



# Elevate Your Strength

Strength Training  It's a vibe

Girls, Boys, Women, Men, Teens, Seniors - Everyone, Everywhere



8+ Strength Training Areas - Main Free Weight Room Remodeled



Skyroom Boutique Fitness Studio



Southside Boutique Fitness Studio



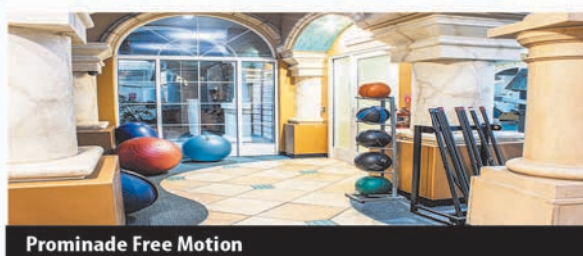
Muscle Beach - Outdoor Weight Training



Outdoor Strength - Six New Stations



Outdoor Body and Mind



Promenade Free Motion



West Side Free Weight Strength Machines

Simply open your camera and focus on QR code to watch video.



Awarded Top Aquatics Facility in the World-2010 ♦ Best Fitness Facility in USA - 2009 ♦ Voted Chico's Best 26 Years Running ♦ Open until Midnight ♦ 2 Hours Free Childcare ♦ Pristine Clean

 **IN MOTION FITNESS RESORT ♦ HEALTH CLUB ♦ CAFÉ** | 1293 E First Ave, Chico | **343-5678** | [www.inmotionfitness.net](http://www.inmotionfitness.net)