



Aliso Viejo
50 Enterprise
Aliso Viejo, California 92656
949.643.6700

Group Fitness Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:30-9:30 Studio 1 Sculpt Aileen Sheron	6:00-7:00 Studio 1 Sculpt * NEW CLASS Lori McKee	5:30-6:25 Cycling Studio 2 Studio Cycle SPD, Look Clips & cages for sneakers. Sign in required at activities desk. Cory Dooley	6:00-6:55 Cycling Studio 2 Road Cycle SPD, Look Clips & cages for sneakers. Sign in required at activities desk. Alex Isaly	5:30-6:25 Cycling Studio 2 Road Cycle SPD, Look Clips & cages for sneakers. Sign in required at activities desk. Kyle van Hoften	6:00-6:55 Cycling Studio 2 Road Cycle SPD, Look Clips & cages for sneakers. Sign in required at activities desk. Alex Isaly	7:30-8:30 Mind & Body Studio 3 Sunrise Yoga Dusty Flowers
9:00-9:55 Cycling Studio 2 Studio Cycle SPD, Look Clips & cages for sneakers. Sign in required at activities desk. Gina Perrin	6:00-6:55 Cycling Studio 2 Studio Cycle SPD, Look Clips & cages for sneakers. Sign in required at activities desk. Danielle Purcell	6:00-7:00 Lap Pool ClubSwim All Lanes Sara Showalter	6:00-7:00 Studio 1 Sculpt Nygel Johnson	6:00-7:00 Lap Pool ClubSwim All Lanes Sara Showalter	6:00-7:00 Studio 1 Lean Extreme Chalene Johnson	8:00-9:00 Lap Pool ClubSwim All Lanes Kristin Szilagyi
9:30-10:30 Mind & Body Studio 3 Yoga Plus Lori McKee	9:00-9:55 Cycling Studio 2 Road Cycle SPD, Look Clips & cages for sneakers. Sign in required at activities desk. Alex Isaly	6:30-7:30 Mind & Body Studio 3 Sunrise Yoga Audri Geary	7:00-8:00 Pilates Reformer Studio 4 Pilates Pump Donna Meyer	6:30-7:30 Mind & Body Studio 3 Sunrise Yoga Audri Geary	8:00-9:00 Mind & Body Studio 3 Pilates Mat Katie Osumi	8:00-9:00 Studio 1 Turbo Kick Chalene Johnson
9:30-10:00 Treadmills Run-n-Burn Sign in required at the activities desk. Aileen Sheron	9:00-10:00 Mind & Body Studio 3 Hustle Chalene Johnson	8:30-9:00 Treadmills Run-n-Burn Sign in required at activities desk Cory Dooley	9:00-9:55 Cycling Studio 2 Road Cycle SPD, Look Clips & cages for sneakers. Sign in required at activities desk. Cory Dooley	8:00-9:00 Studio 1 Cardio Pump Marcia Volkmann	8:30-9:30 Studio 1 Boot Camp Nygel Johnson	8:30-9:25 Cycling Studio 2 Road Cycle SPD, Look Clips & cages for sneakers. Sign in required at activities desk. Lisa Andrew
9:30-10:30 Studio 1 Cardio Kickbox Danielle Posvar	9:30-10:30 Studio 1 Boot Camp Nygel Johnson	9:00-10:00 Studio 1 Body Sculpt Anna-Rita Sloss	9:00-10:00 Studio 1 Step II - III Jill Goodwin	8:30-9:00 Treadmills Run-n-Burn Sign in required at activities desk Nygel Johnson	9:00-9:45 Mind & Body Studio 3 Cardio Groove Jill Goodwin / Michelle Koenemann	8:30-9:30 Mind & Body Studio 3 Pilates with Toys Marcia Volkmann
10:30-11:30 Studio 1 Family Yoga Heather Glick	10:00-10:30 Mind & Body Studio 3 To the Core Jill Goodwin	9:00-9:55 Cycling Studio 2 Studio Cycle SPD, Look Clips & cages for sneakers. Sign in required at activities desk. Katie Osumi	10:00-10:15 Studio 1 Express Abs Jill Goodwin	9:00-10:00 Studio 1 Cardio Kickbox Terry Shorter	9:00-9:55 Cycling Studio 2 Studio Cycle SPD, Look Clips & cages for sneakers. Sign in required at activities desk. Katie Osumi	9:00-10:00 Edge Studio Boxing Sign in required at activities desk. Frank Rivera
	10:30-11:30 Studio 1 Step Jill Goodwin	10:00-11:00 Studio 1 ClubCircuit Aileen Sheron	10:00-11:00 Mind & Body Studio 3 Progressive Power Yoga Rob Glick	9:00-10:00 Pilates Reformer Studio 4 Pilates Circuit Katie Osumi	9:30-10:30 Studio 1 Turbo Kick Dawn Froeschner	9:00-10:00 Exercise Pool AquaFit Kristin Menapace
	11:30-12:00 Studio 1 Power Booty Jill Goodwin	10:00-11:00 Mind & Body Studio 3 Core Play Katie Osumi	10:15-11:00 Studio 1 Strong Jill Goodwin	9:00-9:55 Cycling Studio 2 Road Cycle SPD, Look Clips & cages for sneakers. Sign in required at activities desk. Lisa Andrew	9:45-10:00 Mind & Body Studio 3 Express Abs Jill Goodwin / Michelle Koenemann	9:00-10:00 Studio 1 R.I.P.P.E.D. Terry Shorter
	12:00-1:00 Lap Pool ClubSwim All Lanes Brad Hibbard	11:00-11:45 Mind & Body Studio 3 Restore & Release Aileen Sheron	12:00-12:55 Cycling Studio 2 Road Cycle SPD, Look Clips & cages for sneakers. Sign in required at activities desk. Kyle van Hoften	9:00-10:00 Mind & Body Studio 3 Yoga Tone Jill Harvey	10:00-11:00 Studio 5 Barre Fusion * NEW CLASS Joan Wenson	9:30-10:45 Cycling Studio 2 Road Cycle SPD, Look Clips & cages for sneakers. Sign in required at activities desk. Cory Dooley
	12:00-1:00 Mind & Body Studio 3 Yoga I & II Laura Schneider	11:00-12:00 Studio 1 Pre/Post Natal Michele Koenemann	4:30-5:30 Studio 1 Brazilian Booty Camp Fernanda Rocha	10:00-10:15 Studio 1 Express Abs Lisa Andrew	10:00-11:00 Mind & Body Studio 3 Core Play Katie Osumi	9:30-10:45 Mind & Body Studio 3 Yoga I & II Audri Geary
	12:00-1:00 Studio 1 Body Sculpt Anna-Rita Sloss	12:00-1:00 Mind & Body Studio 3 Perfect for Beginners Yoga Petra Kolber	5:00-6:00 Exercise Pool AquaFit Marcia Volkmann	10:00-11:00 Mind & Body Studio 3 Core Play Katie Osumi	10:45-11:30 Studio 1 Sculpt Jill Harvey	10:00-10:15 Studio 1 Express Abs Lisa Andrew
	4:30-5:30 Studio 1 Brazilian Booty Camp Fernanda Rocha	4:30-5:30 Mind & Body Studio 3 Pilates Mat * NEW TIME Joan Wenson	5:00-6:00 Exercise Pool AquaFit Marcia Volkmann	10:00-11:00 Mind & Body Studio 3 Core Play Katie Osumi	12:00-12:55 Cycling Studio 2 Road Cycle SPD, Look Clips & cages for sneakers. Sign in required at activities desk. Jill Harvey	10:15-11:00 Studio 1 Power Booty Lisa Andrew
	4:30-5:30 Mind & Body Studio 3 Pilates Plus * New Class Janet Mancinelli	4:30-5:30 Studio 1 Turbo Kick Chalene Johnson	5:30-6:30 Treadmills Run-n-Burn Sign in required at activities desk Beth Chilcott	10:15-11:00 Studio 1 Strong Lisa Andrew	11:00-12:00 Mind & Body Studio 3 Step Basics Michele Koenemann	11:00-12:00 Studio 1 All that Dance!! Aileen Sheron
	5:00-6:00 Exercise Pool AquaFit Kristin Menapace	5:30-6:25 Cycling Studio 2 Road Cycle SPD, Look Clips & cages for sneakers. Sign in required at activities desk. Joan Wenson	5:30-6:25 Cycling Studio 2 Road Cycle SPD, Look Clips & cages for sneakers. Sign in required at activities desk. Eddie Judge	11:00-11:30 Studio 1 Power Booty Lisa Andrew	4:30-5:30 Studio 1 Brazilian Booty Camp Danielle Purcell	11:00-11:30 Pilates Reformer Studio 4 Pilates Reformer Orientation Class Marcia Volkmann
	5:30-6:30 Studio 1 R.I.P.P.E.D. Fernanda Rocha	5:30-6:30 Mind & Body Studio 3 Hustle Monica Gray	5:30-6:30 Mind & Body Studio 3 Pilates Mat Katie Osumi	12:00-1:00 Mind & Body Studio 3 Yoga I & II Dusty Flowers	5:30-6:30 Studio 1 T.G.I.F. Nygel Johnson	
	5:30-6:30 Pilates Reformer Studio 4 Pilates Pump Donna Meyer	5:30-6:30 Mind & Body Studio 3 Hustle Monica Gray	5:30-6:15 Studio 1 Step II - III * New Class Lori McKee	4:30-5:30 Studio 1 Turbo Kick Monica Gray	6:30-6:45 Studio 1 Express Abs Nygel Johnson	
	5:30-6:30 Treadmills Run-n-Burn Sign in required at activities desk. Dusty Flowers	5:30-6:30 Studio 1 Body Sculpt Dawn Froeschner	6:15-7:15 Studio 1 Sculpt Aileen Sheron	5:00-5:45 Mind & Body Studio 3 Yin Yoga * NEW CLASS Dusty Flowers		
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		6:30-7:30 Lap Pool ClubSwim All Lanes Kristin Szilagyi	6:30-7:30 Mind & Body Studio 3 Yoga Plus Lori McKee			
		6:45-7:30 Studio 1 Cardio Kickbox Danielle Posvar				

6:30-7:30 **Yoga I & II**
Mind & Body Dusty Flowers
Studio 3

5:30-6:25 **Road Cycle**
Cycling **SPD, Look Clips &**
Studio 2 **cages for sneakers.**
Sign in required at
activities desk.
January 1st
Danielle Purcell

6:00-7:00 **Flashback**
Mind & Body Milo Levell
Studio 3