

# Worth FiT Training Schedule \*

December 2021 Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>Mobility Zoom Only 7:45 a.m.</b>		<b>FUNctional Training Zoom Only 7:45 a.m</b>		
	<b>FUNctional Training 8:30 a.m</b>		<b>Three's Company 8:30 a.m</b>	<b>Women &amp; Weights 8:15 a.m.</b>	
<b>TRX 9:00 a.m</b>		<b>Women &amp; Weights 9:00 a.m.</b>		<b>BOSU Circuit (Z) 9:00 a.m.</b>	
<b>FUNctional Training 3:00 p.m.</b>		<b>Golden Girls 11:15 a.m.</b>		<b>FUNctional Training (Level 1) 1:00 p.m.</b>	<b>Santa Sleigh Workout 2 p.m. (4th, 11th 18th)</b>
<b>BOSU Circuit 5:45 pm.</b>	<b>TRX 5:45 p.m.</b>		<b>FUNctional Training 5:45 p.m.</b>		
	<b>FUNctional Training 6:30 p.m.</b>		<b>Three's Company 6:30 p.m.</b>		

**\*All classes 30 minutes & subject to change; 3-person Minimum (Z) = In Studio or on Zoom**

**Bosu Circuit:** 8 mini circuits designed to increase both strength and cardio endurance. Class uses weights and bands to provide a complete full-body workout!

**FUNctional Training:** Train your body for the activities you perform in life. This class focuses on movements to improve strength, stability and coordination, utilizing a variety of resistance tools.

**Golden Girls:** Beginner-friendly circuit training! Learn the basics of strength training, increase mobility, balance, posture, and core strength with this Level 1 class.

**Santa Sleigh Workout:** Sleigh stress! Sleigh extra calories with this Holiday high-intensity full body workout.

**Three's Company:** 3 circuits, 3 exercises per circuit, 3 sets. This total-body format develops strength, increases heart rate, and keeps you mentally engaged! A variety of equipment will be used. Let's Play!!

**TRX:** A form of suspension training that simultaneously uses body-weight exercises to develop strength, balance, flexibility, and core stability.

**Women & Weights:** Transform both your body and mind. Weight training builds lean muscle, increasing your metabolism and promoting fat loss; provides increased energy and enhanced mood and stress relief. This class is designed for all fitness levels.

**Zoom Mobility:** Become a stronger you through mobility. What is it? Mobility training is the ability to move your joint activity through a range of motion. Mobility is for everyBODY. Consider this your recovery workout.

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