



**FEBRUARY**

**FIT GROUPS  
TRAINING  
SCHEDULE**

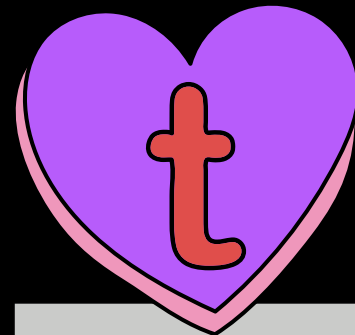
**ALL  
SESSIONS  
30 MINUTES!**

**FIRST GROUP  
SESSION  
COMPLIMENTARY**

**3 PERSON  
MINIMUM  
CLASS SUBJECT  
TO CHANGE**



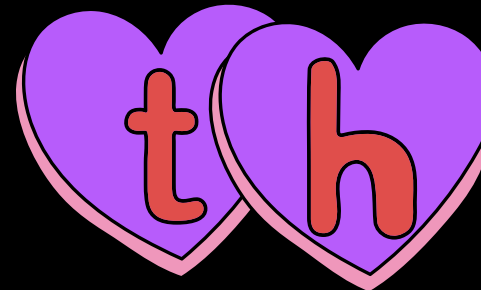
**TRX  
8:15 AM**



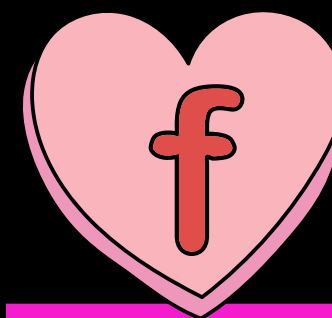
**WFTS  
CELEBRATES  
6 YEARS  
IN BUSINESS!**



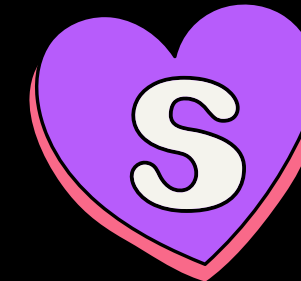
**MOBILITY  
(ALSO AVAILABLE  
ON ZOOM)  
8:15 AM**



**GALENTINE'S  
PAJAMA  
FITNESS  
PARTY! 2/13**



**WOMEN &  
WEIGHTS  
8:15 AM**



**CIRCUIT  
TRAINING  
9:30 AM**

**NO  
MEMBERSHIP!**

**DOWNLOAD  
THE  
MINDBODY  
APP TO  
BOOK ALL  
FIT GROUP  
TRAINING  
SESSIONS**

**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.**

**15 PACK  
9 week exp.**

**ASK ABOUT  
OUR 3 MONTH  
COMMITMENT!**

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

**FUNCTIONAL  
TRAINING  
9:45 AM**

**WOMEN &  
WEIGHTS  
10:30 AM**

**NEW**

**MOBILITY  
9:45 AM**

**DOORS OPEN  
5 MIN. BEFORE  
SESSION**

**FUNCTIONAL  
TRAINING  
9:45 AM**

**CIRCUIT  
TRAINING  
5:15 PM**

**FUNCTIONAL  
TRAINING  
5:15 PM**

**SCRAMBLE  
10:30AM**

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

**SCRAMBLE  
10:30 AM**

**WOMEN &  
WEIGHTS  
6:00 PM**

**FUNCTIONAL  
TRAINING  
5:45 PM**

**NEW**

**MOBILITY  
6:00 PM**

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

**DON'T  
FORGET  
YOUR  
WATER!**

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

**WFTS IS YOUR FITNESS SOLUTION!**