9:00a Yoga w/ Tamara		7:30-10:00a Pickleball 7:30-9:00a Yoga w/ Meg	Wiscasset Waterfront	
	8:30- 9:30a Waterworks 5:30 - 7:30p Pickleball	8:30- 9:30a Waterworks 6:00-7:00p PiYO	8:30- 9:30a Waterworks 6:00-7:00p Evening Water EX	8:30- 9:30a Waterworks 10:00-11:00a Zumba Gold		
9	10	11	12	13	14	
	5:30-6:30a PiYO			5:30-6:30a Am Mix	7:45-9:00a PiYO! On the Pier	
7:30-10:00a Pickleball 7:45-9:00a Yoga w/ Tamara	7:30-10:00a Pickleball (Beginner)	7:30-10:00a Pickleball 7:45-9:00a Yoga w/ Tamara	8:00 - 9:00a Tai Chi & Qigong	7:30-10:00a Pickleball 7:30-9:00a Yoga w/ Meg	Wiscasset Waterfront	
8:30- 9:30a Waterworks 6:00-7:00p Evening Water EX	8:30- 9:30a Waterworks 5:30 - 7:30p Pickleball	8:30- 9:30a Waterworks 6:00-7:00p PiYO	8:30- 9:30a Waterworks 6:30 - 7:30p Cardio Kick w/ Chelsea	8:30- 9:30a Waterworks 10:00-11:00a Zumba Gold		
		6:00-7:00p Evening Water EX				
16	17	18	19	20	21	
	5:30-6:30a PiYO			NO CLASS - CANCELLED	NO CLASS - CANCELLED	
7:30-10:00a Pickleball 7:45-9:00a Yoga w/ Tamara	7:30-10:00a Pickleball (Beginner)	7:30-10:00a Pickleball 7:45-9:00a Yoga w/ Tamara	8:00 - 9:00a Tai Chi & Qigong	7:30-10:00a Pickleball 7:30-9:00a Yoga w/ Meg	Wiscasset Waterfront	
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		6:00-7:00p Evening Water EX				
23	24	25	26	27	28	
	NO CLASS - CANCELLED			NO CLASS - CANCELLED	WHS HOMECOMING!	
7:30-10:00a Pickleball 7:45-9:00a Yoga w/ Tamara	7:30-10:00a Pickleball (Beginner)	7:30-10:00a Pickleball 7:45-9:00a Yoga w/ Tamara	8:00 - 9:00a Tai Chi & Qigong	7:30-10:00a Pickleball 7:30-9:00a Yoga w/ Meg	Wiscasset Waterfront	
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		6:00-7:00p Evening Water EX				
30	Oct. 1	2	3	4	5	
	5:30-6:30a PiYO	NEW CLASSES! starting in September Tai Chi & Qigong w/ Mary Anne Moisan Cardio Kick w/ Chelsea (Thursdays)	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!	Yoga w/ Tamara / Meg		
7:30-10:00a Pickleball 7:45-9:00a Yoga w/ Tamara	7:30-10:00a Pickleball (Beginner)	Starting in October P90X w/ Lorna		Fitclasses w/ Lorna		
8:30- 9:30a Waterworks 6:00-7:00p Evening Water EX	8:30- 9:30a Waterworks 5:30 - 7:30p Pickleball	Friday mornings 5:30 - 6:30		Wiscasset Waterfront / PiYO!		
				Zumba w/ Barbara		
				Pick-up Pickleball		
			WW w/ Lori, JaJa; WEX w/ Rachel, Nori			
			NEW! 5:30 - 7:30p Pickleball			

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

**NEW CLASSES! Starting in September - Check them out! FRIDAY YOGA w/ Meg is also returning!
 PiYO & AM MIX CANCELLED September 18 - 28**

