# V Tone Fitness Gym Chicago

VTONE Fitness was founded in 2009 by the original owners. Nestor Mamchur had been a trainer at VTONE for 10 years when he learned the gym was facing closure. Nestor and his wife Lana, both Ukrainian natives, saw the importance of keeping this deeply rooted establishment alive in the Rogers Park community and knew they had to prevent its permanent closure. In 2021, Nestor and Lana became the proud new owners of VTONE Fitness – a welcoming and top-rate neighborhood gym.

Our goal at VTONE Fitness is to bring the community together, to provide a customized and integrated plan for health and fitness, and remain a place where members can connect and interact.
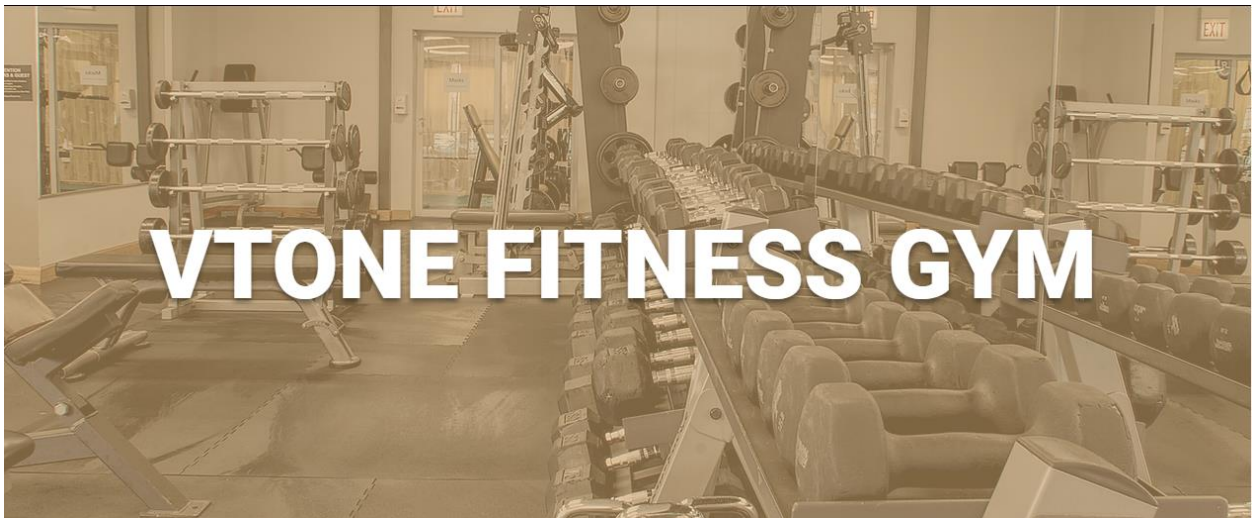
NESTOR MAMCHUR
Professionally Training Since 1999
Certificate: ISSA PT & Exercise therapy

I offer an upscale and energetic atmosphere for a welcoming training environment. I am well-versed in biomechanics, exercise physiology, flexibility, nutrition, and exercise science. I believe in obtaining balance in the mind-body relationship for optimum health. I try to enable and motivate each client to achieve their goals.

ROBERT BROOKS
Professionally Training Since 2006
Certification: BA in Recreation/P.E, ISSA & ISCA

I have been working with clients for over 10 years and have a long-term clientele. My main focus is on strength training and conditioning to improve overall health. I have a long history with sports and athletics, and have worked with clients with a wide range of abilities and experiences. I am here to help you reach all your health and fitness goals.

GYM HOURS

Mon - Thur	5:30AM - 10:00PM
Fri	**5:30AM - 9:00PM**
Sat	**8:00 AM - 8:00 PM**
Sun	**9:00 AM - 8:00 PM**

Project Requirements

- Total members joined
- Average age of the members, find which age members are more attracted to join
- Active members count. Compare with the
- Agewise distribution 25,35,45,55+, show the inactive and active members.
- joined members count.
- compare membershiptype with age segment.
- Inactive members count.
- Average_Workouts_Per_Week
- Total_Weight_Lost
- Average_Workout_Duration
- Highest count for fitness goal
- Total count of male and female members, compare against age.

Contact Details
https://www.vtonefitness.com/