

WINTER 2017



MORE IMPROVEMENTS!

In Motion just keeps getting better with our women's general showers and locker room facelift, new carpet in the men's and women's executive locker rooms and women's only workout area, basketball gym floor repairs, Heart Zone System (see page 3), new exercise mats throughout the club, new Aquatics pool heater, new digital deluxe scale in the women's general, and complete rebuild of all our Stairmasters (one of the greatest cardio pieces EVER, of which we can't get anymore so we are re-building!). More to come... stay tuned!

IN MO WINDOW CLING

Display your In Mo window cling on your mode of transportation to win a shirt, some grub, and other cool things. **Where do I get an In Mo window cling?** Currently, you can pick up your FREE window cling at the front desk (one per member).

This month's winner is below left:



WHAT'S NEW?

Our new Kids Expansion opened and includes a 2-story play structure with slides, zip line, tire climb, rope bridge, cardio nets and more. The new Southside Fitness area (down the hallway next to management offices) has it all! New kettlebells? Check! Climbing wall? Check! Endless rope climb machine? Check! All this and more can be found in our brand new 2-story Southside Fitness area, so be sure to check it out! Our outdoor expansion is coming next and will include 18 Parcourse/Parkour stations, a running/walking track, a sprint track, outdoor cardio and weight machines, climbing wall, and outdoor strollers.

CONNECT WITH IN MO

Facebook, Instagram and Twitter... FOLLOW US! Also, we do our best to make In Motion the best it can be. We receive your comments daily, and we work hard to accommodate, while providing excellent customer service. If you like what you see, please respond through Social Media (Yelp in particular). Also, be sure to visit our website inmotionfitness.net to view the most up-to-date class schedules and upcoming events.

STAIRMASTERS... REVIVED!

We know how popular the original Stairmasters are. The bad news is they don't make them like this anymore. The good news is we are going to rebuild all 7 of ours! We plan on stripping, powder coating, and rebuilding all our Stairmasters in Cardio Theatre. This project will not take long, and we will do it in stages in order to avoid all 7 being unavailable. Watch the progress on this one, as we hope you notice us always IN MOTION.

CAN YOU HELP US?

We are in constant picture retrieval mode. Every member of In Motion needs their picture on file. This is for your, and others, security. So when your friendly, hard working front desk attendant asks you for your picture, can you oblige, please? This takes all of 3 seconds and only the front desk sees the picture. We appreciate your cooperation and your smile!



B.A.M. CONFERENCE

Our annual Body And Mind Conference (B.A.M.) will once again hit the Northstate Feb. 24-26 with its array of the top presenters in the world, workshops of cutting-edge fitness techniques, and FREE expo of products and services. Sign-up at the front desk for the B.A.M. conference kick-off Charity Workout "Capture the CURE" where you not only work out with world-known fitness presenters but one lucky attendee will win a pink BOSU Balance Trainer! Entry is by donation to the American Cancer Society. All ages and non-members welcome! We are proud to host the largest fitness conference north of San Francisco right here at In Motion Fitness. Pick up a brochure on our flyer wall or download from our website inmotionfitness.net. For info, questions, or vendor booth reservations, contact **Lori Pine at lpine@inmotionfitness.net or 530-343-5678 ext. 324**

AQUATICS

With the holiday behind us, it's the perfect time to join an Aqua Aerobics class at In Motion. It's not only fun and refreshing but it helps keep your body in shape all throughout the year. The pool is warm and covered so you don't have to worry about the cold, rainy weather. The natural resistance offered by water leads to better muscular endurance and tone. Water aerobics exercises prove to be extremely beneficial in terms of cardiovascular conditioning. With warmer weather just around the corner, the best way to get a great work out and beat the heat would be to indulge in water aerobics. Our classes are Monday, Wednesday and Friday at 6:00am for the early birds. Try our mid-morning classes Monday through Friday at 9:00am and Tuesday, Thursday and Saturday 10:00am.

Our Monday, Wednesday and Friday 12:30pm class can be your lunchtime workout. Or if evenings are your time to work out, come see us Monday through Thursday at 5:30pm.

FITSTART SPECIAL

Unsure where to begin? We can help with our \$15 FitStart Special! You get one hour with a personal trainer and you pick the place (Sky Room, Southside Fitness, Free Motion area, Matrix equipment, general overview). Sign up at the front desk or contact **Marie at 343-5678 ext 109 Ryan at ext 123**

GROUP X

Yoga teachers and practitioners love to talk about yoga's benefits. Here at In Motion it's no different. We're always eager to share why we think every single person should roll out their mat and just practice, practice, and practice some more. Because in case you haven't heard, yoga actually has the potential to affect pretty powerful changes to our physical and emotional being especially in these stressful times. So if you haven't tried a yoga class and you're feeling stressed out, what are you waiting for? Did you know In Motion offers a combined total of 47 Body & Mind, (39 of which are yoga) complimentary classes per week? With 18 Body & Mind/Yoga Specialists on staff, all are particularly suited to bring the power of yoga to anyone who is wishing to get started, maintain or deepen their personal connection to the practice. Our experienced-certified teachers are passionate and committed to bringing the benefits of authentic yoga to In Motion and are here to guide you every step of the way!

WHOLE 30 MEAL PLANS

Eating good food should be easy! Whether you're stuck in a rut for inspiration or just can't get organized to cook, this is a game-changer. Real Plans is a meal planner with super powers. Real Plans creates a custom plan to suit your family's size, busy schedule and every-changing needs. Whether you need to lose weight or just eat healthier, Real Plans has a plan for you! Real Plans simplifies meal planning so you can plan, shop and eat-getting real food on the table in a snap. Meal planning saves you time, money and the stress of getting home after a long day and wondering what's for dinner. It's fun to shop and whip up recipes from Real Plans. To get started, go to inmotionfitness.net and scroll down to the logo below:



Highly recommended reading: **"It Starts with Food"**.



N.V.S.S.

North Valley Swim School is ready for a great season! Spring session starts March 6th – May 5th. Sign-ups begin Monday February the 13th. Our Spring Break Power Session is March 13th to March 17th and includes five 20 minute lessons for \$75. We also offer year-round lessons! You can start the day your call, Monday through Thursday! We also offer personal training one-on-one or small groups. You can sign up online at inmotionfitness.net by clicking on NVSS. For more information, you can email NVSS@InMotionFitness.net or call 530-345-6707.

SENIOR WELLNESS SUCCESS STORY

"After spending 3 years of a very sedentary lifestyle due to pursuing an academic goal, I drug myself back to the gym. Trying to assess who and where I was, and what my objectives were, I decided to do a consultation with Stephanie for the Senior Wellness program. During the interview, we talked about my goals and physical limitations. I defined my goals as "increased endurance, greater stamina, and weight loss." I told her, "I know I'm at a point where I have to decide whether I want to start buying size 14 clothes or work towards being a size 8. And I can't run. I don't jump." Stephanie replied that "we can work towards all of that and design a program that works specifically for you and your needs." Fast forward. Today I wear a size 8, sometimes a size 6, and have lost 20 pounds. I've obtained the goal of greater stamina and endurance. AND, I can run and jump due to all of the core work and exercises that we do in the Wellness Challenge class. Here's my journey: I started slowly. I went 2 days a week to the Senior Wellness Program on the fitness floor. I did the treadmill, the elliptical and a recline bike. I started adding strength training. After a few months, I started going 3 days a week with longer durations on the equipment. Sometime in the fall, it occurred to me that although my stamina and endurance had improved and I was feeling better, my weight and clothing size hadn't changed much. It occurred to me that IF I'm going to be putting in all this time and effort, it should

count for something. I realized that I was going to have to change my eating habits. About a year after starting back to the gym, I began to track my food and exercise on an app on my phone and I increased the intensity of my workouts by adding the Senior Challenge (Stephanie's more advanced class for seniors) on Tuesdays and Thursdays. I began to see serious changes in my body! With the added exercise, eating smaller meals more frequently, and tracking caloric intake, it took about 3-5 months to move into a size 8. The key ingredients you ask? For me it was desire, consistency, and constantly challenging myself." -Patti Stephens

YOUR CABANA CAFE

Stop in and meet our Cabana Crew! At the Cabana Café we boast fresh, tasty eats, along with providing a convenient place to catch up on some long-lost reading or work. It is the perfect stop for your day. We implore our members and people alike to stop in and try our refreshing smoothies, decadent protein shakes, soups, and MORE!

HOLIDAY BASKET WINNERS

CONGRATULATIONS to our Holiday Basket winners, **Linda Nelson** and **Saleem Sayegh**. Thank you to all who purchased tickets to support our cause and for your help in our search for the CURE! All proceeds were donated to the American Cancer Society. Our 2017 Relay For Life team is forming for the May 6 - 7 event. Contact our Team Captain **Lori Pine** if you would like to join: lpine@inmotionfitness.net, (530) 343-5678 ext. 324



COMING SOON

Coming soon to In Motion Fitness Gold Studio and Personal Training Studios: **Heart Zone Systems!**

Wearable Technology – the Heart Zones System features the Blink Armband, which is capable of capturing Heart Rate without a chest Strap! It also has dual functionality to measure steps, cadence and distance.

Data Displays – The System's Big Board display provides real-time data feedback.

Reports and Assessments – The Heart Zones System provides detailed reports for personal trainers, instructors and class members to see their performance and better understand their progress and their overall health.

INDOOR CYCLING

If you have tried indoor cycling, but did not enjoy it for one reason or another, we challenge you to give it another try. Our classes have always been very well attended, so isn't it time to find out why? We have a wide variety of instructors with many years of experience coaching and numerous time slots to choose from. If you should take our challenge, follow these steps: first, prepare to ride by wearing fitted exercise tights/pants and firm supportive shoes. Bring a water bottle and sweat towel. Second, arrive a few minutes early and ask the instructor to set you up on the bike for correct height. Inquire about using one of our padded gel seats if you are concerned about being saddle sore. Third, remember that the instructor is there to be a coach, so follow the cues as best you can but listen and honor your body. You do not have to compete with anyone! If something is uncomfortable, back off. If you have questions, be sure to approach the instructor afterwards. They are here to help! Lastly, keep coming back; it gets easier with each ride.

CUSTOMER SERVICE

We would like to remind all members to please utilize the towel drops conveniently located around the gym. We here

at In Motion Fitness are happy to provide our free towel service for our beloved clientele. By working together we can ensure that used towels are not left on equipment or discarded on the floor around the gym or in the locker rooms.



Custom crafted art treasures created by 30+ of Chico's esteemed local artisans. See the IMF Website for Artisan's contact information and to view more photos: inmotionfitness.net. Artisans interested in displaying your art at In Motion, contact Lance at 343-5678 x112

Who: Doug Rathbun

What: 6' Dragonfly

Metal Art

Here at In Mo:

Coming soon to our

Outdoor Expansion

area!



MEMBERS SUPPORTING MEMBERS

We are able to offer a great advertising opportunity through our own internal marketing program. How would you like to reach 2,000 customers each day? We pride ourselves on patronage to our members and their businesses, and would like to extend the same opportunity to you.

For more information, please contact Chris Conway at 343-5678 Ext. 104 or cconway@inmotionfitness.net.

**CHICO TRI CLUB**
chicotriathlonclub.com

FLOWERS BY RACHELLE
flowersbyrachelle.net
Check out our beautiful arrangements!



**GRANITE TRANSFORMATIONS**
For Kitchens & Baths
(530) 892-1600
granitetransformations.com/chico

**MIM'S BAKERY**
(530) 345-3331 mimsbakery.com

**The Rawbar**
Restaurant & Sushi
346 Broadway, Chico CA 95928
530-897-0626

**growing up chico**
m a g a z i n e

**DISTINCTIVE**
Landscape & Maintenance
10 Whitehall Place, Chico
530-342-5009

**Scuba Hut**
530.636.2644
info@scubahut.org
scubahut.org

**Lifescapes**
A Landscape Company
Chico 530-894-LIFE
1388 Longfellow Avenue, Suite 10
Chico, California 95926
lifescapes.us