

3 Ways to Enjoy the Great Outdoors at In-Shape Family Fitness



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California may be known for (mostly) favorable weather throughout the year, but you might not spend as much time outdoors as you'd like. If you're looking for an excuse to spend some quality time outdoors this spring and into summer, you can find it at In-Shape Family Fitness.



In-Shape Family Fitness may be the [gyms Sacramento](#) and dozens of other California cities turn to for indoor fitness amenities, but they have several outdoor amenities, too. From ball courts to pools, In-Shape Family Fitness has options for those who want to live their best outdoor lives!

Spend Time Around (and In!) an Outdoor Pool

One of the ultimate ways to enjoy some time outdoors is in and around a pool. Several In-Shape Family Fitness locations have outdoor pools. There are also several with indoor pools—and both indoor *and* outdoor pools. It's all about maximizing your choices.

If you're looking for a [Vacaville fitness](#) option with an outdoor pool, Vacaville Browns Valley, for instance, may be the place to be! Of course, if you're in a different area, you can find a complete list of pool locations on the In-Shape Family Fitness website.

A pool can be a versatile amenity. You can go for a low-impact workout swim, enjoy time in the water to wind down after a busy day, or simply lounge by the pool after a workout inside In-Shape Family Fitness.

Enjoy the Outdoor Courts, Including the Pickleball Courts

Have you joined the pickleball craze? In-Shape Family Fitness is home to the [pickleball California](#) can't seem to get enough of. A growing number of In-Shape Family Fitness locations have added pickleball to their roster of amenities—and many locations have outdoor courts.

If pickleball isn't your thing, In-Shape Family Fitness also has tennis courts. Enjoy a friendly game with your gym buddies or sign up for a tennis league. Want to hone your skills? Check out In-Shape Family Fitness RQT classes at select locations. You can sign up for racquetball, pickleball, or tennis classes.

Work Out Indoors to Build Strength for Your Favorite Outdoor Activities

Enjoying the great outdoors is more than enjoying the outdoor amenities featured at In-Shape Family Fitness. A gym routine can also help you get even more out of your other outdoor adventures. From cardio machines to weight training, you can get yourself in “outdoor shape.” Looking for guidance in getting in outdoor shape? Consider personal training or small group training.

It's all about turning to In-Shape Family Fitness and their many amenities to elevate your fitness level. Your workout can help build strength and endurance. Elevating your fitness can mean doing more of what you love outdoors this summer, including hiking, biking, backpacking, and more!

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