



# Put a new SPIN on your fitness goals!

Spin classes are back! Monthly sessions are available for FREE to members, and fee-based for non-members. Each session includes at least 4 classes of calorie-burning, cardio-pumping, and muscle-strengthening rides. Challenge yourself with hill climbs, sprints, and more!

Clip-in pedals with SPD clips are available.

Call or email to notify us if you can't make a class 24-hours in advance, so your space can be used for the waitlist. Two no-shows without notice will result in removal from the class.

**MEMBERS REGISTER FOR FREE!**

**Drop-in available as space permits.**

**Non-Member Drop-in \$10/ride.**

## NOVEMBER SESSION

Register online at [cityofmissionviejo.org/register](http://cityofmissionviejo.org/register)!

**Tuesdays | Nov. 7-28 | 6-6:50 am | Course #120671 | \$30 Non-Member Fee**

**Wednesdays | Nov. 1-29 | 6-6:50 am | Course #120672 | \$30 Non-Member Fee**

**Thursdays | Nov. 2-30 | 6-6:50 am | Course #120673 | \$30 Non-Member Fee**

**Fridays | Nov. 3-17 | 6-6:50 am | Course #120674 | \$30 Non-Member Fee**

Montanoso Recreation Center  
25800 Montanoso Drive



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