

Worth FiT Group Training Schedule *

Download the MindBody app to book all FiT Group Classes

*All classes 30 minutes; 3-person Minimum (HYBRID) = In Studio or on Zoom

May 2022 Schedule

Monday	Tuesday	Wednesday	Thursday	Friday
	Mobility Zoom Only 7:45 a.m.		FUNCTIONal Training Zoom Only 7:45 a.m	
	Curbside Cardio 8:30 a.m		Women & Weights 8:30 a.m	Women & Weights 8:15 a.m.
TRX 9:00 a.m	TRX 10:30 a.m.	Women & Weights 9:00 a.m.		Summer Sculpt 9:00 a.m.
Teen Power 4:00 p.m		Circuit Training (Level 1) 11:15 a.m.		FUNCTIONal Training (Level 1) 1:00 p.m.
Women & Weights 5:45 p.m.	TRX 5:45 p.m.	Body Conditioning (HYBRID) 4:00 p.m.	Women & Weights 5:45 p.m.	
	FUNCTIONal Training 6:30 p.m.		Circuit Training 6:30 p.m.	

- **Body Conditioning:** This class focuses on mobility, muscular endurance, body-weight strength, and cardio vascular fitness. Class is offered both in the studio and from home (HYBRID).
- **Circuit Training:** Move from station to station in this fun, fast, and efficient workout. A combination of upper, lower, and whole-body exercises will elevate your heart rate and improve muscular strength endurance.
- **Curbside Cardio:** Take it outside! Curbside cardio will get your heart pumping, boost your mood, and burn calories! No equipment needed.
- **FUNCTIONal Training:** Train your body for the activities you perform in life. This class focuses on movements to increase strength and stability and improve mobility and posture, utilizing a variety of resistance tools.
- **Summer Sculpt:** Class combines energetic low-impact cardio movements with muscle-sculpting exercises.
- **Teen Power:** Develop confidence, improve sport performance, and learn the basics of strength training in a safe and effective instructor-led group class.
- **TRX:** A form of suspension training that simultaneously uses body-weight exercises to develop strength, balance, flexibility, and core stability.
- **Women & Weights:** Get sculpted with this full-body workout. Utilizing weights in a structured format will help you shred fat, increase your metabolism and mood, and tone muscles. Classes are low-impact and 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 actively through a range of motion. Mobility is for everyBODY. Consider this your recovery workout.

Visit us at www.worthfitstudio.com or email us at worthfitstudioclaremont@gmail.com