



Fitness Boot Camps

Cardio, agility and strength training with weights, kettlebells, drills, obstacle courses and more! Classes are primarily outdoors at Sierra and indoors at Montanoso. All equipment is provided. Develop a lean, toned and strong body and get results now!

Sierra

(Outdoor Classes)

Mon: 5:30 am

Tues/Thurs: 8:30 am & 6:30 pm

Sat: 9:30 am

Montanoso

(Indoor Classes)

Tues/Thurs: 5:30 am

Sat: 7:05 am

(Outdoor Classes)

Mon/Wed: 8:15 am

Did you know?

All classes are FREE for members and included in entrance fees for guests!

MONTANOSO RECREATION CENTER
25800 MONTANOSO DRIVE

949-859-4348
fitness@cityofmissionviejo.org

SIERRA RECREATION CENTER
26887 RECODO LANE