

April 26, 2011  
On Your Mark  
Popsugar



On Your Mark Coaching and Training: \$30 For 3 Calorie-Torching Cycling Classes



Sometimes you need a little more motivation than your BFF to get to the gym, and chances are, you'll spend more time gossiping than sweating anyway. Enter [On Your Mark Coaching and Training](#) (1101 W. Monroe St., Suite A, 312-733-9330; 1753 N. Damen, 773-292-9330), the brainchild of Emily Hutchins and Annette Fiscell, who were previously trainers at Crunch Fitness for several years before putting their passion into their own endeavor in 2007. "Our inspiration came from getting out of a big gym where classes were overcrowded, so we wanted to create an environment where everyone is welcome and everyone is equal," says Hutchins. "Our classes are based on the concept of individualized programs, so that we make sure everyone benefits from the class." The dynamic duo specializes in group fitness, triathlons, arthritis, Parkinson's, pre- and postnatal, flexibility, and everything in between. This diversity is evident in an amazing class schedule filled by spinning, cardio boxing, conditioning, Pilates, and many more. The West Loop studio is around 5,000 square feet, and the recently opened Bucktown location is around 3,700 square feet. Both studios host personal training and a variety of classes, and all of the equipment is very functional — no machines. You'll be torching calories using everything from suspension cables, free weights, Swiss balls, bands, heavy chains, and tires. "We feel it's not about having a ton of fancy equipment," says Hutchins. "It's thinking outside the box and knowing the possibilities are endless with most simplest pieces."

Word on the Street

"It's officially been a year since I joined, and I still give OYM a full 5 stars — I'd give them 10 if I could, seriously. The classes are just as challenging and engaging as when I started, and the trainers are still as attentive to ensure I am always using the proper form to maximize my results and avoid injury. I couldn't imagine working out anywhere else." — Sonali K. [Read more from Yelp](#)

\$30

Buy Now

VALUE	DISCOUNT	YOU SAVE
\$60	50%	\$30

TIME LEFT 1 day, 21 hrs, 3 mins, 10 secs

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The Fine Print

- \$30 for three cycling classes at On Your Mark Coaching and Training (\$60 value)
- Offer valid at both Bucktown and West Loop locations
- Not valid with other promotions or offers (including free week of classes for new members)
- Not valid for tax or gratuity
- Not valid for cash or credit balance
- Not valid on prior purchases
- Not valid for refunds
- Must bring printed certificate to redeem
- Limit one per person
- Limited to new clients only
- Expires July 28, 2011

All the Benefits

- Purchase classes individually for \$20 per class, or buy 10 classes priced at \$18 each