

# Jan 5<sup>th</sup>, 2022



## CLASS DESCRIPTIONS

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

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

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

**JUST PUMP**- Get fast results! Barbell workout. You'll work every muscle group to great music!! Beginner's welcome. **BRING MAT!**

**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!**

**PILATES**- This mat class is a blend of strength and flexibility with an emphasis on abdominal strengthening. Beginner's welcome. **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**

**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!!

## All classes are 45 min. unless otherwise stated

Lack of attendees may cause us to cancel classes, so attend regularly!

Classes with less than 5 attendees will not be held that day.

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
		5:15 - 6 AM <b>SPIN</b> Aimee		5:15 - 6AM <b>JUST PUMP</b> Aimee		8AM-8:30AM <b>SPIN XPRESS</b> Aimee
8:15AM <b>JUST PUMP</b> Aimee	8-9AM <b>YOGA</b> Vinyasa-Hatha Debbie	8:00-9AM <b>PILATES</b> Debbie	8-9AM <b>YOGA</b> Hatha Jackie	8-9AM <b>PILATES</b> Debbie		8:30AM-9AM <b>ARMS/ABS</b> Aimee
9:15AM <b>YOGA</b> Vinyasa Flow Kim G	9:15AM <b>JUST PUMP</b> Loraine	9:15AM <b>PEDAL/PUMP/CORE</b> Lisa	9:15AM <b>BODYWORX</b> Dana	9:15AM <b>ZUMBA</b> Lisa	9:15AM <b>SPIN 45/CORE</b> Marty	9:15AM <b>ZUMBA</b> Lisa
						10:15AM <b>SPIN 45/CORE</b> Susan
	11:15-12PM <b>FIT 4-EVER</b> Pattycat		11:15-12PM <b>FIT 4-EVER</b> Pattycat		11:15-12PM <b>FIT 4-EVER</b> Claudia	
	5:30-6:30PM <b>PEDAL/PUMP/CORE</b> Susan		5:45-6:15PM <b>SPIN XPRESS</b> Angela			
<b>NEW CLASS OR INSTRUCTOR OR OTHER CHANGE</b>	6:40PM <b>ZUMBA</b> Cheryl	6:30PM <b>ZUMBA</b> Cheryl	6:30PM <b>JUST PUMP</b> Angela	6:30PM (55min) <b>YOGA</b> Vinyasa Soraya		

**STARTS**  
**Jan. 5<sup>th</sup>**