

Success Fitness Club

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All Aerobics classes include warm-up, stretches, and cool-down		
Aerobics Lite		
		For beginners and new-comers to aerobic exercise Focus is on safe basis moves, proper equipment use and beginning exercise. 1 hour class, includes abdonminals
Cross Training		
		1 hour class for cross training enthusiasts. Get a wide range of fitness movements throughout the week while utilizing different muscle groups. Great for variety. All levels welcomed.
Fun-K Noons		
		1 hour workout featuring hip-hop and funk moves that are sure to make you sweat and burn fat Intermediate to advanced levels
Step Jam		
		1 hour class, intermediate to advanced level. High intensity step combinations. Incorporates weights and abdominals
Step		
		1 hour classes with step routines, each style depending on the instructor. Appropriate for all levels. Includes abdominals
Dance Aerobics		
		1 hour class with modern dance movements. Beginner and up
Bodyworks		
		20-25 minute toning workouts, featuring exercises for upper body, abdmoinals and legs. Classes vary in content. All include cool-down and stretches. All levels

Schedule of Aerobic Classes

Arranged by Activity

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Lite Aerobics	5:30pm - 6:30pm Steve	6:00am - 7:00am Kristen	5:30pm - 6:30pm Steve	6:00am - 7:00am Kristen	5:30pm - 6:30pm Steve
Cross Training - Step/Slide/Dance Aerobics	7:00pm - 8:00pm Jason	7:00pm - 8:00pm Jason	7:00pm - 8:00pm Jason	7:00pm - 8:00pm Jason	7:00pm - 8:00pm Jason
Fun-K Noons*	12:00pm - 1:00pm Bill	12:00pm - 1:00pm Bill	12:00pm - 1:00pm Bill	12:00pm - 1:00pm Bill	12:00pm - 1:00pm Bill
Step Jam	6:00am - 7:00am Kristen		6:00am - 7:00am Kristen		6:00am - 7:00am Kristen
Step - Prime, Last, Only & Step n'Strength*		5:30pm - 6:30pm Christina		5:30pm - 6:30pm Christina	
Dance Aerobics*	2:30pm - 3:30pm Jocelyn		2:30pm - 3:30pm Jocelyn		2:30pm - 3:30pm Jocelyn
Bodyworks*	10:00am - 10:30am Beth	10:00am - 10:30am Beth	10:00am - 10:30am Beth	10:00am - 10:30am Beth	10:00am - 10:30am Beth

***Classes with child care**

Schedule of Aerobic Classes

Arranged by Time of Day

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6:00 - 7:00 am	Step Jam	Lite Aerobics	Step Jam	Lite Aerobics	Step Jam
7:00 - 8:00 am	Cross Training	Cross Training	Cross Training	Cross Training	Cross Training
10:00 - 10:30 am	Bodyworks	Bodyworks	Bodyworks	Bodyworks	Bodyworks
12:00 - 1:00 pm	Fun-K Noons	Fun-K Noons	Fun-K Noons	Fun-K Noons	Fun-K Noons
2:30 - 3:30 pm	Dance Aerobics		Dance Aerobics		Dance Aerobics
5:30 -6:30 pm	Lite Aerobics	Step	Lite Aerobics	Step	Lite Aerobics

Success Fitness Clu

Hours of Operation

Monday - Friday

6:00 AM to 7:00 PM

Saturday

9:00 AM to 7:00 PM

Sunday

12:00 AM to 5:00 PM

