

# Aileen Sheron

## ProActive Fitness



Aileen Sheron has been an innovator in the fitness industry since 1979. She has starred in thirty exercise videos, has made many TV and radio appearances as a fitness expert and is a contributor to several fitness publications. An international presenter and continuing education provider for over 25 years, she specializes in choreography, equipment-based resistance programming, myofascial release, aerobic dance, cycling, and treadmill training. Her Weight Watchers Low Impact Aerobics Workout was rated #1 by Consumer Reports. Aileen is also president of Good Natured Products, Inc., makers of the OmniBall and other fitness products.

### Current Fitness Facility Affiliations

<b>University of California, Irvine</b>	<b>2000 - Present</b>
<b>Renaissance ClubSport, Aliso Viejo</b>	<b>2008 - Present</b>
<b>Breakthru Fitness, Pasadena</b>	<b>2014 - Present</b>

### Available Workshops

**Resistance Training, Treadmill, Dance Choreography, Myofascial Release, Core and More, Cycling, Flexibility.**

<b>ACE certified</b>	<b>1988 - Present</b>
<b>IDEA World Fitness Presenter</b>	<b>1991 - Present</b>

### Special Projects

<b>Mantengase En Forma</b> Created, starred in world's first aerobics video in Spanish.	6/82
<b>The 29-Minute Total Body Toner</b> Choreographed and starred in low impact aerobics video with hand-held weights. Over two million sold.	6/87
<b>National Aerobic Championships</b> Four-time regional champion, three-time national finalist.	1991-1995
<b>Rancho La Puerta</b> Guest instructor, fitness staff trainer at renowned spa.	1992- Present
<b>Weight Watchers Workout Series</b> Wrote, choreographed, and starred in three videos, co-produced and distributed by Paramount.	8/95
<b>Positive Prenatal/Postnatal Fitness Videos</b> Wrote, choreographed, and starred in two educational exercise videos for Ross Pediatrics' Similac baby formula.	4/96 4/97

<b>Balance Bar</b> Chosen as liaison to the fitness industry.	1996- 1997
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<b>Magazine Articles</b> Contributing author to IDEA Fitness Journal, IDEA Fitness Edge, Children, Weight Watchers, Ms. Fitness, etc.	1996- Present
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<b>Star Trac Master Trainer</b> Featured in V-Bike training video.	1999- 7/02
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<b>INDUSTRIAL STRENGTH - ALL TUBING and KidSport® SUPER CIRCUIT Videos</b> Wrote, choreographed, and starred in videos for GNP.	2/03
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<b>INDUSTRIAL STRENGTH - ALL BAR Video</b> Wrote, choreographed, and starred in second IS video	7/04
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<b>Rock 'n Roll Stretch Myofascial Release Video</b> Created one of the industry's first foam roller videos.	7/04
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<b>OmniBall® Trainer and Videos</b> Created, developed, and patented unique fitness device.	7/05
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<b>Camp Fit - Boot Camp Program for Power Systems</b> Wrote a manual and created a video for major distributor	8/05
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<b>Pump Up UCI/Fitness Fridays</b> Specialized education for students, faculty, employees	2008- Present
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<b>Commit to Get Fit</b> Ten week intensive exercise/nutrition program for overweight employees from various UCI departments	2010- 2013
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<b>The ROCK 360</b> Licensed OmniBall patent for new ab roller. Consulting on all aspects of new product launch. OmniBall featured on Jillian Michaels' Sweat Inc. on Spike TV.	2012- Present
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<b>Body Bar Master Trainer</b> Educational programming and instructor training.	2013- Present
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<b>Equinology Equine Body Worker (EEBW)</b> Completed certification in equine body work.	2015- Present
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