

FITNESS



MONTANOSO FITNESS



Personalized Fitness Training by Brian Karr

Personalized workout program designed specifically for you. Customized workout programs include cardiovascular training, strength training and corrective stretching exercises. Workout programs are designed for weight loss, building muscle and overall healthy life styles.

Age 14 & older (All fitness levels)

Dates, Time & Fees arranged with instructor
Instructor: Brian Karr (NaSM)
291-1195



Triathlon Swim Program

Mondays & Wednesdays / 6:00 pm - 7:15 pm

Beginning to advanced triathlon swimming technique instruction and triathlon swim workouts.

Instructor:
Dave Malone (BS, USAT Certified Coach)
291-1212 or davemalone@cox.net
Sierra Recreation & Fitness Center

Age 14 & older

12 Session Punch Card:
\$200 / Passholders
\$240 / Non-Passholders

Get Fit Personal Training with Jon Propp

Fitness programs are designed specifically to meet your fitness goals and improve your quality of life, specializing in improving overall conditioning, weight loss, functional strength training and increasing lean body mass.

Age 14 & older, all fitness levels

Dates, Time & Fees arranged with instructor
Instructor: Jon Propp (NASM, NESTA, APEX)
981-5717 or octrainerjon@yahoo.com

Jadon's Personalized Fitness

Professionally formulated to achieve maximum results that will have you looking and feeling your best. Workouts are designed to challenge your body and mind, in addition to adding quality years to your life.

Age 14 & older (Couples / small groups)

Dates, Time & Fees arranged with instructor
Instructor: Jadon Pollard (A.C.E. Certified)
282-9297 / jadonpollard@cox.net

Fit by Dawn Personal Training

Sessions designed to meet individual needs: weight loss, cardiovascular conditioning, general fitness and sport-specific training.

Age 14 & older

Dates, Time & Fees arranged with instructor
Instructor: Dawnell Viole (A.C.E. Certified, BA)
939-0021

Coach Dave's Personal Training

Goal-oriented personalized training and nutrition. Individual training, semi-private for two or three people. Strength training, core fitness, nutrition, and weight-loss programs.

Age 14 & older

Dates, Time, & Fees arranged with instructor
Instructor: Dave Malone (BS, USAT Certified)
291-1212 / davemalone@cox.net

SIERRA FITNESS



60-Minute Coed Circuit Training

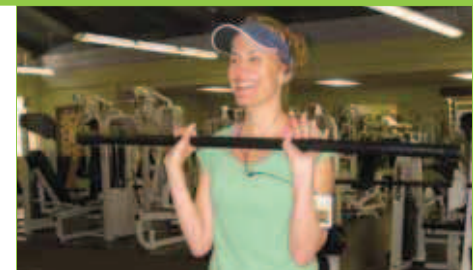
Tuesdays & Thursdays (Call for dates)
5:30 am - 6:30 am

Includes extra emphasis on intensity.

Instructor: The Body Fitness Mechanic
582-5639

Passholders:
\$15 / class
\$64 / 8 classes

Non-Passholders:
\$20 / class
\$80 / 8 classes



Personal Fitness Training The Body Fitness Mechanics

BFM specializes in designing programs to help clients reach their fitness and health goals utilizing techniques from boxing/kickboxing, cross training, yoga, and body sculpting.

Sierra & Montanoso Recreation & Fitness Centers

Age 14 & older (Healthy - all fitness levels)

Dates, Time, & Fees arranged with instructor
Instructor: The Body Fitness Mechanics
500-7419 or bodyfitmec@aol.com



Sierra Program Schedule

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:30 am	* Battletone Kickboxing	* Coed Circuit Training		* Coed Circuit Training	* Battletone Kickboxing	
8:00 am	Aqua Aerobics Low Intensity		Aqua Aerobics Low Intensity		Aqua Aerobics Low Intensity	
9:00 am		Aqua Aerobics Moderate Intensity		Aqua Aerobics Moderate Intensity		
9:15 am	Aqua Aerobics Stretch		Aqua Aerobics Stretch		Aqua Aerobics Stretch	
9:30 am						Aqua Aerobics High Intensity
6:15 pm	* Triathlon Swim		* Triathlon Swim			

* Fee Based

MARTIAL ARTS



Shito-Ryu Karate-Do Genbu-Kai Traditional Karate-Do

Fridays

5:00 pm - 6:00 pm / Jr. Beginning

Tuesdays / Fridays

6:00 pm - 7:00 pm / Jr. Advanced

7:00 pm - 8:00 pm / Adult

Montanoso Recreation & Fitness Center

Age 7 - 15 (Juniors)

Age 16 & older (Adults)

Registration Monthly

Instructors: Sam Banis & Amy Fair

Passholders:

\$40 / month

Non-Passholders:

\$45 / month

New students please call 859-4348 (press 2) to schedule an orientation

Battletone Kickbox Workout

Wednesdays / 7:15 pm - 8:15 pm

A moderate to high intensity combative workout set to high-energy music. Involves multiple stations that you will punch, kick, elbow and knee. Speed drills, calisthenics, isometrics and other fat-burning, muscle toning movements.

Montanoso Recreation & Fitness Center

Age 13 & older

Must be in good health.

Signed waivers/consent forms required.

Certified, experienced instructor from The Body Fitness Mechanics

Please arrive to class with boxing hand wraps, towel and water. Boxing hand wraps are available for \$9 from a local sporting goods store.

Each Class:

\$20 (Passholders) / \$24 (Non-Passholders)

Passholder Punch Cards:

\$80 (8 classes) / \$64 (4 classes)

Non-Passholder Punch Cards:

\$88 (8 classes) / \$68 (4 classes)

Purchase punch cards at the Montanoso Recreation & Fitness Center.

General Information

859-4FIT (4348)

Fee Schedule on page 19

Sierra & Montanoso Hours

Monday-Friday 5:30 am - 9:00 pm

Saturday-Sunday 7:00 am - 7:00 pm

Montanoso

25800 Montanoso Drive

Weight & Cardio Equipment

Jazzercise, Aerobics & Yoga Classes

Morning & Evening Babysitting

Tennis & Basketball Courts

Swimming Pool (25-yard)

Waterpark

Babysitting Hours

Monday - Saturday 8:00 am - Noon

Monday/Wednesday 3:30 pm - 8:00 pm

Tuesday/Thursday 5:00 pm - 7:30 pm

Nominal Fee Charged

Sierra

26887 Recodo Lane

Weight & Cardio Equipment

Youth Fitness Equipment

Group Exercise Classes

Waterslide

Swimming Pool (heated)

Spa

Locker Rooms

Lighted Tennis Courts

Basketball Hoop



Montanoso Program Schedule

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30 am	* Battletone Kickboxing	* Core Training		* Core Training	* Battletone Kickboxing		
6:30 am		Intermediate Yoga		Intermediate Yoga			
8:00 am	Jazzercise	Body Sculpting	Jazzercise	Body Sculpting	Jazzercise Circuit		
8:15 am						Body Sculpting	Pilates
9:15 am	Jazzercise	Jazzercise	Jazzercise Step	Jazzercise	Zumba	Jazzercise	
9:30 am							Jazzercise
10:30 am						Intermediate Yoga	
10:45 am	Basic Yoga Levels 1 & 2		Basic Yoga Levels 1 & 2		Basic Yoga		
11:00 am		Pilates		Pilates			
11:55 am	Tai Chi for Health Level 2		Tai Chi for Health Level 2				
Noon		Basic Yoga		Basic Yoga			
12:15 pm	Tai Chi for Health Levels 1 & 2		Tai Chi for Health Levels 1 & 2				
4:30 pm	Zumba		CardioCore				
5:00 pm		Step		Step Interval	* Karate		
6:00 pm	Jazzercise	* Karate	Jazzercise Step	Zumba	* Karate		
7:00 pm	Pilates	* Karate		Piyo	* Karate		
7:15 pm			* Battletone Kickboxing				

* Fee Based



AQUATICS & FEES

MONTANOSO POOL SCHEDULE

ACTIVITY	TIME	DAY
Lap Swim Only	5:30 am - 11:00 am	Monday - Friday
	7:00 am - 11:00 am	Saturday / Sunday
Recreation & Lap Swim	11:00 am - 8:45 pm	Monday - Friday
	11:00 am - 6:45 pm	Saturday / Sunday
Waterpark	11:00 am - Dusk	Daily

SIERRA POOL SCHEDULE

ACTIVITY	TIME	DAY
Lap Swim	5:30 am - 7:45 am	Monday / Wednesday / Friday
	5:30 am - 9:00 am	Tuesday / Thursday
	7:00 am - 9:30 am	Saturday
	7:00 am - 10:30 am	Sunday
Aqua Aerobics	8:00 am - 9:15 am	Monday / Wednesday / Friday
Lap Swim / Aqua Aerobics	9:15 am - 10:15 am	Monday / Wednesday / Friday
	9:00 am - 10:00 am	Tuesday / Thursday
	9:30 am - 10:30 am	Saturday
Recreation & Lap Swim	10:30 am - 8:45 pm	Monday - Friday
	10:30 am - 6:45 pm	Saturday / Sunday
Waterslide	1:00 pm - 5:00 pm	Saturday / Sunday

General Information

859-4FIT (4348)

Sierra & Montanoso Hours

Monday-Friday 5:30 am - 9:00 pm
Saturday-Sunday 7:00 am - 7:00 pm

Sierra

26887 Recodo Lane

Montanoso

25800 Montanoso Drive

Babysitting Hours

Monday - Saturday 8:00 am - Noon
Monday/Wednesday 3:30 pm - 8:00 pm
Tuesday/Thursday 5:00 pm - 7:30 pm
Nominal Fee Charged

Lifeguards Wanted

The City of Mission Viejo is currently recruiting for Lifeguards. Visit cityofmissionviejo.org and click on "Employment" for more information.



FEE SCHEDULE

Montanoso & Sierra					Marguerite & Felipe				
Type	Resident		Non-Resident		Type	Resident		Non-Resident	
	Monthly	Annual	Monthly	Annual		Monthly	Annual	Monthly	Annual
Single	\$25	\$275	\$33	\$363	Single	\$45	\$495	\$60	\$660
Couple	\$37	\$407	\$48	\$528	Couple	\$60	\$660	\$80	\$880
Family	\$50	\$550	\$63	\$693	Family	\$70	\$770	\$90	\$990
Junior	N/A				Junior*	\$20	\$220	\$30	\$330
Combined					Day Use Fees				
Type	Resident		Non-Resident		Fitness Centers		Resident & Non-Resident		
	Monthly	Annual	Monthly	Annual					
Single	\$59	\$649	\$76	\$836	Adults		\$8		
Couple	\$78	\$858	\$103	\$1,133	Youth (Age 3 Months - 13 Years)		\$4		
Family	\$98	\$1,078	\$126	\$1,386	Tennis Centers		Resident & Non-Resident		
Junior*	\$38	\$418	\$54	\$594	Per Person		\$8		

Pass Fees include use of specific facility(ies) and corresponding amenities but do not include participation in all of the various programs offered. Proof of residency must be provided in the form of a current utility bill, property tax statement or Lake Mission Viejo membership bill.

Monthly and annual passes are assessed an initiation fee of \$50. Annual passes include twelfth month FREE. 10% discount for passholders over age 55.

*Junior Passes valid only at Felipe Tennis Center.