

Eff. January 5, 2020

**CLASS DESCRIPTIONS**

**ARMS & ABS-** Build strength and definition in your upper body and mid-section while using your whole body! Beginners welcome. **BRING MAT!**

**BODY BLAST-** A high intensity interval workout, using free weights, your body weight and dynamic movements to blast you into shape! **BRING MAT!**

**BURN & FIRM-** A Hi-Low cardio-toning interval workout. Burn fat and sculpt body. Beginners welcome. **BRING MAT!**

**FIT 4-EVER-** For those new to exercise, sedentary, post-rehab, or unfamiliar with exercise. 50+ generations love this class!

**FIT 4-EVER** For fit and active adults who want more in their workout. Standing 45 minutes. Chair optional. Beginners welcome.

**JUST PUMP- COME EARLY to set up!** Get fast results! Barbell workout. You'll work every muscle group to great music!! Beginners welcome. **BRING MAT!**

**KICKIN' CARDIO-** You want to kick that cardio? Well then try KICKIN' cardio!

**PILATES-** This mat class is a blend of strength and flexibility with an emphasis on abdominal strengthening. Beginners welcome. **BRING MAT!**

**SPIN- RESERVATION REQUIRED 30 MINUTES**

**PRIOR to reserve your bike!** Control your own pace! Beginners and veteran cyclists welcome! **Water and towel mandatory.**

**TOTAL BODY-** Use weights, stability balls, steps, bars, & tubing to shape your whole body. Beginners welcome. **BRING MAT!**

**YOGA-** No experience required. Gentle Postures performed slowly and geared for yoga participants of all levels. Beginners welcome. **BRING MAT!**

**ZUMBA-** Dance away to Latin & International music! Fun & easy to do! Beginners welcome. Join the party!

**HAVE YOUR CHILD'S BIRTHDAY PARTY HERE!**



WRPFitness  
 WandasWRP  
 WRP Fitness App



**225 Montauk Hwy  
 Moriches, NY 11955  
 (631) 878-0005  
 www.WandasWRP.com  
 Mon-Fri 5AM-10PM  
 Sat: 6AM-7PM  
 Sun: 7AM-6PM  
**INCLUDED KIDS KLUB HOURS:**  
 Mon-Fri: 9am-Noon  
 Sat: 9am-Noon  
 Mon-Wed: 5pm-8:30pm  
 Tues-Thurs: 5pm-8pm**

**LACK OF ATTENDANCE** may cause us to cancel classes, so attend regularly! Class times, types, & instructors are subject to change without notice.

**LATE ENTRY TO CLASS** is discouraged. Please try to arrive on time. Thank you!

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Denotes NEW Class or Instructor		5:15 AM <b>SPIN</b> Aimee	5:15 AM <b>JUST PUMP</b> Aimee	5:15 AM <b>SPIN &amp; SCULPT</b> Aimee	5:15 AM <b>BODY BLAST</b> Aimee	7:50 -8:20AM (30,min) <b>SPIN</b> Aimee
8:15 AM <b>JUST PUMP</b> Lorraine	8:00 AM (55 min) <b>YOGA</b> Kim G	8:00 AM (55 min) <b>PILATES</b> Debbie	8:00 AM (55 min) <b>YOGA</b> Jackie	8:00 AM (55 min) <b>PILATES</b> Debbie	8:00 AM (55 min) <b>YOGA</b> Joann	8:30-9:05 AM (35min) <b>ARMS &amp; ABS</b> Aimee
9:15 AM (50 min) <b>YOGA</b> Kim G	9:15 AM <b>SPIN</b> Lisa	9:15 AM <b>TOTAL BODY</b> Kim R	9:15 AM <b>SPIN</b> Lisa	9:15 AM <b>TOTAL BODY</b> Lisa	9:15 AM <b>JUST PUMP</b> Lorraine	9:15 AM <b>ZUMBA</b> Lisa
10:15 AM <b>ZUMBA</b> Teresa	10:15 AM <b>ZUMBA</b> Lisa	10:15 AM <b>BURN &amp; FIRM</b> Lorraine	10:15 AM <b>ZUMBA</b> Lisa	10:15 AM <b>SPIN</b> Lisa	10:15 AM <b>ZUMBA</b> Lisa	10:15 AM (60 min) <b>YOGA</b> Debbie
	11:15 AM <b>FIT 4-EVER</b> Pattycat	11:15 AM <b>FIT 4-EVER</b> Pattycat	11:15 AM <b>FIT 4-EVER</b> Pattycat	11:15 AM <b>FIT 4-EVER</b> Claudia	11:15 AM <b>FIT 4-EVER</b> Claudia	
<b>QUESTIONS OR COMMENTS?</b>	5:30 PM <b>ZUMBA</b> Cheryl	5:30 PM <b>JUST PUMP</b> Lorraine	5:30 PM <b>PILATES</b> Debbie	5:30 PM <b>JUST PUMP</b> Lorraine	 Download our Mobile App App Store   Google Play	<b>CHECK OUT OUR EVENTS PAGE FOR SPECIALTY CLASSES!</b>
<b>GROUP FITNESS MANAGER LORAIN DICUFFA</b>	6:30 PM <b>SPIN/ARMS/ABS</b> Erin	6:30 PM <b>ZUMBA</b> Cheryl	6:30 PM <b>KICKIN' CARDIO</b> Erin	6:30 PM <b>ZUMBA</b> Allaire		
Lorainedwrp@gmail.com	7:30 PM (55 min) <b>YOGA</b> Samantha		7:30PM (55 min) <b>YOGA</b> Samantha			

**We Also Offer:**  
 BIRTHDAY PARTY  
 ROOM RENTAL-can add Kids Zumba/ Kids Yoga  
 BOXING with Paul  
 CARDIO DRUMMING  
 CHAIR YOGA  
 DOUBLE STEP  
 TRAMPOLINE  
 TRX TRAINING  
 KIDS ZUMBA  
 ZUMBA STRONG  
 ZUMBATHONS  
 YOGA SPECIALTIES

These programs may require an additional fee and/or registration, as class size is limited. Check our website for the latest of what's happening at our club!