

# Spring 2024



## CLASS DESCRIPTIONS

**ARMS/ABS**- Blast your arms and chisel your abs for this 30 min workout! Beginners welcome. **BRING MAT!**

**BARRE PILATES** Using a chair as your barre, target all major muscles of your body, including the arms, thighs, glutes, with an emphasis on building your core. **BRING MAT!**

**BODYWORX**- Move at your own pace while you work up a sweat in this cardio interval and strength class! **BRING MAT!**

**CARDIO-FLEX**- A fun fusion workout consisting of a combination of kickbox, step drills and weight training, all standing. Easy to follow.

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

**PEDAL/PUMP/CORE**- Challenging full body workout combining cycling and strength floor exercises with weights guaranteed to leave you burning calories all day. **BRING MAT!**

**POWER PILATES** -All NEW styles of Pilates combining strength, endurance, and traditional Pilates into one epic workout!. **BRING MAT!**

**SPIN or SPIN XPRESS**- 30 or 45 min spin at your own pace or follow the group! Control your own pace! **Beginners and veteran cyclists welcome!**

**IF SPIN45/CORE: BRING MAT**

**SWEAT REPS**- Fun intervals of cardio & muscle sculpting with core.

**BRING MAT**

**30/30 SPIN/STRENGTH** – 30 min SPIN followed by 30 min weight strength work.

**BRING MAT!**

**STRENGTH INTERVALS** – Traditional weight training exercises, such as squats, presses, lifts, and curls in 45 second intervals. All major muscle groups are worked using dumbbells and other equipment. **BRING MAT!**

**TOTAL BODY**- Work all muscle groups with a variety of strengthening and conditioning exercises. All levels. **BRING MAT!**

**YOGA- (Vinyasa or Hatha)** No experience required. Gentle postures geared for yoga participants of all levels. Beginner's welcome. **BRING MAT, block, strap!**

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

**SPIN RESERVATIONS:** Call the same day after gym opens.

For **SATURDAY** spin classes, call Friday after 12PM.

**If running late or need to cancel, call ASAP to let us know!**

225 Montauk Hwy  
Moriches, NY 11955  
(631) 878-0005  
www.wandaswrp.com

Mon-Thur 5AM-10PM  
Fri: 5AM-9PM  
Sat: 7AM-7PM  
Sun: 7AM-5PM



@wrpfitness



@wrpfitness-wandasworkout

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						8:00-8:30AM <b>SPIN XPRESS</b> Aimee
8:00AM <b>CARDIO-FLEX</b> Aimee	8:00-9:00AM <b>POWER PILATES</b> Jennifer	8:00-9:00AM <b>YOGA</b> Hatha Stacy		8:00-9:00AM <b>YOGA</b> Hatha Katie	8:00-9:00AM <b>BARRE PILATES</b> Jennifer	8:30-9:00AM <b>ARMS/ABS</b> Aimee
9:00AM <b>YOGA</b> Vinyasa Flow Soraya	9:15AM <b>TOTAL BODY</b> Dana	9:15AM <b>SPIN 45/CORE</b> ★	9:15AM <b>BODYWORX</b> Dana	9:15AM <b>SWEAT REPS</b> ★	9:15AM <b>SPIN 45/CORE</b> Elizabeth	9:15AM <b>ZUMBA</b> Erica
						10:15AM <b>30/30 SPIN/STRENGTH</b> Susan
	11:15AM <b>FIT 4-EVER</b> Pattycat		11:15AM <b>FIT 4-EVER</b> Jennifer		11:15AM <b>FIT 4-EVER</b> Debbie	
★ =FEE REQUIRED	4:00PM <b>FUNCTIONAL FITNESS</b> ★ Debbie					
★ = NEW Class/Instructor	5:30-6:30PM <b>PEDAL/PUMP/CORE</b> Susan	5:30PM <b>SPECIALTY CLASS</b> ★ Susan	5:30PM <b>PEDAL/PUMP/CORE</b> Elizabeth/ Kim S	5:15PM <b>TOTAL BODY</b> Dana		All classes are 45 min. unless otherwise stated
Reservation Required	6:40PM <b>ZUMBA</b> Cheryl	6:30PM <b>ZUMBA</b> Cheryl		6:30-7:25PM <b>YOGA</b> Vinyasa Soraya		