

# Eff. February 23, 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						
8:15 AM <b>JUST PUMP</b> Lorraine	8:00 AM (55 min) <b>YOGA</b> Samantha	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> Kim G	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> Catherine	10:15 AM <b>ZUMBA</b> Lisa	10:15 AM <b>AB CRUNCH</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 Available on the App Store and 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		
<b>Lorainedwrp@gmail.com</b>	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!