



Villages of Bonita

NEW CARDIO EQUIPMENT

THE VOB FITNESS CENTER

Love Peloton or Spinning?

You'll love our new Spinner Bike!

Enjoy a fast, fun, and energizing workout on our new **Schwinn Carbon Blue Spinner** — a premium, commercial-grade indoor cycle designed to deliver the authentic feel of riding outdoors.



Features Include:

- Whisper-quiet, maintenance-free belt drive
- Smooth, realistic “road feel”
- Commercial-quality performance and durability
- Perfect for interval training, endurance rides, or a quick cardio session
- Great for workouts while watching TV or listening to your favorite music

We have also added:

- **3 lb dumbbells**
- **5 lb dumbbells**
- **8 lb dumbbells**

Friendly Reminder

Please do not leave personal fitness equipment in the fitness center.

All equipment in the facility has been carefully vetted for **commercial quality, safety, and performance** to provide the best experience for all residents.

Enjoy the new additions and happy training!