

Worth FiT Group Training Schedule *

Download the MindBody app to book all FiT Group Training

*All training 30 minutes; 3-person Minimum

Personal Training Available Monday - Friday. Saturdays by Appointment

September 2022 Schedule

*Hybrid = In Studio or Zoom

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Mobility (Zoom Only) 7:45 a.m.		FUNctional Training (Zoom Only) 7:45 a.m.		
	Curbside Cardio 8:30 a.m.	Mobility 8:15 a.m.	Women & Weights 8:30 a.m.	Women & Weights 8:15 a.m.	
TRX 9:00 a.m.	TRX & Weights 10:30 a.m.	Women & Weights 9:00 a.m.		BOSU Body Blast Hybrid* 9:00 a.m.	Circuit Training 9:30 a.m.
		Circuit Training (Level 1) 11:15 a.m.		FUNctional Training (Level 1) 1:00 p.m.	
Women & Weights 5:45 p.m.	TRX & Weights 5:45 p.m.		Women & Weights 5:45 p.m.		
	FUNctional Training 6:30 p.m.		Circuit Training 6:30 p.m.		

- **BOSU Body Blast:** Build cardio and muscular endurance in this full-body calorie scorcher!! Training utilizes weights and bands (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 training focuses on movements to increase strength and stability and improve mobility and posture, utilizing a variety of resistance tools.
- **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. Training is low-impact and designed for all fitness levels.
- **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