

Nov 14, 2022



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!**

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/CORE 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!

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! Beginners welcome. Join the party!!



225 Montauk Hwy
Moriches, NY 11955
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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
		5:15AM - 6AM TOTAL BODY Aimee		5:15 - 6AM SPIN 30/ CORE Aimee		8AM-8:30AM SPIN XPRESS Aimee
8:15AM BODYWORX Aimee	8-9AM PILATES Jennifer	8:00-9AM YOGA Hatha Sarah L	8-9AM YOGA Hatha Jackie		8-9AM BARRE PILATES Jennifer	8:30AM-9AM ARMS/ABS Aimee
9:15AM YOGA Vinyasa Flow Kim G	9:15AM TOTAL BODY Dana	9:15AM PEDAL/PUMP/CORE Lisa	9:15AM BODYWORX Dana	9:15AM ZUMBA Lisa	9:15AM SPIN 45/CORE Marty	9:15AM ZUMBA Lisa
						10:15AM PEDAL/PUMP/CORE Susan
	11:15-12PM FIT 4-EVER Pattycat		11:15-12PM FIT 4-EVER Jennifer		11:15-12PM FIT 4-EVER Debbie	
	5:30-6:30PM PEDAL/PUMP/CORE Susan		5:30PM PEDAL/PUMP/CORE Marty	5:15PM TOTAL BODY Dana		
= NEW	6:40PM ZUMBA Cheryl	6:30PM ZUMBA Cheryl		6:30PM (55min) YOGA Vinyasa Soraya		
Reservation Required						