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## In motion fitness chico prices

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What does a student do when the pressure gets too high? Avoid intellectual requirements and give your body a workout in the gym. Any of them? ACCESS to items swimming austin and his mom, Karen Caviness, spend some quality pool time together in-motion.Photo Tom Angel I set off on Chico's gym tour to find out where they are, what they offer and report on the atmosphere (no, I'm not referring to the locker room atmosphere). It's a guide, not a gospel. Each gym offers something different. One note: Due to the electricity crunch, some gyms informed me that membership levels might be happening. Gold's Gym931 West Fifth St Owner(s): Mike and Annemarie Peters. Features: cardio theater (check out cool TV rack), full court basketball, cycling classes and aerobics classes, including future boxing. Try the boot camp class, one of the most popular. Hours: Monday to Thursday 5.m-12 .m; Fridays 5.m-9 .m. Saturdays 9.m-9 .m and Sunday 9 .m to 10 .m. Membership offers: Student rate: \$156 per semester. Sign up for a year and get three months free. There is no additional fee for summer detentions (annual membership only). Accessories: Laundromat clings to the corner (bend before folding). Annemarie has set up a new clothing store in the gym, which includes clothes from New York. Impressions: Gold's Gym completely threw me out. I was expecting an atmosphere in the meat market with large, muscular patrons. I thought there would be barbells clanging and grunts from power lifts. Instead, I entered a quiet gym, where a few patrons were going to train. This non-workout chick here felt really comfortable. The Cardio Theatre has 10 screens and three CD players. Gold tends to remain silent in the morning. Students make up membership, but they also have to non-student membership. The gym is conveniently located in the southern area of the town. Curves 986 East Ave. Manager: Terra Silverwing Features: Curves offer circuit training and passive aerobics. Only women. Hours: Monday to Friday 6 .m.6.m.00pm; Saturday from 8 a.m. to .m 11 .m. Membership deals: \$29 per month for 12 months. Accessories: Massage available; diet counseling and analysis of shapes. Impressions: Curves are only for women. Circuit workouts can be completed in 30 minutes, although it is a little strange to hear the voice interrupt the music with it's time to change machines. Most customers are between 30 and 65 years of age, but they range from 15 to 82 years of age. Passive aerobics is something that really interested me. Participants are hooked on a machine that vibrates the body. The goal is to promote blood circulation and the removal of toxins. If you find standard gyms frightening and don't like to spend hours in training, curves can be a place for you. Kangaroo Kourts 1026 The SkywayOwner(s): Gary Bright, Larry Spencer and Marie Phillips Features: Full Court basketball, rackets, aerobics classes and two waist pools and a shared spa. Childcare is available by appointment. Hours: Monday to Thursday 5.m-10:30 .m p.m.; Fridays 5.m-10 .m. Saturdays, 7 .m.00 – 20:00 .m. and on Sunday at 8 .m.00 to 20.00 .m. Membership deals: Semester rate \$149. Annual membership is also available. Extras: Free racquet clinics, basketball league game and two free visits with a personal trainer. Student members are not restricted in their use of facilities. Pool bars can be reserved up to two days in advance. Impressions: Kangaroo Kourts is one of Chico's older sports clubs. It was founded in 1977, when the racket was a fitness rage. Recently reconstructed updated entire device with pool. The club primarily serves families and seniors. Students make up about 10 percent of membership. Two free sessions with a personal trainer make it easy to start a workout program. They can help you create a workout to meet your fitness goals and answer fitness questions. Staff at the reception are friendly. While KK may be a little out of the way for some students, the location is worth checking out. Body Shop 1407 West Fifth Street Owner: Carl Sommer Features: Cardio Theatre, Cybex, Hammer Strength and Free Weights. There are no classes. Hours: Monday to Thursday 6 .m-midnight; Fridays from 6 .m to 10 .m. Saturday and Sunday 8 .m to 10 .m. Limited hours on public holidays. Closed on grand holidays. Membership offers: Summer, semester and annual membership are available. Ninety-five percent of members have student plans. Accessories: Body Shop members can use in-motion amenities for one weekend each month and some club during the big holidays. Impressions: Leave Lycra at home and save make-up for class. Body Shop is available a place to work. Bring your CD so that it plays through an audio system that will be turned on as loudly as members can accept it. (I would advise you to leave N Sync at home.)) Students staff the gym. The open space is divided between weigh machines, free weights and cardio theater. It has an additional advantage in being close to student dorms. Bonus for girls: 60 to 75 percent of members are men. Chico Sports Club 260 Cohasset RoadOwner: Jeff Stover Features: Full-Service Health Club. You have all the bells and whistles - aerobics, yoga, weights and cardio equipment. In addition, there are two swimming pools; Indoor and outdoor spas and saunas in the changing rooms. Racquetball courts, located by the pools, have been added. Full-court basketball. Hours: Monday to Thursdat, 4.30.m- 11:00 .m; Fridays 4:30 .m.10-10.m.; Saturdays at 6.15 .m and Sundays, 8.m.00 to 20.00 .m. Membership offers: Semester membership offered in September and February. There is also a standard one-year membership. Accessories: Where to start? Masseurs can be purchased upon request at an additional cost. There is a deli to refuel after a workout, and you can take your drink on the sun deck by the pool. Childcare centre. Beauty salon. Wellness centre. Chico Sports Club has a new program titled 12 Weeks to Success. For an additional \$25 members can get the key to Technogym. He will monitor his workout for you, and every four weeks, you meet with an exercise physiologist to see if the workout needs to be adjusted. Impressions: If all the bells and whistles are for you, then CSC is worth checking out. The club is user-friendly, without the atmosphere of the meat market. Gym membership is primarily for families and seniors, with about 10 percent of memberships made up of students. CSC certainly has something for everyone, but distance from university can be a drawback. North Valley Athletic Club 480 Rio Lindo Ave.Owner: Scott Schofield Features: Racquetball, Weights, Aerobics, Cardio Theatre. Also: the indoor pool is heated all year round, tanning room, boxing room and side court basketball. Hours: Monday to Thursday, 4.55 .m-midnight; Fridays 4:55.m–10 .m; Saturdays, 6.25 .m.10-10.m.; and sunday 7.55 .m.00 to 19.00 .m. Membership offers: Individual student membership starts at \$76 (only for health club and non-prime time hours). Roommates are also available in the North Valley. All options rates start at \$88 (individual, not the most important). Accessories: There is a lounge and snack bar in the North Valley. It also offers CPR classes and blood checks as scheduled. Family membership includes Tae Kwon Do classes. Kickboxing and basketball chal-lenge games are also on schedule. There is a massage therapist; check the table for meeting time and expenses. Impressions: Valley Athletics Club was founded in 1978, during the height of the racquet craze. Courts courts suitable for weight, aerobics and boxing rooms. The club is in a compact two-storey building – it's really cool to stand on the second floor and look down at people when they're working. Best part: The club offers the lowest prices in town, and it has roommates as well. In-Motion Fitness 1293 East First Ave.Owner: Carl Sommers Features: Cardio Theater, full court basketball, free weights, two aerobics rooms, three swimming pools, two spas and saunas in changing rooms. Hours: Open 24 hours a day seven days a week. Membership offers: Semester membership (four months) is \$175 without club usage restrictions. The annual rates are \$57 per month or, if you want to pay for the year in advance, \$530 for the full year. Accessories: In-Motion is Chico's second high-end gym. Pilates, Women with Weights, Chiropractor and Masseurs are all available. In-Motion offers swimming lessons with three swimming pools and also has an IMFAST Marlins swimming team. More than 100 aerobics classes are offered each week, and the club launches new programs for teenagers and children. Basketball and volleyball leagues are in the planning stages. Impressions: In-motion as an image of the meat market should be rested. In-motion membership is primarily for families and older people, with about 20 percent of students. The club feels more relaxed. What's really cool is the pool area. Two pools - a child-sized one and a water aerobics/family pool - plus two spas are under the roof, which makes you feel like an open room. If you are more in the sun than swimming, there are plenty of lawn space and sun beds. available.

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