



**OCTOBER**

**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**

**"HARVEST  
YOUR HEALTH"  
31-DAY  
CHALLENGE!**

**SCRAMBLE  
8:30AM**

**WOMEN &  
WEIGHTS  
10:30 AM**

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

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

**W**

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

**WOMEN &  
WEIGHTS  
9:00 AM**

**TRAINER'S  
CHOICE!  
9:45 AM**

**SCRAMBLE  
10:30AM**

**PRIVATE  
TRAINING  
AVAILABLE  
M-F**

**TH**

**DOORS OPEN  
5 MIN. BEFORE  
SESSION**

**FUNCTIONAL  
TRAINING  
8:30 AM**

**DON'T  
FORGET  
YOUR  
WATER!**

**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**

**FUNCTIONAL  
TRAINING  
1:15 PM**

**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:  
\$18.75-  
\$30 per  
group  
session**