



**NOVEMBER**

**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**

**DON'T FORGET YOUR WATER!**

**SCRAMBLE  
8:30AM**

**WOMEN & WEIGHTS  
10:30 AM**

**ZOOM MOBILITY  
2:00 PM**

**NEW SCRAMBLE OPEN TIME  
5:00-6:00PM**

**W**

**CIRCUIT TRAINING  
8:15 AM**

**WOMEN & WEIGHTS  
9:00AM**

**SCRAMBLE  
10:30**

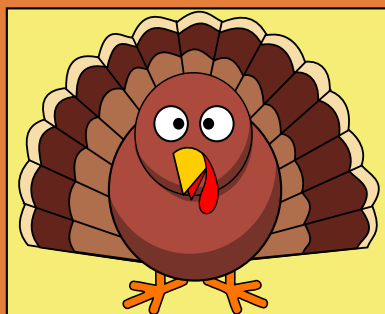


**CLOSED NOV. 28TH. HAPPY THANKSGIVING**

**TH**

**PRIVATE TRAINING AVAILABLE M-F**

**FUNCTIONAL TRAINING  
8:30AM**



**FUNCTIONAL TRAINING  
5:15PM**

**FUNCTIONAL TRAINING  
6:00PM**

**F**

**WOMEN & WEIGHTS  
8:15AM**

**SCRAMBLE  
9:00AM**

**FUNCTIONAL TRAINING  
9:45AM**

**NEW TRAINERS CHOICE!  
1:30 PM**

**TEXT: 201-927-5172  
Visit: [www.worthfitstudio.com](http://www.worthfitstudio.com)  
928 W. Foothill Blvd. Claremont, Ca.**

**S**

**CIRCUIT TRAINING  
9:30 AM**

**4 PACK  
4 week exp.**

**8 PACK  
4 week exp.**

**NEW 15 PACK  
9 WEEK EXP.**

**NO MEMBERSHIP!**

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

**Cost: Less than \$20-\$24.75 per group session**