

# MEMBER GUIDE TO IN MOTION FITNESS



- RULES & REGULATIONS
- AQUATIC AREA
- YOUNG ADULT CONSENT FORM



# TABLE OF CONTENTS

## 1-5 GETTING STARTED

- Everything you need to know including locker rooms and parking lot policies.

## 6-9 RULES & REGULATIONS

- Throughout the Club & Fitness areas
- Weight training areas
- Group Exercise & Studios
- Cardio areas

## 10 Basketball Gymnasium

## 10 Kids In Motion (Childcare)

## 11-13 Aqua Center

## 14-15 Pool Rules

## 16 FAQ

## 17 Young Adults

# In Motion Fitness Member Guide

*New to In Motion? Things you need to know about us:*

## HOURS OF OPERATION

|   |   |
|---|---|
| Club Hours  | Monday - Sunday 4:00 am - 12 am (midnight)                                  |
| Personal Training Studio<br>(not including classes) | Monday - Friday 5:30 pm - 10:00 pm<br>Saturday - Sunday 10:00 am - 10:00 pm |
| Kids In Motion Hours                                | Monday - Friday 8:00 am - 8:00 pm<br>Saturday - Sunday 8:00 am - 2:00 pm    |
| Membership Hours                                    | Monday - Friday 8:00 am - 8:00 pm<br>Saturday - Sunday 9:00 am - 6:00 pm    |
| Aquatic Hours                                       | Monday - Friday 6:00 am - 10:00 pm<br>Saturday - Sunday 6:30 am - 10:00 pm  |

**Due to Chico City ordinance, ALL POOLS CLOSE AT 10:00 PM**

|                        |  |
|------------------------|--|
| Outdoor Facility Hours | Monday - Friday 6:00 am - 10:00 pm<br>Saturday - Sunday 6:30 am - 10:00 pm |
|------------------------|--|

## WANT TO KNOW HOW TO USE THE EQUIPMENT?

In Motion has a team of Personal Trainers who will guide you on your fitness journey and guarantee your success. To get you started, they offer a one-time FitStart appointment valued at \$60 for the discounted rate of \$25. This is a one-hour appointment with one of In Motion's certified personal trainers. After a brief consultation, your trainer will guide you through a workout designed to meet your fitness needs and goals. Once completed, you will leave with your written fitness plan and the knowledge of how to use the equipment and area of the club that is best suited for you. Please contact the In Motion Fitness Director at 343-5678 Ext. 123 for more information.

## GUEST PRIVILEGES

Guests and visitors are welcome at In Motion. Please keep in mind that all revenue paid by members and guests helps to support your club. Guest fees are as follows and subject to change:

With a member:

- Adults \$20
- Seniors \$10
- Children under 14 \$10

Without a member:

- Adults \$40
- Seniors \$20
- Children under 14 \$20

**All guests under the age of eighteen (18) must have a consent form from their parent or guardian AND must be with an adult while at In Motion** (sorry, no exceptions to this rule).

**Please, always inform your guests of our policies and procedures.**

## CHECKING IN

- All members are required to have a photo on file and check in at the front desk with their scan tag or app barcode. Find INMO Fit in the App store.
- Usage per hour helps to determine future programs and equipment selections, so check in is important for everyone.

## TOWEL SERVICE

- In Motion provides small workout towels; however, **we do not provide towel service.** We recommend that you bring your big, soft beach towel from home.
- Larger towels for showers are available for purchase at the front desk.

## FIRST AID

- First aid supplies are available at the front desk, childcare, personal training studio, and the pool area.
- Our AED station is located between the East and West cardio areas.

## PARKING LOT

- If you hit a member's car in the parking lot, you must leave a note, and report the incident to our front desk.
- Everyone is to park in the designated spots.
- Please do not leave your trash, cups, paper, etc. in the parking lot.
- Large RV's, trailers, buses, or cars with trailers, etc. are not permitted, as we do not have designated spots and our parking lot is very congested.

## LOCKER ROOMS

- Day lockers are available for day use only. Please bring in your own padlock, or use our self-setting combination locks. See the front desk for details.
- Please do not leave valuables in day-use lockers. The lockers provide general security for your personal belongings (IMF is not responsible for any items lost or damaged on club property).
- Any unclaimed personal property will be held at the club for thirty (30) days. Any items left after this period will be donated to charity.
- Executive lockers, combination lockers or key lockers may be rented monthly. Please see membership for details. Must be 18 or over to rent a locker. Please, no sharing.

### **Out of respect for others, please adhere to the following:**

- Children over the age of 4 are not allowed in the locker rooms of the opposite sex.
- Please do not change in the bathroom stalls.
- Cell phones are not to be used in the locker rooms.
- Taking pictures in the locker rooms is strictly prohibited.
- Be neat by placing used towels in our towel receptacles.
- No dying of hair.
- No stealing of products such as soap, shampoo, etc.
- No perfumes or excessive fragrances.
- No excessive water from the pool should be tracked into the locker rooms for safety. Please dry off before entering.
- To maintain five-diamond expectations, please notify the front desk immediately about any problems in the locker rooms.



## YOUR MEMBERSHIP INCLUDES

- State of the art cardio and weight equipment
- Women's only workout area
- Group exercise classes *(see posted schedule for detail or visit [inmotionfitness.com](http://inmotionfitness.com))*
- Cycling *(see posted schedule for detail or visit [inmotionfitness.com](http://inmotionfitness.com))*
- Yoga *(see posted schedule for detail or visit [inmotionfitness.com](http://inmotionfitness.com))*
- Barre *(see posted schedule for detail or visit [inmotionfitness.com](http://inmotionfitness.com))*
- Aquatics classes, programs, and pools *(see posted schedule for detail or visit [inmotionfitness.com](http://inmotionfitness.com))*
- Therapeutic amenities: Steam rooms, saunas, and spas *(2 temp options)*
- Basketball *(with shock absorbing floor)*
- Childcare *(2 hours free / day with children on the family membership)*
- Full amenity locker rooms
- Towel service *(small towels are free, large towels for purchase)*

## OTHER SERVICES AVAILABLE

- Personal Training & Personal Training classes
- Yoga workshops
- Executive locker privileges
- Key locker privileges
- Swim lessons - North Valley Swim School
- Kids special programming (YoFit, Kids Night Out, etc.).
- Chico AquaJets Swim Team & Masters Swim Program
- Club Newsletter
- Club Website
- Club App



## RULES & REGULATIONS

Through the years, we have determined these as tried and true guidelines necessary for the welfare of our members and staff. Etiquette, respect, and cooperation are the key factors. Please observe these guidelines to support a positive club environment.

## REQUIREMENTS THROUGHOUT THE CLUB

- In Motion Fitness is a drug-free, tobacco-free (including chew), alcohol-free facility.
- Proper attire is required - shirts and shoes must be worn at all times. Family friendly swim attire is required. No string bikinis, please!
- Shoes must protect the entire foot (no sandals, Tevas, or open-toed shoes).
- No sticky food, gum, or drink is allowed in the facilities.
- Foul language and/or inappropriate behavior that is not seen as family-friendly will not be tolerated.
- Fighting (verbal or physical) are grounds for immediate expulsion.
- Please keep personal items off the workout floors. Gym bags and other personal workout aides can cause a tripping hazard.
- Please help keep the restrooms and locker rooms safe and clean. Please wipe the counters, flush the toilets, use the urinals, and please shut your lockers after each use.
- We ask that all members are left to enjoy their privacy and peace. Solicitation and confrontation should be avoided as we respect our fellow members.
- Management may be contacted via the “contact us” section on [inmotionfitness.com](http://inmotionfitness.com). We value your comments and suggestions and are committed to responding.

## PHOTOS / FILMING

Taking photos or filming of others is not permitted without their prior knowledge and consent. Absolutely **NO** photography or filming in the locker rooms.



## FITNESS FLOOR & WEIGHT ROOM ETIQUETTE, RULES & REGULATIONS

- #1 Issue - replace your weights! Please adhere to our color-coded weight system.
- No loud grunting, abusive or obscene language.
- Fighting (verbal or physical) is grounds for immediate termination.
- Banned substances – Not allowed and this includes drugs, steroids, alcohol, tobacco, vaping, or chew.
- No taunting, badgering, bullying or confrontation.
- No dropping, slamming and/or throwing of weights and weight equipment (except in designated areas).
- No banging or slamming weights/weight stacks.
- No belt buckles on vinyl.
- Please do not touch or lean on the mirrors.
- No food or drink in this area.
- Immediately report ANY of the following to our trainers or front desk staff:
  1. Weight room related injury
  2. Facility/equipment irregularity
  3. Poor behavior
- Spotting by grabbing equipment cables is dangerous and not permitted (Use alternative spotting methods).
- Spotters, collars, and weight belts are required for all heavy lifts.
- Proper training attire must be worn at all times. Shirts and shoes are mandatory.
- Posing and photo taking in the weight room is prohibited when members and / or their workouts are compromised.
- No feet on the walls, columns, counters etc.
- All sound systems, TV's, lights, etc., are to be adjusted by IMF staff only.
- If you're not familiar with any of the equipment, please ask a trainer for assistance.

## FITNESS WEIGHT TRAINING FACILITY ETIQUETTE

- Respect for equipment, facilities, and fellow members/guests must be demonstrated at all times. Any abuse may result in immediate termination.
- Every member should feel comfortable working out next to other members/guests. Anyone who makes other members/guests feel uncomfortable will not be welcome.
- Proper weight room etiquette requires sharing of equipment when others are waiting.
- Always demonstrate courtesy towards others in the weight room.



## GROUP EXERCISE & YOGA STUDIOS

*Available for use when classes are not in session. Please refer to posted times outside of the studio or “schedules” on the InMo Fit app or at [inmotionfitness.com](http://inmotionfitness.com)*

- Please wait for all classes to officially end before entering the room for the next class.
- At the end of your class session, please exit the room and converse in the hallways so the next instructor and class can prepare.
- As a courtesy to the instructor and fellow participants, please do not carry on long and loud conversations during class.
- All class times include set-up, exercise session, break-down and transition.
- Please assist and make sure all equipment is put away (Steps, BOSUs, weights, etc.).
- Please do not change existing pedals.
- All equipment (Dumbbells, barbells, BOSUs, body bars, stretching mats, stability balls, etc.) need to stay on the fitness floor or in group exercise room.
- Please come to class free of perfumes (strong scents can be distracting).
- Please make sure your phone is silenced.
- Begin your yoga practice as you enter the studio. Find your props, find your space, and sit quietly (or use this time to stretch).
- Please leave your belongings, gym bags, etc. in the cubicles outside in the entryway.
- If you need to leave class early, please exit prior to Savasana.
- Please respect all yoga props. At the end of class, please store any props you have used in the proper area.
- To provide a healthy environment, health professionals and industry specialists strongly recommend that members provide their own mats for better flu prevention and hygiene.

### **Care for our Studio Floors:**

- Place/move BOSU, steps, slides, etc. carefully on floors.
- Avoid standing barbells on their ends when loading and unloading weights.
- Avoid dropping bike seats on floors.
- No SPD's, Look pedals, or black sole shoes on floors.



## CARDIO & CIRCUIT TRAINING AREAS

- Personal belongings need to be stored in a locker or in the cubicles located in the Cardio Theater sign up counter. PLEASE NOTE - In Motion Fitness is not responsible for lost or stolen items. Please do not create a hazard by leaving anything on the floor.
- Children ages 7-14 must complete the "YoFit" program to participate on the fitness floor. Children who have completed the program will be identified by their "YoFit" wristband and must be supervised by an adult.
- Return all equipment (dumbbells, barbells, BOSUs, Body Bars, stretching mats, stability balls, etc.) to collective racks after use.
- All equipment must stay on the fitness floor or in group exercise room. Do not move equipment to other areas of the club.
- Every member and guest are obligated to share the equipment. Allow others to "work in" between your sets.

## CARDIO AREAS

- Return all cardio equipment to zero speed and elevation after your session (when applicable).
- Never exit a treadmill while the belt is still moving for safety purposes.
- Never step onto a treadmill when the belt is already moving.
- Towels and sanitized wipes are available for the sanitation of all involved. Please wipe down the equipment after each use.



## BASKETBALL GYMNASIUM

- Abuse of any regulations may result in immediate expulsion.
- Please wear non-marking athletic shoes in our gymnasium.
- As a courtesy, we provide basketballs at our front desk.
- Unsportsmanlike conduct (including obscene language and gestures) is prohibited.
- Please do not hang on the basketball rims.
- Please do not kick or throw any balls against the walls and/or the ceiling.
- Please, no spitting allowed.
- The exterior doors are alarmed and only to be opened for an emergency.
- IMF reserves the right to schedule programming (leagues, tournaments, camps, etc.) or private rentals of the gymnasium. Open play may not be available at all times on all days. As a courtesy to our members – signs will be posted one (1) week prior to any gym reservations / events.
- Drop-In Basketball Format – Play fair and have fun. It's a game!
- First come, first serve basis.
- When a group of 8 to 10 forms, a full court game will begin. Less than 8 players, ½ court only.
- New players must wait their turn.
- Result of 1st game- winning team stays.
- After two (2) consecutive games a team sits, win or lose.
- Games are played to 30 points (if time permits).
- Regulation scoring 2- & 3-point baskets in effect.
- If replacements are needed to fill in for teammates who are leaving early, people who haven't played will have first priority.

## KIDS IN MOTION

2 Hours of free childcare is included for the children on your membership under the age of 13. **Parents MUST remain on In Motion Fitness's property.**

- Kids in Motion staff will only release children to the person who dropped them off. If someone else will be picking up your child, please notify the front desk staff at check in.
- All parents and children must check in at the Kids in Motion front desk regardless if they have already checked into the main gym.
- Drop offs are not accepted 30 minutes before closing.
- Bringing a water bottle and snack is highly recommended.

Please refer to our Kids In Motion Family Packet at [inmotionfitness.com](http://inmotionfitness.com) for any further information and FAQ's.



## At In Motion Fitness, because we love our kids, this is what we offer:

Two hours of free childcare at Kids In Motion is provided with any membership that includes your child/children. At Kids In Motion, we provide a fun and safe environment for children 6 months to 13 years of age.

For the safety of your children and In Motion members, all children under the age of **fourteen** (14) must be supervised by an adult 18 years and older. **Direct supervision is a requirement** in the Aqua Center. Please inquire at the front desk about our YoFit (age 7-14) and Swim Fit (age 8-14) programs. We also offer swimming lessons for all ages. Contact **North Valley Swim School (NVSS)** located at In Motion Fitness (530-345-6707). Children cannot be on the fitness floor, equipment outside, or in the lap pool prior to YoFit or Swim Fit certification.

Not comfortable having your child/children enter a locker room without you? No problem, we have three large restrooms in our beautiful outdoor area. Two (beautifully remodeled) are in the aqua center under the canopy, the other at the west end of the track. In addition, we have a private restroom by the basketball gym and down from the Yoga Studio.

## UNDER THE CANOPY

### POOL SCHEDULES AND BEST TIMES TO SWIM

Our pools are busy with swim lessons, aquatic classes, Aqua jet swim team, adult swim time, and more. It is important to know the best times for you and our family to utilize our pools.

Please review the pool's schedule (available online, or at the club).

## SPA ETIQUETTE

Spas are for quiet time and relaxation. Please be respectful of others. No horseplay, jumping, or toys!

Spa #1 (closest to the locker rooms) is for members fourteen (14) or older. Children under 14, persons with heart disease or pregnant women should not use this pool.

Spa #2- A parent or guardian (18 or older) must always be with child/children.



## AQUA CENTER

Welcome to Chico's only **private** Aqua Center. Our pools are beautifully maintained year-round. This is our busy time of the year. To ensure that everyone enjoys every moment spent with us, it is imperative that policies and procedures are enforced and followed. Our team of M.O.D.s, recognizable in their blue M.O.D. shirts, are here to ensure your enjoyment by enforcing all policies and procedures clearly explained in In Motion's Summer guide, signs throughout the club and on social media.

We believe in mutual respect and kindness. This is not a park, river, or beach, it's a **privately** owned business that offers an amazing Aqua Center for everyone's enjoyment. For the safety, well-being, and enjoyment of everyone, we are strictly enforcing our **Zero Tolerance Policy**.

***In Motion reserves the right to have camera surveillance throughout the facility.***

Please adhere to the following:

- All people on the pool deck and/or swimming in the pool must wear proper acceptable swim attire.
- The following is not acceptable: Street clothes (in pool), thong style and/or revealing swimwear, cutoff jeans, jeans, skirts, leotards, and leggings. Undergarments are unacceptable as swimsuits.
- All swimmers must shower before entering any of the pools.
- **Official Swim Diapers are mandatory!** Available for purchase at the front desk. One accident can shut a pool down for the remainder of the day.
- Pool buoys and kickboards are for swimming and permitted in the Lap Pool only.
- No dangerous horseplay in or around pools. **This includes running, jumping, and diving. Safety first!**
- **No glass containers, gum, alcohol, smoking, chewing tobacco, vaping, spitting, foul language or inappropriate behavior.**
- **Please, NO arm flotation devices (water wings) or other PFD (personal flotation device) or float toys allowed.** These items can give a false sense of security and/or block the view of the bottom of the pool and children in the pool. **COAST GUARD** approved life jackets and puddle jumpers are acceptable.



## AQUA, THERAPY, AND RESORT POOL ETIQUETTE

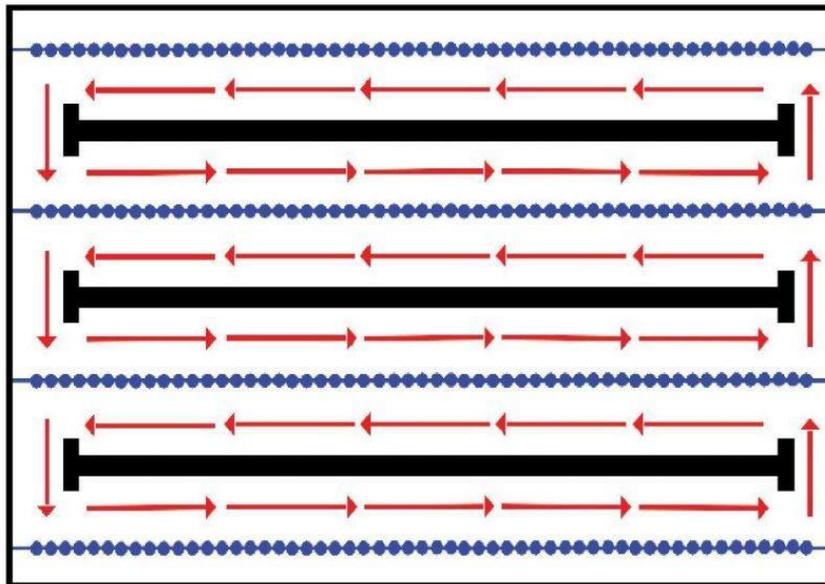
Please, be respectful of others. For your safety, the safety of our members, guests, and children, please adhere to the following rules.

**NO DIVING, JUMPING, HORSEPLAY OR RESTRICTED TOYS.**

Please **DO NOT** enter the pool while class or adult quiet time is in session.

## LAP SWIMMING ETIQUETTE

- If a lane is open, you may use it.
- When all the lanes have at least one swimmer, select the lane with the person swimming approximately your speed. Notify swimmers before jumping into that lane that you would like to share the lane.
- With two (2) swimmers in one lane, the swimmers may opt to keep to one side or circle swim (swim counterclockwise). Keep to the right at all times when circle swimming.
- With two or more swimmers per lane, it is recommended to circle swim.
- If a swimmer behind you looks as though he or she may overtake you on the next lap, stop and wait at the wall for them to pass you.
- The lap pool is for lap swimming. It is not a pool to play in.
- Lap swimmers must be 14 years or older.



## POOL RULES

### NO LIFEGUARDS ON DUTY

### PARENT/GUARDIAN IS RESPONSIBLE FOR SUPERVISION OF THEIR CHILDREN AND GUESTS AT ALL TIMES

For the safety and enjoyment of all members, guests, and children please adhere to the following.

- 
- 1.) In Motion Fitness reserves the right to deny use of pools and spas to anyone at any time.
  - 2.) In Motion staff have full authority over their members, guests, and children using In Motion and In Motion Aqua Center and may enforce rules not listed (if a situation warrants such action).
  - 3.) The lap pool is for lap swimming only. **Swimmers must be 14** or older or have completed In Motion's Swim Fit program. Information is available at the front desk or at North Valley Swim School (NVSS) 530-345-6707.
  - 4.) Children under 14: A parent or guardian (over 18 years) must **ALWAYS** be in close attendance, observant, watching and not distracted.
  - 5.) Spas are for quiet time and relaxation. No horseplay, toys, splashing, etc.
  - 6.) The spa closest to the locker rooms is for members 14 or older.
  - 7.) In Motion reserves the right to use a portion of any pool.
  - 8.) Aqua pool reserved while classes are in session and will not be available for family swim time. See schedule.
  - 9.) All swimmers must shower (with soap) before entering pools or spas.
  - 10.) Life jackets and puddle jumpers ARE PERMITTED. Questions? Contact Aqua Director at 530-345-6707 or ask a Customer Services Representative, Membership Representative, or M.O.D.
  - 11.) Non- potty-trained swimmers - **Official Swim Diapers are mandatory!** Available at the front desk for purchase, on Amazon, and other Chico locations. **One accident can shut a pool down for the entire day.** (Scan QR code for example)



For the safety, well-being, and enjoyment of everyone, we are strictly enforcing our **Zero Tolerance Policy**.

### PROHIBITED CONDUCT:

- Inappropriate attire including “string bikinis” that are not family friendly.
- Running, jumping, diving, or dangerous horseplay.
- Glass containers or Alcohol (of any kind including beer).
- GUM!
- Food, or drinks near pools and spas. Please clean up after yourself.
- Smoking, vaping, or chewing tobacco.
- Spitting.
- Shaving.
- Foul language and/or inappropriate behavior. This is a family facility.
- Arm or personal flotation devices, water wings, pool toys, rafts (including baby rafts), tubes, swim noodles, footballs, blow-up balls, etc.
- NO excessive yelling/noise.
- Ice chests (IMF is permitted to inspect any belongings for any security purposes deemed necessary).



Find everything you need to know at [INMOTIONFITNESS.COM](https://www.inmotionfitness.com)



Like us on Facebook & follow us on Instagram to stay in touch with our latest news. Join In Motion AWARDS program and earn points each time you check in. For easy access to your account and checking in, download our app. We are here to help, if you have questions, can't find anything, please ask! Thank you for choosing In Motion Fitness.

## FREQUENTLY ASKED QUESTIONS

**What Do I Wear?** If you're not sure, there's one general rule to follow – keep it simple and comfortable. Safe, closed-toed appropriate athletic footwear is required on the fitness floor, free weight, or free weight areas, cardio areas and all classrooms. Comfortable athletic wear is encouraged however; torn clothing is not permitted. Please exercise discretion with any revealing apparel due to our family environment.

**Do I Need to sign up for a Group Exercise Class?** Our classes are free and do not require reservations; however, spots are limited in each class, so we highly recommend signing up. Members may secure their spot by going to [InMotionFitness.com](http://InMotionFitness.com) > Clicking on Schedule > and Clicking 'Sign Up' under the class they wish to attend.

**What if I Want to Bring a Guest?** We encourage our members to bring family and friends. We offer a discounted guest fee rate for our members to extend a welcome to friends and family who might be interested in membership or just want to share our club for a short visit. What if I Lose My Scan Tag? The first scan tag is on us! Scan tags can be replaced for a \$1 fee.

**Do I Need a Personal Trainer?** Ask yourself the following questions: Are you meeting your health and fitness goals? Are you confident that your nutritional habits are sound and healthy? Do you feel motivated enough to work out three or more times per week on your own? Do you know all that you want to know about how to change your workouts to continually see results? Do you know how to properly rehabilitate your old injuries and how to exercise safely to prevent new injuries? If you have answered no to any of these questions, you could benefit from a session with one of our certified personal trainers. Remember, Personal Training is an investment in yourself and your health!

**Who Can I Talk to About My Account?** To best serve our members, our Accounting Department is available for your inquiries Monday through Friday, from 8:00am to 5:00pm. They can be reached at 343-5678 ext. 112. Please remember that any changes to your account need to be made in writing and submitted to the club.

**What If I Have More Questions?** Ask! We need your input to guarantee that this remains an outstanding facility with a top-notch staff. Just call the front desk or your membership representative. If you have further questions or concerns, send us an email in the "contact us" section on [inmotionfitness.com](http://inmotionfitness.com). We value your comments and suggestions, and are committed to responding.

InMo FIT app available on Apple and Google Play stores



## YOUNG ADULT RULES / REGULATIONS & CONSENT FORM

### WELCOME TO IN MOTION FITNESS:

We are happy to present our Teenager Membership option that allows teens aged 14-18 to become members and use our facility without adult supervision. We consider this membership a **privilege** and we expect teens to participate with respect, civility, and act as adults. Please be sure to familiarize yourself with this packet. Welcome!

Since you are allowed to be here without adult supervision, it's important that you act responsibly by respecting and following all the rules, guidelines, and procedures presented in this handout.

1. **Respect:** Please treat others as you would want to be treated. This includes respect for our staff, fellow members and guests, facility, equipment, etc.
2. **Civility:** Please show regard for others by being polite, courteous, and respectful.
3. **Communication:** Respectful communication is required, including giving your full and proper name when addressed. This also includes no yelling, losing your temper, no insults, offensive language, or profanity, etc. If a Teen member violates any of the Rules and Regulations:
  - I) **Warning:** Your teen will receive an incident report and disciplinary action. This might include a warning, suspension or termination of their membership depending on the severity of the infraction. Participation in our "YoFit" program will be required for those given suspension.
  - II) **Termination:** Subsequent offenses will result in the termination of your membership.

I acknowledge that I have read, understand, and will adhere to the "Teenager Rules / Regulations & Consent Form".

Young Adult's Name: \_\_\_\_\_ Date: \_\_\_\_\_

Parent's Name: \_\_\_\_\_ Date: \_\_\_\_\_