



JANUARY

**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

**CLOSED
JAN. 1ST.**

**SCRAMBLE
8:30AM**

**WOMEN &
WEIGHTS
10:30 AM**

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

**START YOUR
30 MINUTE
WORKOUT
ANYTIME DURING
THIS HOUR!**

W

**MOBILITY
(ALSO AVAILABLE
ON ZOOM)
8:15 AM**

**WOMEN &
WEIGHTS
9:00 AM**

**TRX-
MOBILITY
9:45 AM**

**SCRAMBLE
10:30AM**

**FUNCTIONAL
TRAINING
6:00 PM**

T H

**DOORS OPEN
5 MIN. BEFORE
SESSION**

**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**

**20
26**

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