



IN MOTION Personal Training Class Schedule

Effective: Dec. 2017

Progressive – Monthly Ongoing One Hour Classes. Don't wait, we prorate. See back page for fees.

12.13



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:00am	In Mo CrossFit Trevor	CrossFit Boot Camp Marie	In Mo CrossFit Ryan	CrossFit Boot Camp Marie	In Mo CrossFit Trevor/Ryan	
6:00am	CrossFit by Chris		CrossFit by Chris		CrossFit by Chris	
6:00am	Triple Shot* Ryan		Triple Shot* Ryan		Triple Shot* Ryan	
6:00am						
7:00am	CROSS Challenge Leslie	CROSS Challenge Trevor		CROSS Challenge Trevor	CROSS Challenge Leslie	
8:15am	CrossFit by Rex		CrossFit by Rex		CrossFit by Rex	
8:15am	TRX Circuit Training Silver - Kristin		TRX Circuit Training Silver - Kristin		TRX Circuit Training Silver - Kristin	
8:30am	SuperHIT Studio A - Chelsea	SuperHIT Chelsea	SuperHIT Studio A - Chelsea	SuperHIT Chelsea	SuperHIT Studio A - Chelsea	
9:00am	In Mo CrossFit Ryan	In Mo CrossFit Trevor	In Mo CrossFit Ryan	In Mo CrossFit Trevor	In Mo CrossFit Trevor	Multi-Challenge Coach
9:00am						OCR Training Chelsea
9:15am		Wellness Challenge Stephanie (Beginning)		Wellness Challenge Stephanie (Beginning)		
9:30am	CROSS Challenge Chelsea	CROSS Challenge Chelsea	CROSS Challenge Chelsea	CROSS Challenge Chelsea		
10:00am						In Mo CrossFit Coach
10:15am		Wellness Challenge Stephanie (Advanced)		Wellness Challenge Stephanie (Advanced)		
12:00pm	CrossFit by Rex*		CrossFit by Rex*		CrossFit by Rex*	
3:15pm	Teen Strength Training ages 13-18 Ryan		Teen Strength Training ages 13-18 Trevor		Teen Strength Training ages 13-18 Trevor	
3:30pm	Kids Cross Training ages 7-12 Debbie		Kids Cross Training ages 7-12 Debbie			
4:00pm		Teen Cross Training ages 13-18 Trevor		Teen Cross Training ages 13-18 Trevor		
4:15pm	CrossFit by Rex		CrossFit by Rex		CrossFit by Rex	
4:30pm		CrossFit by Rex		CrossFit by Rex		
5:30pm	OCR Training Chelsea		OCR Training Chelsea	OCR Training Chelsea	In Mo CrossFit Trevor	
5:30pm	Taekwondo for Kids (Silver Studio) Mario		Taekwondo for Kids (Silver Studio) Mario			
6:00pm		CROSS Challenge Trevor		CROSS Challenge Trevor		
6:00pm	In Mo CrossFit Marc	In Mo CrossFit Marc	In Mo CrossFit Marc	In Mo CrossFit Marc		
6:30pm	Taekwondo For Adults (Silver Studio) Mario		Taekwondo For Adults (Silver Studio) Mario			

For more information see class flyer or call Marie at 343-5678 ext 109 or Ryan at ext 123

* 30 minute class ♦ 30 minute option

♥ Heart Rate Monitor System Available by **POLAR**



= Polar heart rate monitoring system available in selected classes

In Motion Fitness reserves the right to cancel, substitute classes and or instructors due to unforeseen circumstances whenever necessary. We appreciate your understanding.

For our most current schedule please visit: www.inmotionfitness.net



IN MOTION FITNESS

RESORT ♦ HEALTH CLUB ♦ CAFÉ

1293 E First Ave, Chico | 343-5678 | www.inmotionfitness.net

TREVOR

PERSONAL TRAINING CLASS DESCRIPTIONS

These monthly, ongoing classes will give you the visible results you've always wanted PLUS the benefits of SUPERB PERSONAL TRAINING for a fraction of the cost. Enjoy our team approach philosophy, camaraderie and accountability as you gain knowledge; lose weight, inches and body fat!

Challenge Classes

- **Cross Challenge:** Level 2. Weakness will no longer be a word in your vocabulary when you accept the "challenge" and train your way to the next level of fitness. Your mind will be "challenged" to focus as your body is conditioned to meet the demands of strength, endurance, and interval training. The training technique will force you to cross the line of "I won't" and break through the barrier of "I can't". A body will never change without challenge so take yourself to the next level with Cross Challenge.
- **SuperHit** (Super High Intensity Training): Its back. It's better than ever! It's time efficient and incorporates strength, flexibility and cardio in the same workout! Strength exercises are combined with endurance/aerobic exercises, to incorporate the benefits of both a cardiovascular and strength training workout. Break out of your old routine and GET THE RESULTS you are looking for. Gain muscle, increase metabolism, increase cardiovascular fitness, muscular strength and muscular endurance while you lose fat!
- **Triple Shot**[®]: Interval training with a shot of CrossFit. 30 min. class
- **TRX Circuit Training:** A total body workout using TRX Suspension Trainers. Watch your fitness level increase as you progress. Build strength, balance, flexibility, and core stability. You will maximize your training time and achieve results. High intensity cardiovascular conditioning, blast calories and increase lean muscle mass.
- **Wellness Challenge**
Beginner Level Group Training Class: Designed for wellness group members who are ready for a change but have more limitations such as Joint Replacements and Balance Issues.

Advanced Level Group Training Class: A more advanced personal training class that will push your physical limitations. Both Classes will incorporate new exercises, a varied exercise program, balance & agility training, strength training & cardiovascular training.

In Mo CrossFit: Creating Functional Fitness For Life

- **CrossFit:** CrossFit is constantly varied, high-intensity, functional movement. The aim of which is to forge a broad, general and inclusive fitness. You are welcome to visit any CrossFit class to determine which best fits your style and schedule. Unlimited CrossFit clients can rotate within the classes signified by the black boxes with red font or the white boxes with the black font. To ensure proper form, training, safety and initial comfort for all attendees it is highly recommended that participants complete a 101 class or one-on-one sessions with a CrossFit Level One Certified Trainer. **For more info, please contact Ryan at 343-5678 ext. 123**
- **On-Ramp Personal Training:** Three personal training sessions for the basic CrossFit movements.

Specialty Programs

- **OCR Training:** Emphasis on skill and stamina needed to perform in a Tough Mudder and Spartan Race. Gradual progression to prepare for the event.
- **Taekwondo:** At Chico Taekwondo Academy we share with our students all the values that this Martial Art has to offer. We teach them how to be confident but humble, powerful but easy going, skillful, but a peacemaker.

Youth Programs

- **Kids Cross Training:** A strength-and-conditioning program that is specially designed for kids and teenagers and their specific developmental needs and helps them to develop a lifelong love of fitness. In a group setting, children and teens participate in fun and engaging workouts that deliver measurable results and prepare them to be well-rounded athletes. Ages 8-12
- **Teen Cross Training:** A strength and conditioning program designed for 13-18 years old athletes and non-athletes alike. The program combines age-appropriate weightlifting and gymnastics with high intensity training to deliver optimal fitness and performance, as well as establish a lifetime love of fitness. Proper weightlifting techniques are taught, under the watchful eye of our Crossfit certified trainers, to enhance strength and power, while also focusing on basic gymnastics to increase agility, mobility and flexibility.

- **Teen Strength Training:** This class is designed for young developing athletes who want to achieve their fullest potential when it comes to their sport. An Olympic weightlifting focus used to develop explosive movements such as snatch and clean-n-jerk that translate to a faster, stronger athlete.
- **Taekwondo for Kids:** It's not about teaching them how to fight! It's about discipline, values, self-esteem, confidence, focus and concentration. At Chico Taekwondo Academy we share with our students all the values that this Martial Art has to offer.

Polar Monitoring System

We know you will love the Polar Club heart rate powered classes as much as we do. They promote a fun and positive workout environment and will keep you engaged with real-time heart rate, motivating group rewards and personalized feedback.

CLASS FEES:

***2x per week 1/2 hour:** \$40 per month

***3x per week 1/2 hour:** \$50 per month

2x per week 1 hour: \$80 per month

3x per week 1 hour: \$100 per month*

SuperHIT available in unlimited pricing

OCR Training: \$100 per month

Wellness Challenge: \$50/mo when paired with Senior Wellness

Taekwondo for Kids and Adults:

\$75/Month for 1 Family Member

\$120/Month for 2 Family Members

\$150/Month for 3 Family Members

+\$35/Month for additional Family Members

CROSSFIT FEES:

***3x per week 1/2 hour:** \$50 per month (Mon, Wed, Fri)

2x per week 1 hour: \$80 per month

\$100/Month: Unlimited

• Unlimited Red coded classes can attend any Red coded classes on the schedule for \$100

• Unlimited Black coded classes can attend any Black coded classes on the schedule for \$100

• Red Unlimited can't attend a Black Unlimited class without occurring an additional fee and vice versa

(The ability to switch from Black to Red coded classes is \$129 a month)

Non-Member Fee: \$29

Pre-requisite On-Ramp: \$99/3 pack Personal Training

YOUTH PROGRAM FEES:

Teen Strength Training: \$75 3x wk

Teen Cross Training: \$50 2x wk

Kids Cross Training: \$50 per month/\$40 for 2nd child

Taekwondo for Kids: \$75/Month for 1st Family Member

\$120/Month for 2 Family Members

\$150/Month for 3 Family Members

+\$35/Month for additional Family Members

Non-Member Fee: \$29

Drop in fee: \$15 (all classes)

***Pro-ration is not an option if you decide to attend 2x per week.**

Fee will be set at the 2x per week rate: \$80/month

Late fee after the 10th of the month: \$10

IMF Electronic Funds Transfer (EFT) program is the stress free way to pay your monthly fees as you continue on the NEVER ending road to Health and Fitness.

For more information contact:

Marie Phillips – 343-5678 ext 109 or

Ryan Flenner – 343-5678 ext 123