

March 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

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



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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						8:00-8:30AM SPIN XPRESS Aimee
8:00AM CARDIO-FLEX Aimee	8:00-9:00AM POWER PILATES Jennifer	8:00-9:00AM YOGA Hatha Stacy		8:00-9:00AM YOGA Hatha Katie	8:00-9:00AM BARRE PILATES Jennifer	8:30-9:00AM ARMS/ABS Aimee
9:00AM YOGA Vinyasa Flow Soraya	9:15AM TOTAL BODY Dana	9:15AM CARDIO-FLEX Lisa	9:15AM BODYWORX Dana	9:15AM CARDIO-FLEX Lisa	9:15AM SPIN 45/CORE Marty	9:15AM ZUMBA Erica
						10:15AM 30/30 SPIN/STRENGTH Susan
	11:15AM FIT 4-EVER PattyCat		11:15AM FIT 4-EVER Jennifer		11:15AM FIT 4-EVER Debbie	11:15AM YOUTH SPORTS CONDITIONING Coach Bentley ★
★ =FEE REQUIRED	4:00PM FUNCTIONAL FITNESS Debbie ★	5:30PM SPECIALTY CLASS Susan ★	5:30PM PEDAL/PUMP/CORE Marty/ Kim S	5:15PM TOTAL BODY Dana		11:15AM FREE! STAY INFORMED EVENTS (see flyers)
★ = NEW Class/Instructor	5:30-6:30PM PEDAL/PUMP/CORE Susan	6:30PM ZUMBA Cheryl	6:30PM SELF DEFENSE John ★	6:30-7:25PM YOGA Vinyasa Soraya		All classes are 45 min. unless otherwise stated
Reservation Required	6:40PM ZUMBA Cheryl					