



MAY

**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**

**WOMEN &
WEIGHTS
5:15 PM**

**WOMEN &
WEIGHTS
6:00 PM**

T

**DON'T
FORGET
YOUR
WATER!**

**SCRAMBLE
8:30AM**

**WOMEN &
WEIGHTS
10:30 AM**

**OPEN
GYM
5:00-6:00PM**

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

W

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

**WOMEN &
WEIGHTS
9:00 AM**

**NEW
BUTTS
& GUTS
9:45 AM**

**SCRAMBLE
10:30AM**

**SOUND BATH
HEALING
MAY 24TH!**

TH

**PRIVATE
TRAINING
AVAILABLE
M-F**

**FUNCTIONAL
TRAINING
8:30 AM**

**NEW
BACK TO
BASICS
2:00 PM**

**OPEN
GYM
5:00-6:00PM**

**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**

**TRAINERS
CHOICE!
1:30 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!**

**NO
MEMBERSHIP!**

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

**Cost:
\$18.75-
\$24.75 per
group
session**

**TEXT: 201-927-5172
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