



MISSION VIEJO

City of Mission Viejo  
Recreation and Fitness Centers



**Frequently Asked Questions about the Fitness Programs**

**Why do we need to use towels in the weight and cardio rooms?**

Towels are required in the weight and cardio rooms for sanitary and safety purposes. Towels are used to wipe off sweat from a machine's pads and handles so that the machine is clean for the next user. Please bring your own.

**Why do we need to wear closed-toed shoes in the weight and cardio rooms? Why do we need shirts?**

Proper closed-toed tennis shoes are required in both the weight and cardio rooms to protect the user from injury that could be caused by weight plates or other heavy items falling on participant's feet or the striking of a toe against an object. Shirts are required for sanitary purposes. Going shirtless in the fitness rooms also might offend certain individuals.

**Why is there a 30-minute time limit on all cardio equipment?**

Due to the fact that the Montanoso Recreation Center has a limited number of cardio machines, we use a 30-minute time limit on all cardio equipment when others are waiting to ensure that all members are able to use and enjoy the equipment.

**What type of music is played in the weight room?**

The stereo in the weight room is for the enjoyment of all members. We currently have cable radio that plays a variety of music to fit all preferences. The stations may be changed depending on the clientele that is in the center at a particular time. If the participant still wants different kinds of music than we provide, they are encouraged to bring a portable stereo and headphones with them.

**I am a beginner and new to exercise. Do you have a beginning aerobics class?**

All of our classes can be done on a low impact level. We also have stretching and yoga classes that can be performed at a low level. The instructors demonstrate all of the moves to accommodate those who are just beginning or want a low-impact workout. Please visit with the instructor before the start of the class.

**I am a new member and I do not know how to use the machines. Are there instructors and trainers available to give me a program?**

Yes, we have trainers who are connected with the center. The information about them is posted at the front desk. We also have staff members available that can help new members who are unfamiliar with our equipment to start a program or just answer a question.

**What do I need to bring to aerobics, stretching and yoga classes?**

A large towel, water bottle and a mat should be brought to each class.

**Are weights required in aerobics classes?**

No, they are optional. We do provide hand-held weights that are three through nine pounds.

**Are the classes limited to a certain number of participants?**

Yes, our space is limited to maintain the integrity and safety of the program. Please see a staff member for details.

**Are the aerobics and yoga classes included in the monthly fee?**

Yes, all of the classes are included in the monthly fee. We do, however, provide some fee-based classes. Please see the aerobics schedule for details.

For more information, please call 859-4348.