

3 Ways to Improve Your Pickleball Game at In-Shape Family Fitness



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How's your lob? Need to work on your dink shot? Looking for ways to become more proficient in pickleball? It's time to head to In-Shape Family Fitness! With more people getting in on the pickleball fun all over California, In-Shape Family Fitness has put together just about everything you need to up your pickleball game.



Now, you can find pickleball amenities at several In-Shape Family Fitness [gyms in Fairfield CA, Folsom CA, Vallejo CA, and more](#). You can find a complete list of clubs with pickleball on the In-Shape Family Fitness website. With these amenities, like dedicated pickleball courts, you can hone your pickleball skills like never before!

Train in the Functional Training Area

There's more to pickleball than footwork and lobbing the ball. There's also getting your body in shape for everything a game of pickleball can serve to you. This is where functional training can come in. In-Shape Family Fitness has space dedicated to functional training. You can work with everything from kettlebells, medicine balls, punching bags, battle ropes, and more.

Functional training is built around the idea of working out in a way that can complement your body's natural motion. Working on strengthening and honing your natural movement can translate to honed movement on the pickleball court. Of course, there's still a matter of honing those movements as you play pickleball.

Practice on the Court

What better place to practice than on a real pickleball court? You may have seen videos online about turning any space, like garages and patios, into a practice space. While practicing at home can help keep your skills up, it's hard to beat a real court. A real court has a certain feel that can be hard to replicate in improvised spaces.

You can head down to your [Vallejo gym](#) and make the most of In-Shape Family Fitness' courts. With a friend or three, you can spend an hour knocking out some practice rounds. You can work on footwork, form, lobbing, and dinking—you name it. You can even take In-Shape Family Fitness' pickleball classes together.

Find an Accountability Buddy

Plus, when you bring a friend to practice pickleball, you have someone who can hold you accountable (and vice versa). An accountability buddy can give you feedback and help you hone your form on the court. Plus, they can remind you to get in more practice!

Another great reason to have an accountability buddy is pickleball tournaments. If you're used to playing pickleball with a specific person, you may know their style and how they play the game. If you're interested in signing up for the [pickleball tournaments California](#) is hyped for, you can be ready with your accountability buddy by your side.

Hone your pickleball skills at <https://www.inshape.com/>

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