

Worth FiT Groups July Training Schedule *

Class Maximum Five People

Monday	Tuesday	Wednesday	Thursday	Friday
TRX 8:30 a.m.		Circuit Training (Stationary) 8:30 a.m.		InTENSity 8:30 a.m.
	Wildcard 9:00 a.m.		TRX 9:00 a.m.	
InTENSity 6:30 p.m.	TRX 6:30 p.m.	Circuit Training (Stationary) 6:30 p.m.	Wildcard 6:30 p.m.	

***All classes 30 minutes & subject to change**

Circuit Training: One of the most efficient forms of exercise to burn fat, lose weight, and build muscle. Circuit Training within your own station. Challenges and improves your cardiovascular system and muscle endurance. Circuits designed for all fitness levels.

InTENSity TEN exercises, TEN reps, TEN rounds: Each round progresses and challenges you on every level. Keep up with the latest trends with this dynamic and innovative workout. FEEL your body progress and SEE the results.

TRX: Tone it up with the TRX Suspension Trainer. Suspension training leverages gravity and your bodyweight to perform 100's of exercises. If you want MORE for your CORE, this class is for you. Suspension training improves flexibility while strengthening and toning your muscles.

Wildcard: Trainer's choice! All Wildcard sessions guarantee to get your heart pumping and your body moving with different training techniques utilizing a variety of equipment.

FiT Group Prices:

Monthly Commitment
Unlimited Sessions \$165
8 Pack - \$134
4 - Pack - \$84

Three-Month Commitment
Unlimited Sessions \$155
8 Pack - \$124
4 Pack - \$74

Drop ins - \$24

Summer Special: 5-Pack \$75

New Client only: 2-Class Pack @ \$26

Visit us at www.worthfitstudio.com or email us at worthfitstudioclaremont@gmail.com
Download the MindBody app to book all FiT Group Classes.