

Success Fitness Club

Corporate Fitness Exerts

Facilities

Aerobics Studio
Sprint Circuit
Strength Equipment
Free Weights
Treadmills
Recumbent Bikes
Stair Climbers

Our Pledge to You

Our goal is to provide an environment to regenerate your physical and mental energy by receiving quality attention to your individual needs.

Programs for All Levels

Beginners
Intermediate
Advanced/Elite

Here to help you

You've heard it all before. The keys to a healthy life are regular exercise and good nutritional habits. We know it's hard to maintain such a lifestyle. At Success Fitness Club we give you the information and tools to guide you to realizing your fitness potential. We offer assistance in general fitness, sport-specific conditioning, improvements in strength or cardiovascular fitness, motivation, nutrition and weight management. Our personal trainers can help educate you on your personal health and fitness, provide you with constant feedback and give you a more productive and efficient workout.

stretching tips

Warm up for at least five minutes before stretching, or stretch at the end of your workout routine
Warm, loose muscles are more pliable than cold tight muscles
Always stretch in a warm, comfortable environment.
Stretch on carpet or use a towel mat for padding
Ease into your maximum comfortable stretch position and aim to hold it for at least 30 seconds.
Never bounce or do ballistic stretching which can predispose the muscles to injury

A Good Reason to Exercise

It is important to maintain adequate fitness levels in order to carry out daily tasks with vigor and alertness. One of the most important things that you can do for your health is exercise regularly. The Centers for Disease Control jointly issued a statement with the American College of Sports Medicine recommending all adults accumulate 30 minutes or more of moderate intensity physical activity on most, preferably all, days of the week.

You probably know exercise is a good idea, but you might be surprised at how many health problems and diseases can be prevented or controlled with a daily dose of exercise. You'll live longer, reduce your risk of heart disease, lower or control your blood pressure, and build healthy bones and muscle while reducing fat.

Make an effort to participate in some form of moderate activity on a daily basis. Walking, cycling and light aerobics are excellent choices. At Success Fitness Club, we offer a variety of programs and classes designed to



meet your needs. Our broad range of instruction covers the novice through to the expert. Come and see us today to get started on your road to fitness.



What can Success Fitness Club Do for You?	Who can Benefit from our Instruction?
<p>Give you access to our highly qualified training team</p> <p>Assist you in health and fitness goals</p> <p>Motivate you to maintain a regular workout routine</p> <p>Maximize your time efficiency while in the club</p> <p>Educate you on proper training techniques</p> <p>Provide coaching assistance</p> <p>Monitor your Progress</p> <p>Provide real results</p>	<p>Beginners – Learn proper techniques to perform each exercise properly and gain the benefits from working out</p> <p>Intermediate – Have you hit a plateau? Different approaches will take you to new levels. Adjust your workout strategy to meet your needs.</p> <p>Advanced/Elite – Fine-tune your program to reach your personal best. Try sports specific training</p>

How are your Shoes?



Shoes are probably the most important piece of exercise equipment you will buy. For aerobic use, look for a shoe that provides plenty of cushioning and good lateral support for the frequent side-to-side motion used in aerobics. When picking a good shoe, have your foot measured first and how the general shape of your foot. Are your feet wide? Are your feet really narrow? Do you have high arches? A good shoe will provide support and stability, which will help you prevent injury.

It is important to buy a shoe that suits your activity. Aerobic participants should not use running shoes for aerobics. Running shoes provide minimal support for lateral motion, and may put you at higher risk of ankle injuries. Cross trainers may not provide enough cushioning for high impact and power moves. If you do mostly low impact exercise or firm workouts, cross trainers should work fine for you.

If you are a frequent exercise, you may need to replace your shoes in as little as 4-5 months. Most shoes have a 200-hour life before the cushioning goes flat. When the treads are worn, the upper is puckered around the laces or the sole is separating from the upper...it is definitely time for some new shoes.