

Oct 23 2025

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 your 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!

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

SPIN/XPRESS- 30 MIN Low impact cardio, strength and muscular endurance class on a stationary bike for beginners as well as seasoned cyclists. Set your own pace. **Claim your bike at least 5 min before class starts.**

30/30 SPIN/STRENGTH Great cardio workout on stationary bike designed to challenge you by incorporating hills, climbs and sprints. Set your own pace.

Strengthen and condition your body with various equipment sure to get results. **Claim your bike at least 5 min before class starts. BRING MAT TOTAL BODY**- Work all muscle groups with a variety of strengthening and conditioning exercises. All levels. **BRING MAT!**

HATHA YOGA-Classical yoga asana (postures), breath work, and gentle warming movements to build strength, flexibility and relaxation. Focus on standing and seated poses suitable for all levels. Generally a slower pace than Vinyasa yoga. **BRING MAT**

VINYASA YOGA-This dynamic, all levels class moves through a series of postures strung together in creative sequences designed to help you find proper alignment and connection to your breath. Cleanse your body and focus your mind. **BRING MAT**

ZUMBA- This FUN class takes the "work" out of workout, by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party. Come join the party!



**225 Montauk Hwy
Moriches, NY 11955
(631) 878-0005**

www.wandaswrp.com

Mon-Thurs 5AM-10PM

Fri: 5AM-9PM

Sat: 7AM-7PM

Sun: 7AM-5PM









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ALL CLASSES REQUIRE A RESERVATION ON WRP APP

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:00AM CARDIO-FLEX Aimee	8:00-9:00AM POWER PILATES Jennifer	8:00-9:00AM YOGA Hatha Missy			8:00-9:00AM BARRE PILATES Jennifer	8:00-8:30AM SPIN XPRESS Aimee 
9:00AM YOGA Vinyasa Flow Soraya	9:15AM TOTAL BODY Dana	9:15AM SPIN 45/CORE Yale	9:15AM BODYWORX Dana	9:00-10:00AM YOGA Hatha Katie	9:15AM TOTAL BODY Susan	8:30-9:00AM ARMS/ABS Aimee 
						9:15-10:00AM ZUMBA Erica 
	11:15AM FIT 4-EVER Debbie		11:15AM FIT 4-EVER Jennifer		11:15AM FIT 4-EVER Claudia	10:15-11:15AM 30/30 SPIN/STRENGTH Susan 
	5:30-6:00PM SPIN XPRESS Susan		5:30-6:15PM TOTAL BODY Yale			All classes are 45 min. unless otherwise stated
 = FEE REQUIRED	6:00-6:30PM TOTAL BODY Susan					
 = NEW CLASS/INSTRUCTOR	6:40PM ZUMBA Cheryl	6:30PM ZUMBA Cheryl	6:30-7:30PM YOGA Vinyasa Flow Soraya			