



MARCH

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

DOORS OPEN 5 MIN. BEFORE SESSION

SCRAMBLE
8:30AM

WOMEN & WEIGHTS
10:30 AM

FUNCTIONAL TRAINING
5:15 PM

FUNCTIONAL TRAINING
6:00 PM

W

NEW

FUNCTIONAL TRAINING
8:15 AM

WOMEN & WEIGHTS
9:00 AM

NEW

MOBILITY
9:45 AM

SCRAMBLE
10:30 AM
FUNCTIONAL
1:15 PM

NEW

MOBILITY
6:00 PM

TH

DON'T FORGET YOUR WATER!

FUNCTIONAL TRAINING
8:30 AM



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



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

WFTS IS YOUR FITNESS SOLUTION!