Spin

Tues / Thurs / Fri- 5:30 am
Wed - 12:00 pm & 7:10 pm
Sat - 8:10 am
Sun—10:45 am

Drop-In: $5
12-Ride Punch Pass: $55

It’s time to sweat! Get in shape, feel the burn and see results quick with our new Spin options. This 45-minute high-performance cardiovascular and strength-training workout is offered throughout the week in the morning and afternoon, so there is no excuse to miss! Spin your way into a great physique.

Montanoso Recreation Center
949-859-4348
SPIN POLICIES/GUIDELINES

GENERAL
- Please arrive on time for class and avoid leaving early when possible. Late arrivals are not allowed in the room 5 minutes after the start of class. If you must leave early, please let your instructor know at the beginning of class.
- Entering a class in progress is prohibited. Please refrain from entering the room before the current class has finished completely.
- Please follow the instructor’s routine and keep conversations to a minimum.
- Appropriate athletic attire is required. Please be modest with your tops and bottoms. Shirts covering the midriff must be worn at all times, in all classes (including yoga). Jeans or pants with buttons/hardware are not permitted.
- All personal items should be kept in a locker or cubby. Staff is not responsible for any lost, stolen, or damaged items.
- Mobile phone use is not allowed during class. Phones must be left in a locker or cubby during class.
- Personal music devices may not be used during class.
- No food or drink except water in a closed, unbreakable container is permitted.
- Profanity, excessively loud or offensive language, will not be tolerated.
- Only City of Mission Viejo approved instructors are permitted to teach in facilities during scheduled class times.
- Individual use of the facility stereo equipment is prohibited.

SPIN RESERVATION/CANCELLATION POLICY
- You can reserve a spot in class up to 24 hours in advance by calling the front desk at Montanoso Recreation and Fitness Center at 949-859-4348, option 2. If you do not arrive by the start of class, your spot will be released.
- You may cancel a reservation up to 1 hour in advance by calling the front desk at Montanoso Recreation and Fitness Center at 949-859-4348, option 2.
- A hand towel is required for use during spin.
- Shoes are required. Athletic shoes are OK. Spin shoes are NOT required, but recommended. Shoes are not provided by the recreation center.
- A water bottle is greatly recommended.
- Participants may not adjust the cycles other than handle bar height, seat height, and adding a gel pad (no bringing your own pedals, seats, etc.).
- Certain stretches on the bike are not allowed to increase the longevity of the bike and for your safety. Please follow instructor’s directions.
- Please clean your bike after use. Please make sure to wipe down the spin bike after completion of each class. Disinfectant wipes are available near the drinking fountain.