WORTH FIT TRAINING STUDIO

NOVEMBER

FIT GROUPS TRAINING SCHEDULE

ALL SESSIONS 30 MINUTES!

3 PERSON MINIMUM CLASS SUBJECT TO CHANGE

FIRST GROUP SESSION COMPLIMENTARY

M	T	W	TH	F	S
STRENGTH STATIONS 8:15 AM	STRENGTH STATIONS 8:15 AM	FUNCTIONAL TRAINING 8:15 AM	FUNCTIONAL TRAINING 8:15 AM	WOMEN & WEIGHTS 8:15 AM	CIRCUIT TRAINING 9:30 AM
WOMEN & WEIGHTS 9:00 AM	DON'T FORGET YOUR WATER!	WOMEN & WEIGHTS 9:00 AM	CLOSED THURS. & FRI. 26TH & 27TH	CIRCUIT TRAINING 9:00 AM	4 PACK 6 PACK 8 PACK AVAILABLE 4 week exp. 15 PACK 9 week exp.
FUNCTIONAL TRAINING 9:45 AM	WOMEN & WEIGHTS 10:30 AM	MOBILITY 9:45 AM	WOMEN & WEIGHTS 10:30 AM	FUNCTIONAL TRAINING 9:45 AM	ASK ABOUT OUR 3 MONTH COMMITMENT!
CIRCUIT TRAINING 5:15 PM	WOMEN & WEIGHTS 5:15 PM	STRENGTH STATIONS 10:30 AM	STRENGTH STATIONS 5:15 PM	STRENGTH STATIONS 10:30AM	
WOMEN & WEIGHTS 6:00 PM	MOBILITY 6:00 PM	FUNCTIONAL TRAINING 6:00 PM	STRENGTH STATIONS 6:00 PM	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!