



Member Rules & Regulation Packet

DEAR NEW MEMBERS-

Welcome to In Motion Fitness. I can't believe it's been 30 years since when we started this facility by selling memberships out of a trailer in the front parking lot of the old Pay N' Pak hardware store! I am proud to say we have come a long way. My objective and motives are simple... Our dream, our passion is to provide you an unparalleled fitness experience, in a comfortable resort setting with world class service... truly, like no other club.

This past year has been epic and beyond my wildest dreams. The community of Chico has voted us "Best of Chico" for 25 straight years. We also received local honors for "Best Place to Swim" and "Best Place for Kids to Play", "Best Place for Yoga" and "Best Place to Play Basketball". On top of this, In Motion Fitness was awarded first place in the nation for excellence in facility design – the NOVA 7 (the most prestigious award that the health club industry offers). Last but not least, we were voted "Best of Aquatics" by Aquatics International for best aquatic facility in the sports club and country club division.

Please use your club. We want you to experience and incorporate a fit and healthy lifestyle. We pledge to continue providing you with progressive and quality programming, "5 Diamond" cleanliness and customer service. We are proud to present state of the art equipment and facilities second to none, all backed by a staff that's the best in the industry.

Thank you for choosing In Motion Fitness as your health and fitness facility.

Yours in good health,
Carl Sommer
President In Motion Fitness



HOURS OF OPERATION

Club Hours:

Days	Open	Close
Monday - Sunday	4:00am	Midnight

Outdoor Facility Hours:

Days	Open	Close
Monday - Friday	6:00am	10:00pm
Saturday & Sunday	6:30am	10:00pm

Kids In Motion Hours:

Days	Open	Close
Monday - Friday.	8:30am 2:30pm	1:30pm 7:30pm
Sat. & Sun.	9:00am	2:00pm

YoFit Workout Hours:

Days	
Monday - Friday	ALL open club hours with restrictions from 5:00pm - 7:00pm.

Saturday & Sunday 4:00am Midnight

Pool Hours

Days	Open	Close
Monday - Friday	6:00am	10:00pm
Saturday & Sunday	6:30am	10:00pm

Lifeguard Hours (Summer only if COVID restrictions allow)

Days	Open	Close
Monday - Friday	12:30pm	7:30pm
Saturday & Sunday	12:30pm	7:30pm

Splash Park Hours (Summer Only)

Days	Open	Close
Monday - Sunday	12:30pm	7:30pm

Accounting Hours

Days	Open	Close
Monday - Friday	8:00am	5:00pm

Membership Hours

Days	Open	Close
Monday - Thursday	8:00am	8:00pm
Friday	8:00am	6:00pm
Saturday & Sunday	9:00am	6:00pm

YOUR MEMBERSHIP INCLUDES

- State of the art cardio and weight equipment
- Women's only workout area
- Group exercise classes *(see schedule for details)*
- Cycling *(see schedule for details)*
- Yoga *(see schedule for details)*
- Aquatics classes, program and pools *(see schedule for details)*
- Therapeutic amenities: Steam rooms, saunas, and spas *(2 temp. options)*
- Basketball *(with shock absorbing floor)*
- Childcare *(With family membership. 2 hrs a day free/per child. Children must be on the membership)*
- Full amenity locker rooms
- Towel service



OTHER SERVICES AVAILABLE

- Massage and Day Spa services
- Cutting Room Hair Salon
- Personal Training & Personal Training classes
- Pilates – One on One or Reformer classes
- Yoga workshops
- Executive locker privileges
- Key locker privileges

- Swim lessons – North Valley Swim School
- Kids special programming (YoFit, Kids Night Out, etc)
- Chico Aqua Jets Swim Team
- Master's Swim Program
- Club newsletter
- Club website

Please see the Club Site Map for locating ALL/ANY of our club facilities.



MEMBER SERVICES - GETTING STARTED AT IN MOTION FITNESS

Checking In

All members are required to have a photo on file and check in at the front desk by showing your new membership card, every time, please. Usage per hour helps to determine future programs and equipment selections, so check in is important for everyone. Even though we know your name, we still need every member to check in, and it's impossible for our new employees and substitutes to know who you are. We thank you, in advance, for assisting us with this process by presenting your membership card on each check in.

Getting Started

In Motion makes getting into the swing of things easy. Contact your membership representative or any staff member about our "Fit Start" program offered through our Fitness Department.

Lockers

Day lockers are available to any member/guest. You can use your own lock (for the day only), or use our new combo lockers that allow you day use without the burden of your own lock. See front desk for details.

Towels

In Motion Fitness provides complimentary workout towels. In all efforts to become more "GREEN", we ask that you only take one towel per visit. IMF supplies and launders more towels each day than any other business in Chico. *Please help conserve water and detergent by not wasting towels.*

First Aid

First aid supplies are available at the front desk, childcare, P.T. and the pool area. Our AED station is located between the East and West cardio areas and emergency phoning options are throughout the club.

Personal Property and Valuables

The lockers provide general security for your personal belongings. In Motion Fitness will not assume any liability or responsibility for valuables or personal items brought into the club. 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.

THINGS TO KNOW

ABOUT YOUR START AT IN MOTION FITNESS

- Always carry a workout towel and clean up after yourself on each piece of equipment you use. The club furnishes disinfectant wipes throughout the club and we suggest you use them after using any piece of equipment your body comes in contact with such as a bench or where you might sweat or such as a cardio piece.
- Allow others to work in between sets. If you are using a piece of equipment for multiple sets, please allow other members to share with you while you are resting.
- Please wear clean workout attire. Wearing that favorite t-shirt that has aged in the trunk of your car is not acceptable to the other members.
- Be SAFE at all times. Use the collars on the weights, be aware of where other members are working out, replace all weights after each use, and do not do any exercises or movement that may endanger you or other members.
- Watch your language. Questionable language offends many of our members and will not be tolerated.
- Please keep your personal things off the workout floors. Gym bags and other personal workout aides are not allowed on the floor as they are a tripping hazard.
- Please help keep the restrooms and locker rooms safe and clean by cleaning up after yourself. Please wipe the counters, flush the toilets, use the urinals and please shut your lockers after each use.
- Strong perfumes and colognes are not recommended.
- 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.



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 due to COVID restrictions. Members may secure their spot by going to [InMotionFitness.net](https://www.InMotionFitness.net) > 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 card is on us! Cards 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 injury? 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, your membership rep. or ask to speak with a manager if you have questions or concerns. Feel free to use our member suggestion forms (found on IMF website). We value your comments and suggestions and are committed to responding.

What Makes In Motion Unique and Different From the Rest?

- Extended Hours
- IHSA traveling privileges- Reduced guest fee
- 2 outdoor spas... two temperatures (103° & 99°)
- Gutters completely around your lap pool – no waves
- Covered Aquatics pool – no sun rays and protected from the elements
- Local artisans tour – (see club site map... over 20 local artisans and growing)
- Multiple complete circuit training options
- EQUIPMENT RICH! Two separate free weight areas
- Two separate cardio areas (one with cardio theater and one with no time limits!)
- Two hours of free childcare (with family membership) at the most unique and kid friendly facility on the planet!
- Resort pool with a kids splash park!
- Kids outdoor play structure... Second to none
- Progressive Group Exercise offerings such as Yoga, Zumba, Tabata Cycling, Strong Pump, Tai Chi and more!

- Functional Fitness areas – Sky Room and Southside Fitness
- An out of this world Cycle Studio like no other!
- Outdoor track, parcourse, and weight equipment!



RULES AND 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 Our 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.
- Shoes must protect the entire foot (No sandals, Tevas, or open toed shoes).
- No food, gum or drink (Other than drinking water) is allowed in the facilities.
- Foul language and/or inappropriate behavior that is not seen as family friendly will not be tolerated.
- This is your club-please report any misconduct to management or our front desk.

Cardio Theater East Side

- Please adhere to the 30 minute limit when others are waiting.

Cardio West Side

- No reservations and no time limits.

Cardio Areas

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

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 expulsion.
- 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.
- Confrontation with other members /guests is prohibited.
- Fighting (verbal or physical) is grounds for immediate expulsion.
- No loud grunting, abusive or obscene language, etc. is allowed.

Weight Room Regulations

- No dropping weight plates or dumbbells.
- No banging or slamming weights / weight stacks. (*Proper form suggests you use a slow, controlled movement.*)
- Rerack your weight plates and dumbbells. Multiple offenses can result in suspension or termination of membership
- No belt buckles on vinyl (*Caution on curl machines, preacher curls, etc.*)
- Please do not touch or lean on the mirrors.
- No food or drink in this area (*Plastic & Metal water bottles only*).
- No tobacco inside or outside this facility (*Chewing or smoking*).
- 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
- Alcohol, drugs, steroids or any banned substances are not allowed in this facility.
- Spotting by grabbing equipment cables is dangerous and not permitted (*Use alternative spotting methods*).
- Proper training attire must be worn at all times.
- Proper footwear must be worn at all times (*No open-toed shoes, sandals, stocking feet, etc.*)
- Posing in the weight room is prohibited.
- No feet on the walls, columns, counters etc. Please do not use any of the architectural features (*Columns, short walls, etc.*) for stretching.
- All sound systems, TV's, lights, etc. are to be adjusted by IMF staff only.
- Spotters, collars and weight belts are required on all heavy lifts.
- If you're not familiar with any of the equipment, please ask a Trainer for assistance.



Fitness Floor (*Cardio and circuit training areas*)

- Personal belongings need to be stored in a locked 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 your personal belongings /gear on the floor.
- Children ages 7 – 14 must have completed our “Yo Fit” program. Once this program is completed, children are identified as qualified participants by wearing their “YoFit” bracelet (*Bracelets must be worn in order to participate on the fitness floor*).
- Please return all equipment (*Dumbbells, barbells, BOSU's, Body Bars, stretching mats, stability balls, etc.*) to collective racks after use.
- All equipment (*dumbbells, barbells, BOSU's, Body Bars, stretching mats, stability balls, etc.*) needs to stay on the fitness floor or group exercise room. Please do not move equipment to other areas of the club.

- Every member and guest is obligated to share the equipment. Please respect others by kindly allowing others to “work in between your sets”.

Group Exercise & Yoga Studios

- 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.
- Cell phones and headphones are not permitted.
- All class times include set-up, exercise session, break-down and transition.
- Please assist and make sure all equipment is put away (*Steps, Spinning bikes, weights, etc.*) Your assistance with this helps everyone involved with our programs.

Care for our Studio Floors

- Please place/move BOSU, steps, slides, spin bikes, etc. carefully on our floors.
- Avoid standing barbells on their ends (*When Load ing and Unloading weights*).
- Avoid dropping bike seats on our floors.
- Place mats on the floor prior to moving bikes into place.
- No SPD's, Look pedals or black sole shoes on our floors.
- Please do not change existing pedals.
- All equipment (*Dumbbells, barbells, BOSU's, body bars, stretching mats, stability balls,*



etc.) needs to stay on the fitness floor or group exercise room. This equipment is NOT to be moved to other areas of the club.

Yoga Studio (*Same as Group Exercise with these additional considerations*)

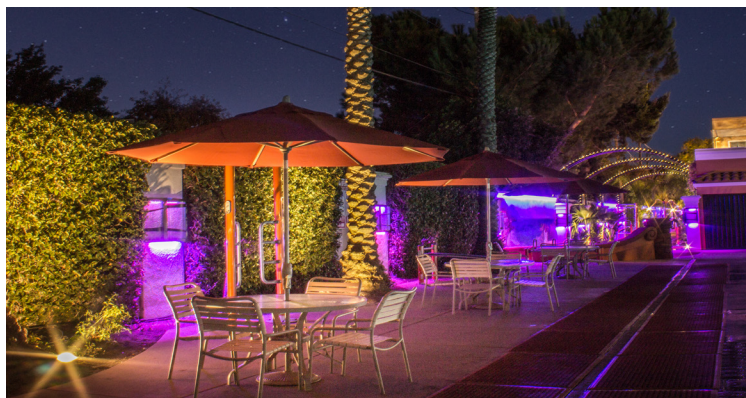
- Please come to class free of perfumes (strong scents can be distracting).
- Please remove your watches, jewelry, etc.
- Begin our yoga practice as you enter the studio. Find your props, find your space and sit quietly (or use this time to stretch).
- Please leave your belongings, gym bags, etc. in the cubicles outside in the entry way. Please help with belonging clutter due to our instructors walking the floors to assist students.
- Please come to class with an empty stomach. Many poses affect the digestive system and having food in your stomach can result in nausea, vomiting or abdominal discomfort.
- 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.
- In order to provide a healthy environment, health professionals and industry specialists strongly recommend that members provide their own mats for better flu prevention and hygiene. For your convenience, you may purchase yoga mats at the front desk.
- Please do not water the plants (*Or they become over watered*). We have a specialist who maintains all our plants and they are well cared for!

Pool and Spa Rules

- Please remember our facility is a family friendly environment. If you witness any misbehavior, please contact the lifeguard, front desk or management immediately. An emergency phone is located on the wall near the spas. Management reserves the right to deny use of pools and spas to anyone, at anytime.
- Lifeguards and In Motion Fitness staff have full authority over their members and guests using IMF's pool area and may enforce rules not listed if a situation warrants such action.

Pool Usage

- All swimmers must shower with soap before entering pools or spas. Persons with open cuts, sores, bandages, coughs, colds or infected eyes are not permitted to use the pools or spas.
- The Lap Pool is for lap swimming only. Lap swimmers must be 14 years of age or older. No recreational swimming permitted in the Lap Pool. Lap swimmers are not allowed to swim under, sit on, or climb over lane lines.
- Monday through Friday from 10:00am to 11:30am, the Aqua Pool is reserved for adults only. However, IMF reserves the right to use a portion of the pool if inclement weather, low pool temperatures, etc., warrants such use.
- Monday through Sunday from 8:00am to 9:30am, the Therapy Pool is reserved for adults only.
- Usage of any pool may be limited due to organized activities.
- The use of pull buoys or kickboards is prohibited in the aqua pool, resort pool, specialty pool or spas.
- No dangerous horseplay in the pools.
- All pools/spas close at 10:00pm sharp! The "City of Chico Ordinance" mandates that all members must vacate the pools, spas and outside area by 10pm.



Spa Etiquette

- Spa 1 is for members 14 years of age or older. Persons with heart disease or pregnant women should not use this spa.
- Spas are for quiet time and relaxation: neither horseplay nor toys are allowed in the spas.

Children Swim Policies

- **Ages 4 and under:** For children 4 or under, non-disposable swim diapers are required.
- **Children under 7 years:** A parent or guardian over 18 years old in a swim suit must be in attendance with all children under 7 years of age, at all times, whether the child is in the water, on the deck or in the restroom. When a child is in the water, the parent or guardian must remain within reach of the child.
- **Ages 7 to 14:** Children may be left unsupervised only if a lifeguard is on duty. Parents must remain on IMF property and are responsible for their child(ren)'s behavior.
- No arm flotation devices (water wings) or other PFD (personal flotation

- device) float toys allowed. Coast Guard approved life jackets are allowed.
- Any child misbehaving will be required to exit the facility. A second offense will result in a suspension—a third offense is grounds for IMF to terminate one's membership.



- No running in pool or spa areas. Wet surfaces are hazardous, so walk cautiously to avoid slipping and falling. Members use the pool and spa areas at their own risk. In Motion Fitness is not responsible for accidents or injuries.
- No diving in the pools or spas. Diving is only permitted during NVSS swim lessons.
- Electrical Storms-Use of ALL pools and spas are strictly prohibited during electrical storms. All pools and spas must be cleared until electrical storm has passed. The pools and spas will be reopened approximately fifteen minutes after the last occurrence of thunder or lightning.
- No glass containers allowed on the pool decks.
- No gum, food, or drinks allowed in pools or spas.
- No smoking, chewing tobacco or spitting allowed on In Motion Fitness property.
- Foul language and/or inappropriate behavior will not be tolerated.
- Acceptable swim attire must be worn by members and their guests on the deck and in the water. Cutoffs and jeans are not allowed in pools or spas. Members with religious requirements regarding modesty may wear clean, covering garments that do not interfere with their safety in the water.

Lap Swimming Etiquette

- Lap lanes are available on a first come, first serve basis.
- When all lanes are occupied, please select a lane with the swimmer who is closest to your speed. Please notify the swimmer prior to sharing the lane.
- With two (2) swimmers in one (1) lane, the swimmers may opt to keep to one (1) side or circle swim (swim counterclockwise).

Lap Pool COVID Protocol

- Due to COVID there is no circle swimming
- Yellow cone swim right, orange cone swim left- Please see Lap Pool Protocol sign near the lap pool for more details

Kids In Motion

- Kids in Motion accepts children from age 6 weeks until their 13th birthday.
- Infant Room: 6 weeks to 12 months
- Toddler Room: 12-24 months
- Children 2–12-years old can freely explore our main floor.
- Children ages 3-12 years are allowed in our outdoor play area.
- Children must be 5 years and older to go up the left side of the playground, including the pink tires and large green slide.
- We offer a 7-up Club for children ages 7-12. The 7-up club includes video games, board games, crafts, and homework time.
- Kids in Motion staff will only release children to the person who dropped

off. If someone else will be picking up your child, please let our front desk staff know at check in.

- All parents and children must check in at the Kids in Motion front desk regardless of if they have already checked into the main gym.
- We stop accepting drop offs 30 minutes before closing.
- We highly recommend bringing a water bottle and snack.

For our health policies, behavior policies, and frequently asked questions please refer to our Kids in Motion Family Packet



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

Remember – Play fair and have fun. It's a game.

- First come, first serve basis.
- When a group of 8 to 10 forms, 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 leaving early, people who haven't played will have 1st priority.



Locker Rooms

- Day lockers are available for day use only. Please bring in your own pad lock or use our self setting combination locks.
- Please do not leave valuables in day-use lockers (*IMF is not responsible for any items lost or damaged on club property*).
- Executive lockers, combination lockers or key lockers may be rented on a monthly basis. Please see membership for details.
- 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.
- Out of respect for your fellow members, please be neat by placing used towels in our towel receptacles.
- In order to maintain five-diamond expectations, please notify the front desk immediately about any problems in the locker rooms.



OUR GUEST POLICY

- Guests and visitors are always welcome at In Motion Fitness. Please keep in mind... dues paid by our members are what keeps our club viable and running.
- Due to COVID regulations, guests must be accompanied with a member.

Guest Fees

Adults	With a Member: \$15
Seniors (65+)	With a Member: \$10
Under 14	With a Member: \$10

- All guests are to adhere to our club rules, policies and etiquette guidelines.
- Our minor members may not bring in guests without an adult present.
- Any guest (*under the age of 18*) must have a signed "Minor Consent Form" on file to enter and use In Motion Fitness (*Copies of form are available at the Front Desk*) and must be accompanied by an adult (18 or older).
- All guests above the age of 18 must show valid ID.
- Same day "In and Out" privileges are extended to anyone who pays a guest fee. Please show your receipt at the front desk upon re-entry.

Once again thank you for choosing In Motion Fitness. We challenge and encourage all our members to use our great facility and make positive and healthy changes in their lives. Please remember we are here for you and we want you to succeed. Feel free to contact us for all your fitness needs.

IN MOTION FITNESS CODE OF ETHICS

In keeping with the culture and member experience while at In Motion Fitness, we have developed our Code of Ethics that must be followed and abided by all staff, members and guests. Please note, that not every situation or issue is listed and will require additional collaboration by In Motion's Managers /owner in order to ascertain final verdict and determinations. This includes any and all actions that are construed as not acting in a responsible manner and/or considered as inappropriate behavior.

Our Code of Ethics is based from these key components:

Respect: Please treat others as you would want to be treated. This includes respect for our staff, fellow members and guests, facility, equipment, etc.

Civility: the act of showing regard for others by being polite, courteous and respectful.

Club Wide:

Communication: Respectful communication with all staff, fellow members and guests. No yelling, losing your temper – no insults, offensive language, profanity, etc.

- No obscene gestures
- No improper dress
- No fighting, interrogating, taunting, or bullying.
- Excessive fraternizing with the staff. Please remember, they all have a job to do and talking excessively affects club wide productivity.

- **Personal Hygiene:** Out of respect for staff, other members and guests – Everyone is to be clean with proper hygiene (before entering the facility). This includes offensive body odor, bad breath, lack of bathing and grooming, etc. All gym attire must have been laundered, tasteful and presentable.
- **Control your anger:** No loud and public scenes which include yelling, loud noises and abusive communication.
- No one is allowed on the premises when under the influence of alcohol or drugs.
- No abusing of ANY In Motion equipment and/or any facility.
- Do not bother, harass or have un-invited conversations fellow members and staff.
- No inappropriate advances towards other members, guests and staff.
- No loud conversations on your personal phone around other staff and members
- No spitting, food or sugar drinks in any of the drinking fountains.

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, between the lines.
- Please do not leave your trash, cups, papers, etc. in the parking lot.
- Large RV's, trailers, busses, or cars with trailers, etc. are not permitted, as we do not have designated spots and our parking lot is very congested.
- Locker room etiquette:
- No excessive water from the pools tracked into the locker rooms
- Taking pictures and or using a phone camera in the Locker Room are prohibited.
- No Kids in the locker room of the opposite sex over the age of 4 years old.
- Members and guests are not to store valuable items, cash, wallet, etc. in

our lockers. Lockers are intended for temporary clothing storage.

- No dying of hair
- No stealing of product such as soap, shampoo, etc.,
- No perfumes or excessive fragrances (such as Patchouli Oil) allowed.
-

Pool/Aquatics Area:

- No romantic intimacy such as kissing, hugging or any excessive public affection. This is considered not being respectful of our family culture.
- Do not leaving trash, band aids, food wrappers, etc. Pick up after yourself
- All persons on the pool deck and/or swimming in the pool must have on proper swim attire.

Fitness/Fitness Floor

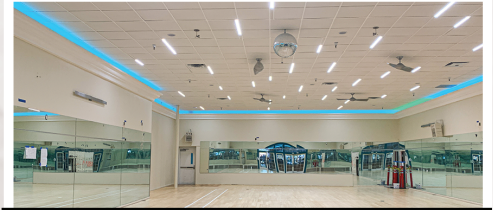
- #1 Issue... replace your weights! Please be sure to always replace your weights after use.
- No loud grunting, abusive or obscene language
- No Fighting, yelling or causing a scene.
- Banned substances – Not allowed and this includes drugs, steroids, alcohol, tobacco, vaping or chew.
- No taunting, badgering, bullying or confrontation.
- No dropping, slamming and/or throwing of weights and weight equipment.

WHAT HAS *Your Club* DONE LATELY?

While other clubs are deteriorating and in disrepair, In Motion Fitness improves every month. Our Palatial Expansion does not stop! We have attained World Class Standards and consistently receive international awards and recognition for our facilities, service and programs.



Out of this World Boutique Fitness Studios



7 Mind Body Studios



2 Hours Free Childcare Daily



Muscle Beach - Outdoor Lifting



Mega Fitness - 8 Cardio and Weight Areas



Class... after class



IN MOTION FITNESS
RESORT ♦ HEALTH CLUB ♦ CAFÉ
1293 E First Ave, Chico | **343-5678** | www.inmotionfitness.net



CLUB REMODEL
VIDEO



COVID-19
SAFETY
PROTOCOLS
VIDEO



CLUB WEBSITE