

# Worth FiT Group Training Schedule \*

Class Maximum Five People

April Schedule

Monday	Tuesday	Wednesday	Thursday	Friday
	Cardio Fitness (Z) 7:55 a.m.		Cardio Fitness (Z) 7:55 a.m.	
TRX 9:30 a.m.		Women & Weights 9:30 a.m.		BOSU Circuit (Z) 9:30 a.m.
	Mobility (Z-only) 11 a.m.		FUNctional Training-1 (Z-only) 11 a.m.	
InTENSity 3:00 p.m.		Cardio Fitness (Z) 3:00 p.m.		
FUNctional Training 4:30 p.m.	TRX 5:15 p.m.	Women & Weights 4:30 p.m.	Women & Weights 5:15 p.m.	
			InTENSity 6:30 p.m.	

\*All classes 30 minutes & subject to change - (Z) = in studio or on Zoom

**BOSU Circuit:** High-intensity mini circuits designed to increase both strength and cardio endurance, while providing a complete total-body workout.

**Cardio Fitness:** Our new high-energy class that burns calories and increases your overall fitness. Strengthen, sculpt and rev up your metabolism with our no equipment-based body weight workout. Fun, fast and effective!

**FUNctional Training:** This fun formatted class not only improves strength and endurance but enhances coordination and movement to better perform daily activities with greater ease.

**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.

**Women & Weights:** Decrease body fat, increase strength, enhance mood and tone it up with this class. Low impact class designed to sculpt a woman's body in all the right places.

**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.

Visit us at [www.worthfitsstudio.com](http://www.worthfitsstudio.com) or email us at [worthfitstudioclaremont@gmail.com](mailto:worthfitstudioclaremont@gmail.com)  
Download the MindBody app to book all FiT Group Classes