

INMO OFFER

REFER A FRIEND...



IN MOTION FITNESS
RESORT • HEALTH CLUB • AQUA

1293 E First Ave, Chico | 530-243-5678 | www.inmotionfitness.net

EARN A
FREE
MONTH!



Refer a friend...
Look inside for
details!



Easy As...

- 1) Refer a friend to In Motion Fitness, upon friend joining...
- 2) 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!

REFER A FRIEND...



EARN A
FREE
MONTH!

EARN A FREE MONTH...



HONORING TEAM INMO
SEE DEC. NEWSLETTER

REFER A
FRIEND

IN MOTION

Refer a friend and earn a FREE month!
No limit - Refer 12 friends - Get 12 months FREE!!

GET YOUR LIFE IN MOTION

FIT START



\$25 SPECIAL

- 1 HOUR SESSION
- ONE ON ONE TRAINING
- PERSONALIZED PROGRAM
- IMPROVE HEALTH
- ACHIEVE FITNESS GOALS

CALL FOR DETAILS!

530-343-5678



IN BODY COMPOSITION ANALYSIS

Take Fitness To The Next Level

Muscle Mass



Body Fat Mass



Body Water



Percentage Body Fat



Weight



BMI



Body Comp History



Basal Metabolic Rate



SAMPLE RESULT SHEET



1 Session - \$25 | 5 Sessions - \$100 | Non Members (1 Session) - \$50 | Fit Body - \$45

Cafe Side 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



Solar Pavilions

- 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

**NOW
OPEN!**



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 FITNESS**

 **IN MOTION FITNESS**



Comming Soon

In Progress



Speak Easy Weight Training Studio



In Motion Fitness is currently expanding our fitness space to include an Art Deco design "Roaring 20s" themed training studio. It will triple the size of our main weight room and will feature two levels, outside patio, Zen den, posing room, and more!

Opening March 2025



Special
BUY 1 MONTH, GET 1 FREE!!

EXECUTIVE LOCKER ROOM

HIGHLIGHTS

- *Private with VIP Access*
- *Elegant Engraved Name Plate*
- *Private Bathroom Stalls*
- *Deluxe Showers*
- *Towel Warmers*



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
VOTED BEST GROUP CLASSES
VOTED BEST OF CHICO FOR 31 CONSECUTIVE YEARS!

Best
RN&R
FIRST PLACE 30!

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



JOIN US!

530-343-5678



WWW.INMOTIONFITNESS.COM



GROUP **EX**

OVER 400 CLASSES

Barre & Mat Pilates
Indoor Cycling
Dance: Power Jam & Zumba
Yoga + Meditation
Step Classes
HIIT & Strong Pump
Full Body Fusion
PIYO/Pilates & Yoga
Full Body Conditioning

JOIN **US**

WWW.INMOTIONFITNESS.COM



CLASS SCHEDULES

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!)



Kids In Motion

Childcare with an Ocean View!



KIDS IN MOTION

- 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.



North Valley Swim School



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



REGISTER NOW!

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

Aquatics Complex

Highlights

- 5 Pools
- Hot Tubs
- Saunas
- Steam Rooms
- Tropical Gardens

Kids Splash Park

15 Invigorating water features -
it's a mini waterpark at InMo!

Outdoor/Indoor Covered Pool

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

Resort Pool

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)		

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

