

Eff. November 17, 2019

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 BODY BLAST Brittany	5:15 AM SPIN Aimee	5:15 AM JUST PUMP Aimee	5:15 AM SPIN & SCULPT Aimee	5:15 AM BODY BLAST Aimee	7:50 -8:20AM (30,min) SPIN Aimee	
8:15 AM JUST PUMP Loraine	8:00 AM (55 min) YOGA Kim G	8:00 AM (55 min) PILATES Debbie	8:00 AM (55 min) YOGA Jackie	8:00 AM (55 min) PILATES Debbie	8:00 AM (55 min) YOGA Joann	8:30-9:05 AM (35min) ARMS & ABS Aimee
9:15 AM (50 min) YOGA Kim G	9:15 AM SPIN Amanda	9:15 AM TOTAL BODY Kim R	9:15 AM SPIN Lisa	9:15 AM TOTAL BODY Lisa	9:15 AM JUST PUMP Loraine	9:15 AM ZUMBA Lisa
10:15 AM ZUMBA Teresa	10:15 AM ZUMBA Lisa	10:15 AM BURN & FIRM Loraine	10:15 AM ZUMBA Lisa	10:15 AM SPIN Lisa	10:15 AM ZUMBA Lisa	10:15 AM (60 min) YOGA Debbie
	11:15 AM FIT 4-EVER Pattycat	11:15 AM FIT 4-EVER Pattycat	11:15 AM FIT 4-EVER Pattycat	11:15 AM FIT 4-EVER Claudia	11:15 AM FIT 4-EVER Claudia	
QUESTIONS OR COMMENTS?	5:30 PM ZUMBA Cheryl	5:30 PM JUST PUMP Loraine	5:30 PM PILATES Debbie	5:30 PM JUST PUMP Loraine		CHECK OUT OUR EVENTS PAGE FOR SPECIALTY CLASSES!
GROUP FITNESS MANAGER LORAIN DICUFFA	6:30 PM SPIN/ARMS/ABS Erin	6:30 PM ZUMBA Cheryl	6:30 PM KICKIN' CARDIO Erin	6:30 PM ZUMBA Allaire		
Lorainedwrp@gmail.com	7:30 PM (55 min) YOGA Samantha		7:30PM (55 min) YOGA 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!