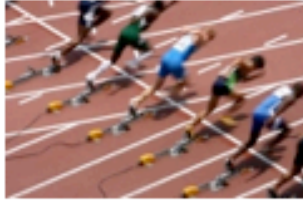


On Your Mark Coaching + Training Cheeky Chicago January 5, 2011



this week's feature

On Your Mark

Ready, Set, Go!

by jessica zweig

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After the last remaining holiday cookies have been consumed, the final few bottles of Champagne have been popped and countless hours doing nothing except eating, drinking and watching movies have officially been logged, we all know it's *that* time.

(Sigh...)

Yep, time to put down the carrot cake, get off our asses and make our way to the gym. This year, Cheeky has discovered a hidden gem gym studio, tucked into a quiet street in the West Loop. On Your Mark is a bare bones, no frills space that gets right to the point: get in, sweat, get out. The innovative classes (there are about 10 offered per day) and customized personal training programs are perfect for everyone from the novice to the triathlete. We recently chatted with Emily Hutchins, Co-Founder of this unique destination, to learn more about her background, her studio and her professional pointers to get you that body of your dreams in 2011.

Happy resolute-ing!

Cheeky: What is your background in the fitness industry?

Emily Hutchins: My background in the fitness industry began seven years ago with Crunch Fitness. At Crunch, I worked as a personal trainer as well as a group fitness instructor. Four years ago, my business partner and I left Crunch to pursue On Your Mark and have been changing lives ever since.

Cheeky: Why open up your own studio?

EH: Opening a studio gave us an opportunity to create an environment where clients can be challenged everyday based on their own personal needs, and can still be successful.

Cheeky: What was your inspiration behind the concept of On Your Mark?

EH: OYM is dedicated to creating an environment for clientele of all levels to better their lives and increase their capabilities; a place where clients can be pushed by the positive camaraderie of a group that actually cares about the outcome of a particular workout.

Cheeky: What was your concept behind F-Train, On Your Mark's signature group fitness class?

EH: So many entities in life, as in our workouts, are 1 dimensional. F-Train is anything but that. It's about taking a simple movement and adding a twist, literally! Clients don't want to go through the same movement patters in every workout. So, at OYM we think outside the box and create workouts that are nothing from the norm. F-Train takes 3 planes of movement and pushes you to be more "functional", whether in your sport or daily living. It's about teaching someone how their body is meant to move and function and be most efficient.

Cheeky: Where did you come up the name "On Your Mark"?

EH: On Your Mark is about the person—you. It's up to you to leave your mark; we lay the groundwork, and you do the work.

Cheeky: Personal workout and nutrition tips for Cheeky readers?

EH: Let's be real, shall we? We all know we're supposed to eat right. Healthy food=healthy you. If you're not sure what you're supposed to be eating, and you think you're doing it all wrong, then get help! Hire a nutritionist! Pizza, sugar and that glass of wine, "only one night a week", aren't going to cut it.

Workouts. Variety is the key folks! Your body adapts to what you're doing; you have to make changes. Those changes, while simple, can make all the difference in the world. Again, if you don't know what to do—hire a trainer!

All classes and information for On Your Mark can be found [here](#).