

Eff. October 7, 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.**

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!



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!

 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

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	7:50 -8:20AM (30,min) SPIN Christine
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 Christine
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 Tiana	10:15 AM ZUMBA Lisa	10:15 AM TAE BO STEP Kim R	10:15 AM ZUMBA Lisa	10:15 AM SPIN Christine	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? GROUP FITNESS MANAGER LORAINE DICUFFA Lorainedwrp@gmail.com	5:30 PM ZUMBA Cheryl	5:30 PM JUST PUMP Loraine	5:30 PM PILATES Debbie	5:30 PM JUST PUMP Loraine	 Download our Mobile App App Store Google Play	CHECK OUT OUR EVENTS PAGE FOR SPECIALTY CLASSES!
	6:30 PM SPIN Amanda	6:30 PM ZUMBA Cheryl	6:30 PM KICKIN' CARDIO Erin	6:30 PM ZUMBA Allaire		
	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!