

Oct. 18th, 2021



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!**

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

SPIN- 45 min spin at your own pace or follow the group! Control your own pace! Beginners and veteran cyclists welcome! **IF SPIN/CORE: BRING MAT**

REBOUNDER Using a rebounder, you'll burn more calories than jogging! Intervals of trampoline and core! Low impact! Improve bone density! Lots of fun! Beginners welcome! Stabilizing bar available for those with balance concerns.
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

KIDS KLUB HOURS:
 Mon-Sat: 9am-11am

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

STARTS
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