

# Free Spin Class (mission district)



Location

California

<https://www.genclassifieds.com/x-504794-z>



Free spin classes: we accept donation but not required RSVP: (Text Only)

Location : 20 Sycamore St. San Francisco CA., 94110

Schedule: [https://www.facebook.com/OPTWINC/app\\_317297045015785?ref=page\\_internal](https://www.facebook.com/OPTWINC/app_317297045015785?ref=page_internal)  
(more classes to come )

Wednesday: 6:00 to 7:00 PM

Description: Indoor cycling, as an organized activity, is a form of exercise with classes focusing on endurance, strength, intervals, high intensity (race days) and recovery, and involves using a special stationary exercise bicycle with a weighted flywheel in a classroom setting. It is commonly called spinning.

Instructor: John Soriano PT.MA. ( Physical Therapist , Personal Trainer , Spin instructor for 5)



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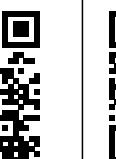
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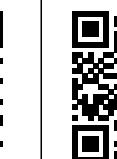
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