

Aileen Sheron

ProActive Fitness



Aileen Sheron, known for her creative choreography, has been an innovator in the fitness industry for 25 years. She is a World Fitness IDEA presenter and provides continuing education for the American Council on Exercise (ACE) and the Aerobics and Fitness Association of America (AFAA) in choreography, resistance, indoor cycling, treadmill training, flexibility and kids' fitness and programming. Aileen has made many TV and radio appearances as a fitness expert and is a contributor to several fitness publications. She has starred in ten exercise videos; her Weight Watchers Low Impact Aerobics Workout was rated #1 by Consumer Reports. Aileen is also president of Good Natured Products, Inc., makers of fitness products and KidSport® Nutrition Bars.

Special Projects

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| Mantengase En Forma - Created, starred in world's first aerobics video in Spanish. | 6/82 |
| The 29-Minute Total Body Toner - Choreographed and starred in low impact aerobics video with hand-held weights. Over two million sold. | 6/87 |
| National Aerobic Championships - Four-time regional champion, three-time national finalist. | 1991-1995 |
| Rancho La Puerta - Guest instructor, fitness staff trainer at renowned spa. | 1992-Present |
| Weight Watchers Workout Series - Wrote, choreographed, and starred in three videos, co-produced and distributed by Paramount. | 8/95 |
| Positive Prenatal/Postnatal Fitness Videos - Wrote, choreographed, and starred in two educational exercise videos for Ross Pediatrics' Similac baby formula. | 4/96
4/97 |
| Balance Bar - Chosen as liaison to the fitness industry. | 1996-1997 |
| Magazine Articles - Contributing author to IDEA Fitness Journal, IDEA Fitness Edge, Children, Weight Watchers, Ms. Fitness, etc. | 1996-Present |
| Star Trac Master Trainer - Member of elite international team, educating instructors in treadmill training and indoor cycling. Featured in V-Bike training video. | 1999-7/02 |
| DOUBLE TROUBLE Video - Partner workout video with Patrick Goudeau. | 7/02 |
| INDUSTRIAL STRENGTH - ALL TUBING and KidSport® SUPER CIRCUIT Videos - Wrote, choreographed, and starred in two exercise videos for Good Natured Products, Inc. | 2/03 |
| INDUSTRIAL STRENGTH - ALL BAR Video - Wrote, choreographed, and starred in exercise video demonstrating a full body workout with the heavy exercise bar | 7/04 |
| OmniBall™ Trainer - Created, developed, and patented unique fitness device. | 7/04 |
| Rock 'n Roll Stretch Video - Innovative stretch video featuring the use of the foam roller | 10/04 |