

Aliso CrossFit - Aliso Viejo

aliso viejo

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https://www.electrofitness.com/physical-fitness-program/aliso-viejo/aliso-crossfit-aliso-viejo_277838.p

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aliso viejo

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Discover Aliso CrossFit: Where Accessibility Meets Community

Aliso CrossFit, located in the heart of Aliso Viejo, California, is not just another gym; it's a vibrant community that prioritizes accessibility and inclusiveness for everyone. From the moment you arrive, you'll notice the ****wheelchair-accessible car park**** and the ****wheelchair-accessible entrance****, making this fitness haven available to all individuals, regardless of their mobility.

A Phenomenal Experience Awaits You

Visitors rave about their experiences at Aliso CrossFit. One member beautifully described her visit as an “**absolutely phenomenal experience**,” highlighting the friendly community and welcoming owners. The coaches are dedicated to providing **great coaching** that helps individuals achieve their fitness goals, whether through drop-in sessions or long-term memberships.

Welcoming Atmosphere for All

Stepping into Aliso CrossFit feels like joining a big family. Members share inspiring stories of kindness and support from both staff and fellow participants. As one reviewer put it, “I felt so welcome the moment I stepped in.” This sense of belonging makes it easier for newcomers to jump into workouts, knowing that they will be supported every step of the way.

Expert Coaching with Genuine Care

The real MVPs of Aliso CrossFit are the coaches. Their blend of expertise, enthusiasm, and genuine care creates an environment where members can thrive. Coaches like Todd and Kellie are praised for their ability to teach fundamental movements while ensuring safety and proper form. They make workouts challenging yet accessible, catering to all fitness levels.

A Community that Lifts You Up

At Aliso CrossFit, each workout is designed to foster camaraderie and encouragement. Members celebrate each other's victories, big or small, creating an atmosphere that emphasizes progress over perfection. As someone noted, “You will never leave class feeling like you can't accomplish your goals.”

Comprehensive Programs Beyond Just Fitness

Beyond strength training, Aliso CrossFit offers a fantastic nutrition program that enhances members' overall well-being. This holistic approach ensures that the journey towards fitness encompasses both physical exercise and healthy eating habits, giving individuals the tools they need to succeed.

Children Welcome!

Aliso CrossFit is also committed to fostering fitness in younger generations. With a dedicated kids' CrossFit program, children can learn new skills in a fun, supportive environment, ensuring that fitness becomes a family affair.

Your Journey Starts Here

If you've hesitated about joining a CrossFit community due to misconceptions or intimidating environments, Aliso CrossFit is the place to break those barriers. With its focus on accessibility, expert coaching, and a welcoming atmosphere, it's clear why so many members have found their second home here. Whether you're a seasoned athlete or just starting your fitness journey, Aliso CrossFit invites you to experience the positive transformation that awaits. Don't just join a

gym; join a community that celebrates fitness and togetherness. Come in and discover what makes Aliso CrossFit truly special!

We are established at

6 Journey #300, 92656 Aliso Viejo, California - United States (US)

The contact line of this **Physical fitness program** is +1949-776-1541
And if you want to send a WhatsApp, you can do so at +1949-776-1541

We are available at these times:

| Day | Hours |
|-----------|--------------|
| Monday | 5?AM–6:30?PM |
| Tuesday | 5?AM–6:30?PM |
| Wednesday | 8–10?AM |
| Thursday | Closed |
| Friday | 5?AM–6:30?PM |
| Saturday | 5?AM–6:30?PM |
| Sunday | 5?AM–6:30?PM |

The website is Aliso CrossFit

If necessary to alter any information that you think is not correct regarding this portal, we ask deliver a message and we will fix it promptly. In advance we appreciate it.

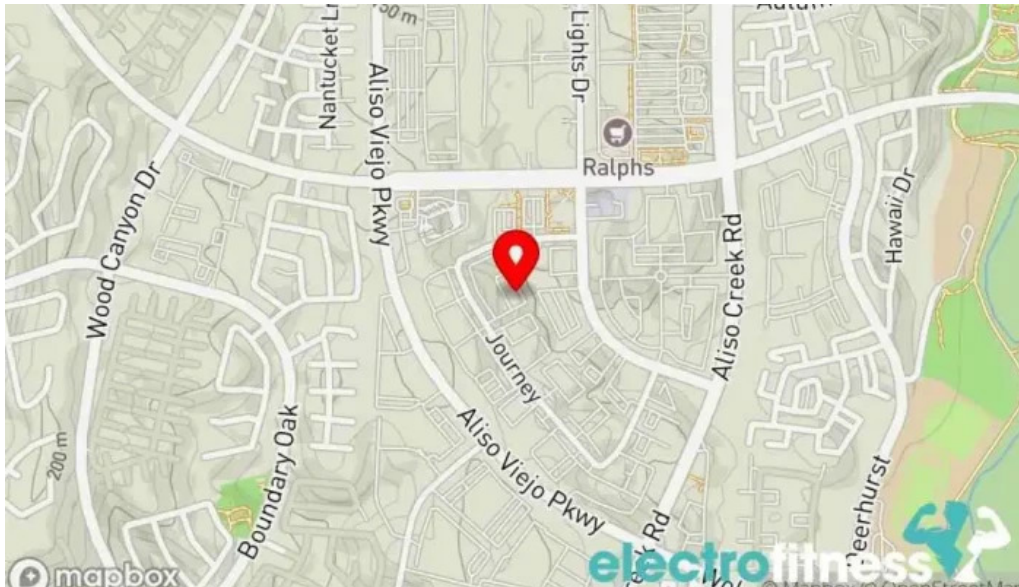
Images



Aliso crossfit street view 360deg



Aliso crossfit physical fitness program



Aliso crossfit map



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Tags

Wheelchair-accessible car park, Accessibility, Wheelchair-accessible entrance

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Comments

| | |
|--|----------------|
| Sharon Reed | 07-05-25 02:16 |
| <p><i>I just wanted to share how amazing this gym is! The coaches and members are incredibly friendly, welcoming, and supportive. I recently had to leave LA due to the fires and smoke, and finding this gym has been a true blessing. It's comforting to have some sense of normalcy in my weekly routine, especially in a new and unfamiliar location.</i></p> <p><i>A huge shoutout to Kelly and Todd for their generosity, kindness, and challenging workouts. Thank you so much! ???????</i></p> | |

Categories

| |
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| academic department |
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| arena |
| association / organization |
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| auditorium |
| bar |
| basketball club |
| basketball court |
| batting cage center |

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| body shaping class |
| boot camp |
| boxing club |
| boxing gym |
| boxing ring |
| children's party service |
| chiropractor |
| church |
| club |
| coffee shop |
| community center |
| convenience store |
| counselor |
| country club |
| coworking space |
| cultural center |
| dance company |
| dance school |
| day spa |
| disc golf course |
| dollar store |
| educational institution |
| elementary school |
| exercise equipment store |
| facial spa |
| firearms academy |
| fitness |
| fitness center |
| fitness equipment wholesaler |
| food producer |
| foot care |
| gated community |
| golf club |
| golf course |
| golf instructor |
| grocery store |
| gym |
| gymnasium school |
| gymnastics center |
| hair salon |
| health consultant |
| health food restaurant |

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| hiking area |
| hospital |
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| kennel |
| kickboxing school |
| kinesiologist |
| kinesiotherapist |
| martial arts club |
| martial arts school |
| massage spa |
| massage therapist |
| medical spa |
| meditation center |
| metaphysical supply store |
| muay thai boxing gym |
| non-profit organization |
| nutritionist |
| park |
| parking lot |
| parkour spot |
| personal trainer |
| pharmacy |
| physical fitness program |
| physical therapist |
| physical therapy clinic |
| pickleball court |
| pilates studio |
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| rock climbing gym |
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| soccer club |
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