

# On Your Mark Coaching + Training FreshGuide January 7, 2011

POPSUGAR'S

FreshGuide

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edition

## On Your Mark Coaching and Training

An Athletic Endeavor at On Your Mark



By Kate Stahl, FreshGuide Staff Writer

Looking for a workout that's outside the norm? Then check out On Your Mark Coaching and Training, a fitness concept focusing on individual goals through personal training and small group fitness classes. "We really delve into clients' needs and abilities and help them become healthier, better, faster, and stronger," says On Your Mark co-owner Emily Hutchins. The West Monroe Street studio is all about functional movement and teaches clients how their bodies are meant to move and function, which helps them become more efficient. While many of On Your Mark's clients are endurance athletes, the 42 weekly classes are designed to appeal to clients at all fitness levels. Classes include Pilates, boxing, cycling, running, TRX rope training, and On Your Mark's signature class, FTrain, a functional movement class that focuses on mechanics and efficiency. All classes are small (15 students or fewer), and they are all constantly changing. "We use free weights, balls, bags, ropes," Hutchins says. "We'll keep you from getting bored."

### WORD ON THE STREET

"Love On Your Mark and Emily and Annette and all the other trainers; they are absolutely amazing at what they do! I started going to OYM full time about a year ago and haven't once regretted it. The frequent treadmill, cycle, strength, and Pilates classes are kept intentionally small so that trainers can focus on each person's form/technique. My body changed more in one month at OYM than it ever did when I was going to a conventional gym. Added bonus . . . people are friendly. You'll find the serious athlete to the individual just wanting to get in shape. It's an incredibly supportive environment." — Summer P. [Read more from Yelp](#)

Original Price: \$100

FreshGuide Price: \$50

\$50

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### Offer Details

- \* \$50 for five semiprivate classes at On Your Mark Coaching and Training (\$100 value)
- \* New clients only
- \* Limit one per person; may purchase multiples as gifts
- \* Not valid with other promotions or offers
- \* Not valid for cash or credit balance
- \* Must bring printed FreshCheck to redeem
- \* Expires July 11, 2011

### All the Benefits

- \* On Your Mark also offers posture alignment, gait analysis, and athletic testing services
- \* Classes can be purchased individually or in packages, including an unlimited monthly option

### Head There Now

On Your Mark Coaching and Training  
1101 W. Monroe St., Suite A  
Chicago, IL 60607  
312-733-9330  
<http://www.oymtraining.com>

