

NO ANNUAL FEES | NO ENROLLMENT FEES | NO CONTRACTS

Claim Your **FREE**

**RECOVERY ROOM TREATMENT SESSION**

Personalized training plans are included in all memberships & are accessible via the trainheroic app on your smartphone.



Scan For More Info & To Sign Up!



*Moventous is a state-of-the-art training facility with squat racks, lifting platforms, cable machines, dumbbells, kettlebells, TRX straps, and a turf zone.*

***MADE FOR YOU!** With a personalized workout plan in the palm of your hands and key fob gym access, Moventous is built to accommodate and meet the needs of each individual.*

**Hours of Operation**  
Daily 4:00 am - 11:00 pm  
**Staffed Hours:**  
Mon - Fri 8:00 am - 6:00 pm

11354 White Rock Road,  
Suite 130,  
Rancho Cordova  
916.571.6333

**MEMBERSHIP TRADE-IN SPECIAL**

*Are you unhappy with your current gym?*

**Get One Month FREE**

*\*When you provide proof you're switching to Moventous!*

**10% DISCOUNT**

*\*granted for the following (must enroll and validate in club):*

- **Couples** (proof of shared address required)
- **Students** (current student ID and transcript required)
- **Seniors** (current ID required)
- **Heroes** (verified medical professionals, first responders, nurses, teachers, service members & veterans)
- **Corporate Memberships**
- (4 or more participants; employment verification required)

<http://moventous.com>

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**\*\*Ask about our wellness program packages!**