

Success Fitness Club

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Schedule of Aerobics Classes

Arranged by activity

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Schedule of Aerobics Classes

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Club Hours

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 abdominal

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, abdominal 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				
10:00 - 10:30 am	Bodyworks	Bodyworks	Bodyworks	Bodyworks	Bodyworks
12:00 - 1:00 pm	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

