



JULY

FIT GROUPS TRAINING SCHEDULE

ALL SESSIONS 30 MINUTES!

FIRST GROUP SESSION COMPLIMENTARY!

3 PERSON MINIMUM CLASS SUBJECT TO CHANGE

M

**TRX
8:15AM**

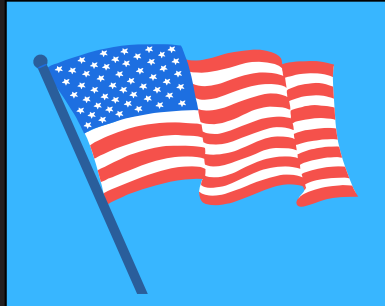
**WOMEN &
WEIGHTS
9:00AM**

**FUNCTIONAL
TRAINING
9:45AM**

**WOMEN &
WEIGHTS
5:15PM**

**WOMEN &
WEIGHTS
6:00PM**

T



**SCRAMBLE
8:30AM**

**NEW
WOMEN &
WEIGHTS
10:30 AM**

**NEW
ZOOM
MOBILITY
1:30 PM**

**NEW
OPEN TIME
6:00PM**

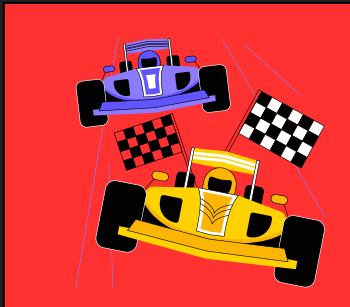
W

**CIRCUIT
TRAINING
8:15 AM**

**WOMEN &
WEIGHTS
9:00AM**

**SCRAMBLE
10:30**

**WORTH FIT
GRAND PRIX
CONTINUES ALL
SUMMER!!!**



TH

**WE WILL BE
CLOSED
JULY 4TH!**

**FUNCTIONAL
TRAINING
8:30AM**

**DON'T
FORGET
YOUR
WATER!**

**FUNCTIONAL
TRAINING
5:15PM**

**PRIVATE OR
PARTNER
TRAINING OPEN
6:00PM**

F

**WOMEN &
WEIGHTS
8:15AM**

**SCRAMBLE
9:00AM**

**FUNCTIONAL
TRAINING
9:45AM**

**Cost:
\$18.80 - \$24.50 per
group session**

S

**CIRCUIT
TRAINING
9:30 AM**

**4, 6, 8 & 10
packs
available**

**All packages
have a
4 week exp.**

**NO
MEMBERSHIP!**

**DOWNLOAD
THE
MINDBODY
APP
TO BOOK ALL
FIT
GROUP
CLASSES**

**PRIVATE
& PARTNER
TRAINING
AVAILABLE
M-S**

**TEXT: 201-927-5172
Visit: www.worthfitstudio.com
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