

Worth FiT Group Training Schedule *

August Schedule

Monday	Tuesday	Wednesday	Thursday	Friday
	FUNCTIONal Training 8:00 a.m.		Body Conditioning 8:00 a.m.	Women & Weights 8:15 a.m.
Butts & Guts 9:00 a.m.		Women & Weights 9:00 a.m.		BOSU Circuit (Z) 9:00 a.m.
	Mobility (Zoom Only) 11 a.m.		FUNCTIONal Training-1 (Zoom only) 11 a.m.	
	Body Conditioning (Zoom only) 4:30 p.m.	Golden Girls 1:30 p.m.		
FUNCTIONal Training 4:30 p.m.	FUNCTIONal Training 5:45 p.m.		Circuit Training 5:45 p.m.	
	Circuit Training 6:30 p.m.		FUNCTIONal Training 6:30 p.m.	

*All classes 30 minutes & subject to change, 3-person minimum, (Z) = in studio or on Zoom

Body Conditioning: Improve your overall fitness with body conditioning! This 3-2-1 total body format develops strength, increases heart rate and tones your muscles. No equipment needed!

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

Butts & Guts: Want to tighten your core and sculpt your glutes? This class is dedicated to strengthening and toning your "butts & guts" with targeted movement and cardio.

Circuit Training: Get a full body workout with Circuit Training! Alternate between stations and work different muscles groups at the same time with a minimum amount of rest. Be ready to sweat!

FUNCTIONal Training: This fun-formatted class improves strength and endurance. It enhances coordination and movement to better perform daily activities with greater ease.

Golden Girls: Increase mobility, balance, posture, core strength, and learn body mechanics to improve daily function using a variety of resistance tools.

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