

TrainChange Fitness Studio

www.TrainChange.com • 888.858.7746 • 10459 Roselle St. Suite D, San Diego, CA 92121

About Us

Mission Statement

The mission of the TrainChange Fitness Studio is to provide people with a place where they can receive challenging and effective workouts in a limited amount of time, and have fun doing it.

In order to accomplish this mission our values revolve around providing our members with a structured and consistent training environment.

By adhering to principles that promote these values, members can easily incorporate exercise into their lifestyle on a regular basis, and achieve their personal fitness goals.

Our Commitment to You and from our Members will Always Be to:

1. Respect your *time*.
2. Respect your right to *focus* on your workout.
3. Respect your right to train in a *clean* environment by ensuring everyone brings a towel and wipes down the equipment once they're done.
4. Respect your right to train in a *safe* environment by ensuring everyone returns machines and weights to a neutral position when they're done.
5. Respect the fact that everyone is at a different training level and as long as you're *giving 110%* of yourself, you have the right to train here.

Following these practices is what separates us from larger gyms. Our primary focus is not on selling quantities of memberships, but rather on improving the health of our members, all the while delivering the quality and service of a personal training studio at a reasonable price.

Class Schedule as of April 5, 2008

(For the most updated schedule of classes or to reserve your space check our online calendar.)

Mon	Tue	Wed	Thur	Fri	Sat
10:30am - 8pm	10:30am - 6pm	10:30am - 8pm	10:30am - 6pm	10:30am - 8pm	9:00am - 2pm
Open RPM 10:30-4:45 pm	Open RPM 10:30-12:00 pm	Open RPM 10:30-4:45 pm	Open RPM 10:30-12:00 pm	Open RPM 10:30-4:45 pm	SpinTense 9:00-10:00 am
SpinTense 12:00-1:00 pm	Facilitated RPM 12:00-1:00 pm	SpinTense 12:00-1:00 pm	Facilitated RPM 12:00-1:00 pm	SpinTense 12:00-1:00 pm	Open RPM 9:00-12:00 am
Facilitated RPM 4:45-5:45 pm	Open RPM 12:45-4:45 pm	Facilitated RPM 4:45-5:45 pm	Open RPM 12:45-4:45 pm	Facilitated RPM 4:45-5:45 pm	Facilitated RPM 12:00-1:00pm
Open RPM 5:30-8:00 pm	Facilitated RPM 4:45-5:45 pm	Open RPM 5:30-8:00 pm	Facilitated RPM 4:45-5:45 pm	Open RPM 5:30-8:00 pm	Open RPM 1:00-2:00 pm
SpinTense 6:00-7:00 pm	Open RPM 5:30-6:00 pm	SpinTense 6:00-7:00 pm	Open RPM 5:30-6:00 pm	SpinTense 6:00-7:00 pm	
	FREE Public Class SpinTense 6:00-7:00 pm		SpinTense 6:00-7:00 pm		