

### 3 Ways In-Shape Family Fitness Adds a Little Fun to Your Workout





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Have you ever felt like your workout was “all business?” It might be the kind of workout you do out of a sense of obligation. That’s no fun! At In-Shape Family Fitness’ [gyms in Elk Grove](#), El Dorado Hills, and all around Sacramento—and even across California—you can rediscover just how fun working out can be.



What does it mean for a workout to be fun? It can mean feeling supported as you exercise. It can mean you have the freedom to go at your own pace. It can even mean taking the studio fitness classes you want without worrying about how they fit into your routine. It’s all about removing the obligation and replacing it with engagement.

### Studio Fitness Classes You’re Actually Interested In

At In-Shape Family Fitness, you can join a variety of studio fitness classes tailored to a wide range of interests. When you’re generally interested in your workout, you’ll view it more like a fun activity than a hassle. When you’re not interested it can be, well, boring. Thankfully, though, the In-Shape Family Fitness [Bakersfield gyms](#), and gyms elsewhere in California, are anything but boring.

Plus, it goes beyond discovering studio fitness classes you enjoy. The instructors can also help keep studio fitness classes engaging, class after class. With a positive atmosphere and motivational instructors, it’s hard not to have fun in an In-Shape Family Fitness studio fitness class.

## Hit the Court on Your Terms

Basketball, racquetball, pickleball—the list goes on. At some gyms, hitting the court can feel like a chore since you never know when they're open, they're always busy, or you can't rent the equipment you need. As a result, you might avoid this part of the gym—even though you really want to participate. At In-Shape Family Fitness, they work to foster a welcoming environment.

You can hit the court, or enjoy In-Shape Family Fitness' amenities and activities on your terms. If you want to play pickleball, you can enjoy open play on one of their 70+ courts currently available at nine clubs, including Stockton West Lane—which is one of many In-Shape Family Fitness [Stockton gyms](#).

## Train at Your Pace

You know what isn't fun? Training that goes too fast. When the pace is too quick, or you feel like you're being pushed too hard, that can zap the fun right out of your workout experience. Thankfully, you don't have to worry about that at In-Shape Family Fitness. When you want to train, whether one-on-one or in a small group setting, you can get things dialed in without feeling rushed.

In-Shape Family Fitness trainers work to tailor your workout to meet your specific goals. If you want a challenge, you can get a challenge. If you want nutritional guidance, you can get that too. It's all about working with you so you feel engaged and enjoy the experience—all so you can achieve real results.

Rediscover the fun in working out and join In-Shape Family Fitness at <https://www.inshape.com/>

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