

FALL & WINTER

September 1, 2026

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.**

BOOTCAMP-Mixture of Cardio with weights, sure to burn fat and gain muscle. **BRING A 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: 6AM-7PM

Sun: 7AM-5PM



@wrpfitness



@wrpfitness-wandasworkout

ALL CLASSES REQUIRE A RESERVATION ON WRP APP

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