

Worth FiT Zoom Group Training Schedule *

January Schedule

Monday	Tuesday	Wednesday	Thursday	Friday
	Zoom Cardio Fitness 8:00 a.m.		Zoom Cardio Fitness 8:00 a.m.	
				Zoom BOSU Bootcamp 9:30 a.m.
Zoom BOSU Balance & Core Training 11:30 a.m.	Zoom Mobility 11 a.m.		Zoom Strength 101 11 a.m.	
TRX 3:00 p.m.		Zoom Cardio Fitness 3:00 p.m.		
	Zoom TRX 5:15 p.m.		Zoom BOSU Bootcamp 5:15 p.m.	

*All classes 30 minutes & subject to change - 3 Person Minimum

BOSU Bootcamp: Amp up your balance training with BOSU Bootcamp! High-intensity mini circuits designed to increase both strength and cardio endurance, while providing a complete total-body workout.

BOSU Balance & Core Training: Improve your balance and build core strength with this dynamic piece of equipment. The BOSU will challenge your motor skills, kinesthetic awareness, and proprioception. Perfect choice for the active ager.

Cardio Fitness: Start your day off right with 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!

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.

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

Strength 101: This class teaches the basics of strength training and how it can help you function better in your everyday life. This "back to basics" class will not only strengthen your muscles, but it will inspire you to progress to the next level.

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