



JANUARY

FIT GROUPS  
TRAINING  
SCHEDULE

ALL  
SESSIONS  
30 MINUTES!

FIRST GROUP  
SESSION  
COMPLIMENTARY

3 PERSON  
MINIMUM  
CLASS SUBJECT  
TO CHANGE

M T W TH F S

TRX  
8:15 AM

CLOSED  
JAN. 1ST.

MOBILITY  
(ALSO AVAILABLE  
ON ZOOM)  
8:15 AM

DOORS OPEN  
5 MIN. BEFORE  
SESSION

WOMEN &  
WEIGHTS  
8:15 AM

CIRCUIT  
TRAINING  
9:30 AM

WOMEN &  
WEIGHTS  
9:00 AM

SCRAMBLE  
8:30AM

WOMEN &  
WEIGHTS  
9:00 AM

FUNCTIONAL  
TRAINING  
8:30 AM

CIRCUIT  
TRAINING  
9:00 AM

4 PACK  
6 PACK  
8 PACK  
AVAILABLE

4 week exp.

FUNCTIONAL  
TRAINING  
9:45 AM

WOMEN &  
WEIGHTS  
10:30 AM

TRX-  
MOBILITY  
9:45 AM

DON'T  
FORGET  
YOUR  
WATER!

FUNCTIONAL  
TRAINING  
9:45 AM

CIRCUIT  
TRAINING  
5:15 PM

FLEX  
TIME  
5:15-6:15PM

SCRAMBLE  
10:30AM

FLEX  
TIME  
5:15-6:15PM

SCRAMBLE  
10:30 AM

ASK ABOUT  
OUR 3 MONTH  
COMMITMENT!

WOMEN &  
WEIGHTS  
6:00 PM

START YOUR  
30 MINUTE  
WORKOUT  
ANYTIME DURING  
THIS HOUR!

FUNCTIONAL  
TRAINING  
6:00 PM

START YOUR  
30 MINUTE  
WORKOUT  
ANYTIME DURING  
THIS HOUR!

20  
26

NO  
MEMBERSHIP!

DOWNLOAD  
THE  
MINDBODY  
APP TO  
BOOK ALL  
FIT GROUP  
TRAINING  
SESSIONS

Cost:  
\$19.80-  
\$30 per  
group  
session

[www.worthfitstudio.com](http://www.worthfitstudio.com)  
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