

ClubSport In Aliso Viejo Expands Their Outdoor Gym Experience With New Classes

South Orange County's premier fitness resort includes one of OC's largest gyms and a 174-room hotel. Since taking their gym outdoors in July, ClubSport now offers new boutique-style fitness classes for members.



Aliso Viejo, Dec 3, 2020 ([Issuewire.com](https://www.issuewire.com)) - Renaissance ClubSport, Aliso Viejo's premier resort-style gym, has remained resilient through the pandemic after moving their equipment outdoors in July. In light of OC's recent return to a purple tier, ClubSport is enthusiastic about ensuring not only COVID-19 safety protocols but continuing to offer exciting new experiences for members. ClubSport recently unveiled a series of new fitness classes, similar to that one may enjoy at boutique studios (strength, power and endurance style workouts). Members can sign up for the classes daily through the ClubSport App.

Just months ago, ClubSport quickly took the initiative to bring their equipment and services to the outdoor areas surrounding the entire premises. All equipment is positioned with weather covering and distance guidelines in mind, giving access to members rain or shine. The new classes embrace HIIT style workouts many guests have been asking for, which includes water rowers, striders, and strength training equipment. With ClubSport being a privately owned operation, their team is quick to pivot during the pandemic to not only ensure safety but to stay creative with the fitness interests and needs of their members.

In addition to the new HIIT style classes, members will continue to enjoy their lap pool, weights, strength machines, treadmills, spin bikes and other quality equipment. Over 40 daily instructor-guided group fitness classes are available, including cycle, yoga and Pilates, HIIT, Zumba, and barre. All equipment is positioned throughout the property to adhere to physical distancing standards, making the best of the incredible aesthetics and shaded areas of the property.

In addition, the bottom floor of the ClubSport parking structure, now nicknamed “The Garage”, has been transformed into their strength training zone. The ClubSport Spa (R Spa) is available for massage and facial services and recently partnered with the Rejuvenation Room to offer IV vitamin therapies. The full-service restaurant, Citrus Fresh Grill, is open daily for to-go food and drink or for a sit-down restaurant experience outside. To give extra peace of mind, the ClubSport “Clean Team” is always on duty, cleaning all equipment before and after use, and parents appreciate childcare is available outdoors.

ClubSport is located at 50 Enterprise, Aliso Viejo, CA 92656 and more on the gym can be found at www.clubsports.com/clubsport-outdoors

Amenities currently available:

Fitness including weights, cardio and strength training machines: outdoors

Spa Retail

R Spa Massage Services: outdoors

Citrus Fresh Grill Restaurant: outdoor dining and to-go options

Restrooms

Kids World: outdoors

Group Fitness Classes: outdoors

Lap Swim: outdoors

Recreational & Family Swim including the exercise pool, kids wading pool, and pool deck with lounge chairs

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About Renaissance ClubSport:

ClubSport isn't just another fitness club - we are a fitness resort. One of the largest health clubs in Orange County, our studio-style classes include HIIT, yoga, group training, and more! Our state-of-the-art equipment, dedicated staff, and outstanding amenities provide a unique environment where members can enjoy fitness, relaxation, and recreation.

First opened 2008, ClubSport is an all-in-one gym experience that is easily accessible from the 73 toll road and is a quick drive from exits of the 5 and 405 freeways. ClubSport is available to those with membership and to hotel guests during their stay. The club is open Monday-Friday from 5am to 8pm and Saturday-Sunday from 6am to 8pm. To take a peek at ClubSport Outdoors and for membership information please visit www.clubsports.com/clubsport-outdoors



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Source : Renaissance ClubSport

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