



OCTOBER

FIT GROUPS TRAINING SCHEDULE

ALL SESSIONS 30 MINUTES!

FIRST GROUP SESSION COMPLIMENTARY

3 PERSON MINIMUM CLASS SUBJECT TO CHANGE



**TRX
8:15AM**



DON'T FORGET YOUR WATER!



**CIRCUIT TRAINING
8:15 AM**



PRIVATE TRAINING AVAILABLE M-F



**WOMEN & WEIGHTS
8:15AM**



**CIRCUIT TRAINING
9:30 AM**

NO MEMBERSHIP!

DOWNLOAD THE MINDBODY APP TO BOOK ALL FIT GROUP CLASSES

**WOMEN & WEIGHTS
9:00AM**

**SCRAMBLE
8:30AM**

**WOMEN & WEIGHTS
9:00AM**

**FUNCTIONAL TRAINING
8:30AM**

**SCRAMBLE
9:00AM**

**4 PACK
4 week exp.**

**FUNCTIONAL TRAINING
9:45AM**

**WOMEN & WEIGHTS
10:30 AM**

**SCRAMBLE
10:30**



**FUNCTIONAL TRAINING
9:45AM**

**8 PACK
4 week exp.**

**WOMEN & WEIGHTS
5:15PM**

**ZOOM MOBILITY
2:00 PM**

CLOSED OCT. 23RD & 26TH

**FUNCTIONAL TRAINING
5:15PM**



**NEW 15 PACK
9 WEEK EXP.**

Cost: Less than \$20-\$24.75 per group session

**WOMEN & WEIGHTS
6:00PM**

**SCRAMBLE
6:00PM**

VISIT US AT THE VILLAGE VENTURE!

**FUNCTIONAL TRAINING
6:00PM**

**TEXT: 201-927-5172
Visit: www.worthfitstudio.com
928 W. Foothill Blvd. Claremont, Ca.**