



**APRIL**

**FIT GROUPS TRAINING SCHEDULE**

**ALL SESSIONS 30 MINUTES!**

**FIRST GROUP SESSION COMPLIMENTARY!**

**3 PERSON MINIMUM CLASS SUBJECT TO CHANGE**



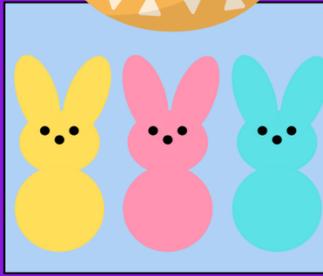
**TRX  
8:15 AM**

**WOMEN & WEIGHTS  
9:00 AM**

**MOBILITY  
9:45 AM**

**WOMEN & WEIGHTS  
5:15 PM**

**WOMEN & WEIGHTS  
6:00 PM**

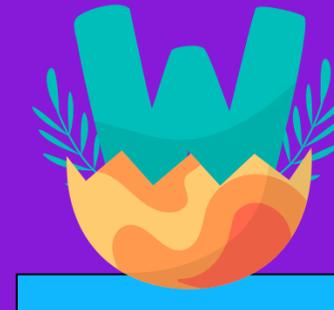


**SCRAMBLE  
8:30AM**

**PARTNER TRAINING AVAILABLE  
10:15-10:45AM**

**SCRAMBLE  
5:15 PM**

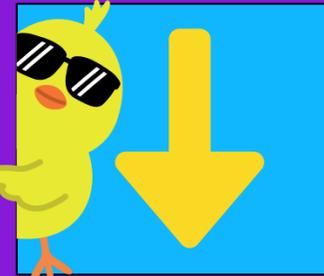
**FUNCTIONAL TRAINING  
6:00 PM**



**CARDIO CHALLENGE  
8:15 AM**

**WOMEN & WEIGHTS  
9:00AM**

**SCRAMBLE  
10:30**



**CLOSED  
APRIL  
3RD-6TH**



**FUNCTIONAL TRAINING  
8:30 AM**

**BRING YOUR WATER!**

**FUNCTIONAL TRAINING  
5:15 PM**

**CARDIO CHALLENGE  
6:00 PM**



**WOMEN & WEIGHTS  
8:00 AM**

**SCRAMBLE  
8:45 AM**

**FUNCTIONAL TRAINING  
9:30 AM**

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

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



**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**