



SEPTEMBER

**FIT GROUPS
TRAINING
SCHEDULE**

**ALL
SESSIONS
30 MINUTES!**

**FIRST GROUP
SESSION
COMPLIMENTARY**

**3 PERSON
MINIMUM
CLASS SUBJECT
TO CHANGE**

M

**STRENGTH
STATIONS
8:15 AM**

**WOMEN &
WEIGHTS
9:00 AM**

**FUNCTIONAL
TRAINING
9:45 AM**

**CIRCUIT
TRAINING
5:15 PM**

**WOMEN &
WEIGHTS
6:00 PM**

T

**STRENGTH
STATIONS
8:15 AM**

**DOORS OPEN
5 MIN. BEFORE
SESSION**

**WOMEN &
WEIGHTS
10:30 AM**

**FUNCTIONAL
TRAINING
5:15 PM**

**MOBILITY
6:00 PM**

W

**FUNCTIONAL
TRAINING
8:15 AM**

**WOMEN &
WEIGHTS
9:00 AM**

**MOBILITY
9:45 AM**

**STRENGTH
STATIONS
10:30 AM**

**FUNCTIONAL
TRAINING
6:00 PM**

Th

**FUNCTIONAL
TRAINING
8:15 AM**

**FITNESS
& MATCHA
EVENT
SEPT. 12TH!**

**FUNCTIONAL
TRAINING
10:30**

**STRENGTH
STATIONS
5:15 PM**

**STRENGTH
STATIONS
6:00 PM**

F

**WOMEN &
WEIGHTS
8:15 AM**

**CIRCUIT
TRAINING
9:00 AM**

**FUNCTIONAL
TRAINING
9:45 AM**

**STRENGTH
STATIONS
10:30AM**

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:
\$19.50-
\$30 per
group
session**

WFTS IS YOUR FITNESS SOLUTION!