

NO WHINERS. NO WI-FI.

The Core is a fitness center in Chico, California. It's a place where dedicated people come to train. Egos are unwelcome here. No one at The Core is interested in how much you lift, or how fast you can finish a workout. We're not for everybody. We get that. If you get it too, we'd love to show you around.

JOIN US

OUR PHILOSOPHY

OPEN

Unlike other Chico gyms or health clubs, The Core has no restrictions on when, how long, or how often you work out. If we're open, you're always welcome.



FUN

Get fit and have fun doing it. At The Core you'll reach your goals alongside a tight community of friendly people who care more about *being* fit than *looking* fit.



PERSONAL

The Core provides a fast-paced workout that strengthens your body, clears your mind, and engages your spirit. You'll also get individual coaching and supervision.



YOUR SUCCESS



I love The Core! Amazing workouts and incredible people. I have truly gotten in the best shape of my life because of this place and have never felt better! With plans personalized to your specific needs and a drop-in style schedule.

CHLOE ANCHORDUGY
Chico, California



The Core is great! I recommend it for anyone, any age, any fitness level. And that's the beauty of it ... the environment is friendly, encouraging and welcoming. The trainers get the best out of you with a variety of different routines. They are truly the best. My husband and I love The Core!

KAMI KLINGBEIL
Chico, California



Great people and no better place to train in Chico! Steve has created a unique community atmosphere that's one of a kind. If you're looking for a place to train that's not an average gym, give The Core a shot!

CHRISTOPHER BUTLER
Chico, California

LIVE AT THE CORE

ALL WILLING ARE WELCOME

The Core has always been a mission and value-focused company. We're deeply passionate about delivering life-changing coaching. We believe that getting healthy should be simple and fun. It should leave you happy and healthy, with willpower to spare. There's nothing complicated about what we do: good people giving good advice leads to a good outcome. Check out our Program for a glimpse inside The Core.

PROGRAM



The Core Summer Work Out

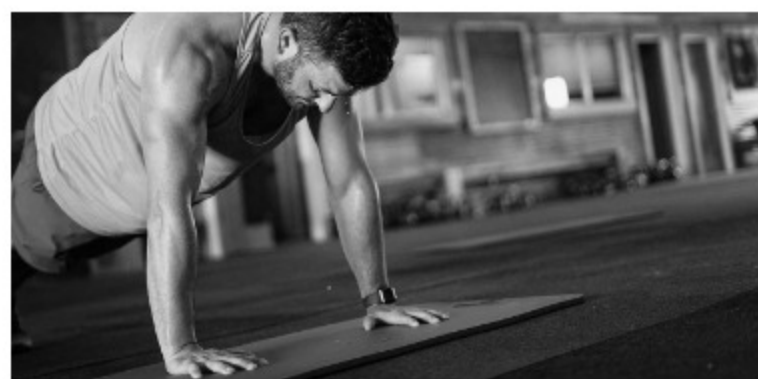
VIEWPOINT



I'M TOO DAMN OLD

Steve · July 9, 2019

Slow down aging with resistance training 60 is the new 40, right? Um, no ... not exactly. But there is hope. I don't remember the precise moment I realized that...



THE ENERGY EQUATION

Steve · June 10, 2019

The simple math of weight loss The elegant balance of eating well gets corrupted by busy lives, with too little sleep and too many choices. We can fix that. If...



AGE IS JUST A NUMBER

Steve · May 15, 2019

The Golden Years I've always believed that you're as old as you feel. But as I approach my 52nd birthday I have a few thoughts on maturing. 1. Sometimes I...

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