

4 Reasons to Take an In-Shape Family Fitness Studio Fitness Class with a Friend



4 Reasons to Take an In-Shape Family Fitness Studio Fitness Class with a Friend

There are times when going to the gym solo can be ideal. You might want to put in your earbuds and focus on your workout with minimal distractions. There may be other times, however, when you want a gym buddy.



At In-Shape Family Fitness’ [gyms in Elk Grove](#)—and throughout California—you can work out solo to your heart’s content. But there are also countless opportunities to work out with a friend—including In-Shape Family Fitness’ studio fitness classes.

Why sign up for a studio fitness class with a friend (or multiple friends!)? For some people, it can be an even bigger source of motivation—and studio fitness classes can be very motivating places.

It’s Even More Motivating!

When you want to feel even more motivated in your workout, going to a studio fitness class with a friend or several friends may unlock that motivation. In the class, you can play off one another’s energies. In-Shape Family Fitness’ studio fitness class instructors already bring a lot of energy and encouragement, but having a friend can dial it up even more! When you’re motivated, you may be more likely to stick to an activity long-term.

It's More Fun!

Having a friend around can make any gym experience a little more fun. Whether working out with the cardio machines or taking a studio fitness class, a partner can add more excitement to the experience. That isn't to say an In-Shape Family Fitness studio fitness class lacks in the fun department. Yet, there's something special about having a gym buddy participating alongside you. It can increase your engagement, which may help you get more out of the class.

You Can Hold Each Other Accountable

When you hit In-Shape Family Fitness' [Bakersfield gyms](#) or any of their gyms, you likely go there with purpose. You may have fitness goals in mind, and studio fitness classes may play into those. One of the most critical parts of pursuing any goal is accountability. This is where having a gym partner can make all the difference in the world. You can make sure they make it to your Tuesday class, and they can do the same for you. No slacking off!

You Can Try New Classes Together

Is there a studio fitness class available at one of In-Shape Family Fitness' [Stockton gyms](#) that you wanted to try but didn't want to sign up for solo? This is where having a gym buddy can yet again make a difference. You can try new classes together and "break the ice." It can be a great way to build up confidence in trying out new classes across the board. For example, you might start with a dance class and work your way to other classes that might have previously been outside your comfort zone.

See the full lineup of In-Shape Family Fitness studio fitness classes at <https://www.inshape.com/>

Original Source: <https://bit.ly/4e1Mp5r>

