



Aliso Viejo
50 Enterprise
Aliso Viejo, California 92656
949.643.6700

Group Fitness Schedule

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

6:45-7:30
Studio 1

Cardio Kickbox
Danielle Posvar

6:30-7:00
Edge Studio

To the Core
Kristi Ann Queypo

6:00-7:00
Mind & Body
Studio 3

Rave
Terry Shorter