



Refer a friend and earn a FREE month!

No limit - Refer 12 friends - Get 12 months FREE!!



## Easy As...

- Refer a friend to In Motion Fitness, upon friend joining...
- You will receive a \*FREE MONTH! Or \$79 credit (whichever is less).
- 3) Refer another friend... Receive another \*free month. No limit to the number of free months!

\*Referral must join InMo for a minimum of a 12 month term.

See membership for more details.

\*Use the "Referral List" on the back page - Easy Peezy!





**CALL FOR DETAILS!** 

530-343-5678

# IN BODY COMPOSITION ANALYSIS

Take Fitness To The Next Level



# CASTOR STUDIO OPENING JANUARY 2025!



- Weight Training Studio Covered Outdoor
- Clear Glass Ceiling/Cover, Custom Metal Arched Walls
- Smith Machines, Squat Platform, DAP-Dual Access Pulleys
- Dumbbells, Adjustable Benches, Abs, Etc.
- Featuring New State of The Art "3D Smith Machines"
- For Lunges, Squats, RDLs, Sport Specific Movements & Creative Lifts



# SolarPavilions

- 3 Massive Solar Pavilions 1,829
   Solar Panels
- New Main Entrance, Westside + Roadside Pavilions
- Net Zero 100% Energy Offset, Sustainable Greener Future!
- New Covered Running Track Connected To Existing
- New Covered Outdoor Training + Functional Fitness Areas
- New Outdoor Weight Training Equipment + Areas







## NEW STEAM ROOM MAKEOVER





Coming Soon-Womens

- ♦ Constructed with glass + Marble walls
- Non Porous Antibacterial Materials
   & Automatically Sterilized Daily
- ◆ Equipped With Chromotherapy LED Lighting

Highly anticipated steam room is now open in the men's locker room and coming soon in the women's!

Actual- Mens



IN MOTION FITNELL





Women's Only Workout Area
Privately located within the Women's Locker Room

- Cardio
- Fitness
- Special Equipment

• Private – Women Only

Equipped with childcare monitors for viewing your children while you work out!







### VOTED BEST GYM 2024 Best VOTED BEST GROUP CLASSES FIRST PLACE 30

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**VOTED BEST OF CHICO FOR 31 CONSECUTIVE YEARS!** 

# WHY JOIN IN MOTION?

- 10 STRENGTH TRAINING AREAS
- 10 BOUTIQUE FITNESS STUDIOS
- **OUTDOOR FITNESS**
- LARGE AQUATICS COMPLEX
- **500 GROUP EXERCISE CLASSES**
- LUXURIOUS LOCKER ROOMS
- KIDS IN MOTION
- PERSONAL TRAINING



530-343-5678 WWW.INMOTIONFITNESS.COM



10 BOUTIQUE FITNESS STUDIOS

CARDIO. STRENGTH.
STRETCHING. CORE.

- > THE SKY ROOM
- > SOUTH SIDE FITNESS
- ► GALAXY CYCLE STUDIO
- **BUTTERFLY YOGA STUDIO**
- **GOLD STUDIO**
- **BAMBOO STRETCHING STUDIO**
- MUSCLE BEACH
- WOMEN'S ONLY STUDIO
- PERSONAL TRAINING STUDIO A
- PERSONAL TRAINING STUDIO B



10 STRENGTH TRAINING STUDIOS

MAIN FREE WEIGHT ROOM <

**WEST FREE WEIGHT ROOM** 

**OUTDOOR WEIGHT ROOM** 

FITNESS PROMENADE

MUSCLE BEACH

THE SKY ROOM

SOUTH SIDE STUDIO

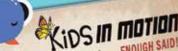
WOMEN'S ONLY STUDIO

EAST AND WEST CIRCUIT WEIGHT ROOMS

NEW SPEAK EASY + CAFE SIDE STUDIO

(COMING SOON!)

Childcare with an Ocean View! 🐠



- 2 Hours of FREE childcare everyday... ENOUGH SAID!
- Safe and Secure! Double gated entrance and exit area, multiple security cameras, and video monitors in the Women's Only Studio - to observe your children while they play.
- HUGE arts and crafts area with daily activities (see our monthly calendar!)
- A large playground designed by kids for kids! Your children can enjoy fresh air while playing at our Kids In Motion 2 story enclosed play structure.
- Dedicated Infant Room for babies ages:
- 6 weeks 12 months.
- Dedicated Toddler Room for children ages: 12 months - 24 months.





- Swim Classes
- One on One Private Sessions
- Seasoned Swim Instructors
- Teach Year Round
- Warm Water Set at 94°
- Teach Ages 6 months Adult



Chico's longest standing Swim School -Teaching All Ages for 47 Years and Running!



Learning to swim is not only fun... it's a life saver!

Call: 530.345.6707

Email: NVSS@inmotionfitness.net



## SENIOR FITNESS OPTIONS

BODIES IN MOTION STAY IN MOTION

www.inmotionfitness.com

## HIGHLIGHTS

- **✓** INDIVIDUALIZED FITNESS PROGRAM
- SENIOR FRIENDLY EQUIPMENT
- **AQUA CLASSES**
- **✓ YOGA CLASSES**
- GROUP EX CLASSES
- **✓** SENIOR WELLNESS PROGRAM\*

Contact Senior Fitness Director Stephanie 530-343-5678 | snay@inmotionfitness.net



### **Outdoor/Indoor Covered Pool**

- Set at 94° Therapy Pool
- Water Therapy
- · Adult Only Times
- 80+ Monthly Aquatic Classes



# Refer a friend... Earn a FREE MONTH!

Look inside for more details

### REFERRAL LIST

NAME	PHONE NUMBER	RELATIONSHIP/ COMMENTS
1) Jane Doe	530-343-5678	My Bestie
2)		
3)		
4)		
5)		

FRIEND

Submit this Referral List to Membership - they'll do all the foot work and call your friends!

