

Eff. April 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!**

CARDIOKICK- Punch, Jab, Kick and SWEAT to this cardio class! Beginners welcome. **BRING MAT**

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

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

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!**

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

SPIN- **COME EARLY to reserve your bike!** Control your own pace! Beginners and veteran cyclists welcome! **Water and towel mandatory.**

SPIN & SCUPLT- **COME EARLY to reserve your bike!** Truly a full-body workout incorporating cardio and strength! Beginners welcome. **BRING MAT!**




STEP- Easy step combos that can be done on or off the step. Abs and stretch at end! **BRING MAT!**

TAE BO STEP- Easy to follow kickbox and cardio moves for ON or OFF the step. Ends with abs and stretches. Beginners welcome. **BRING MAT!**

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!

 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
FREE KIDS KLUB HOURS:
Mon-Fri: 9am-Noon
Sat: 8:45am-Noon
Mon-Thurs: 5pm-8:15pm

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 Denotes NEW Class or Instructor 5:15 AM BODY BLAST Aimee	5:15 AM BODY BLAST Aimee	5:15 AM SPIN Aimee	5:15 AM JUST PUMP Aimee	5:15 AM SPIN & SCULPT Aimee	5:15 AM BODY BLAST Aimee	7:15 AM SPIN & SCULPT Cher
8:15 AM JUST PUMP Loraine	8:00 AM (55 min) YOGA Samantha	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	8:15 AM ARMS & ABS  Cher
9:15 AM (50 min) YOGA Kim G	9:15 AM SPIN Joanne	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  Tiana	10:15 AM ZUMBA Lisa	10:15 AM TAE BO STEP Kim R	10:15 AM ZUMBA  Lisa	10:15 AM CARDIOKICK Christine	10:15 AM ZUMBA Lisa	10:15 AM (60 min) YOGA Debbie
11:15 AM STEP Lisa	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	
FOR SAFE HYGIENE, PLEASE BRING YOUR OWN FLOOR AND YOGA MAT TO CLASSES!	5:30 PM ZUMBA Cheryl	5:30 PM BURN & FIRM Loraine	5:30 PM JUST PUMP Loraine	5:30 PM SPIN  Lisa		CHECK OUT OUR EVENTS PAGE FOR SPECIALTY CLASSES!
	6:30 PM JUST PUMP Loraine	6:30 PM ZUMBA Cheryl	6:30 PM CARDIOKICK Christine	6:30 PM ZUMBA  Allaire		
	7:30 PM (60 min) YOGA  Samantha		7:30PM (60 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!