



MAY

FIT GROUPS TRAINING SCHEDULE

ALL SESSIONS 30 MINUTES!

FIRST GROUP SESSION COMPLIMENTARY

3 PERSON MINIMUM CLASS SUBJECT TO CHANGE

M

**TRX
8:15 AM**

**WOMEN & WEIGHTS
9:00 AM**

**FUNCTIONAL TRAINING
9:45 AM**

**CIRCUIT TRAINING
5:15 PM**

**WOMEN & WEIGHTS
6:00 PM**

T

**DOORS OPEN
5 MIN. BEFORE
SESSION**

**SCRAMBLE
8:30AM**

**WOMEN & WEIGHTS
10:30 AM**

**FUNCTIONAL TRAINING
5:15 PM**

**Claremont Derby!
May 1st-31st**

W T H

**FUNCTIONAL TRAINING
8:15 AM**

**WOMEN & WEIGHTS
9:00 AM**

**MOBILITY
9:45 AM**

**SCRAMBLE
10:30 AM**

**MOBILITY
6:00 PM-
subject to change**

Happy Mother's Day

**FUNCTIONAL TRAINING
8:30 AM**

DON'T FORGET YOUR WATER!

**FLEX TIME
5:15-6:15PM**

START YOUR 30 MINUTE WORKOUT ANYTIME DURING THIS HOUR!

F

**WOMEN & WEIGHTS
8:15 AM**

**CIRCUIT TRAINING
9:00 AM**

**FUNCTIONAL TRAINING
9:45 AM**

**SCRAMBLE
10:30 AM**



S

**CIRCUIT TRAINING
9:30 AM**

**4 PACK
6 PACK
8 PACK**

**AVAILABLE
4 week exp.
15 PACK
9 week exp.**

ASK ABOUT OUR 3 MONTH COMMITMENT!

**www.worthfitstudio.com
TEXT STEPHANIE
@ 201-927-5172**

NO MEMBERSHIP!

DOWNLOAD THE MINDBODY APP TO BOOK ALL FIT GROUP TRAINING SESSIONS

**Cost:
\$19.50-
\$30 per
group
session**

WFTS IS YOUR FITNESS SOLUTION!