

## 5 Reasons Your Kids Will Love In-Shape Family Fitness



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When you visit In-Shape Family Fitness' [gyms in Fairfield](#), Sacramento, Elk Grove, and many other locations across California, you will find plenty for your kids to do while you work out. The childcare program reflects the values of family fitness and health and offers convenience for busy parents. Here are five reasons your kids will love In-Shape Family Fitness.



### **Fitness for the Whole Family**

Your entire family can have fun at In-Shape Family Fitness, which is why they're rated among the best [gyms Sacramento](#) and the rest of California have to offer. From premium workout equipment for adults to the Kid Zone for kids, the entire family is welcome at In-Shape Family Fitness. Your kids will even have the opportunity to meet new friends while experiencing a variety of fun activities designed to get them moving. This can help build a foundation for learning healthy habits.

### **Have Fun in the Indoor or Outdoor Pools**

Not only can your kids have fun during family swim time in the main pools, but they can also enjoy splashing around in the shallow, beach-entry pools at select locations. You can also find spray gardens at some locations, perfect for cooling off this summer! Swimming is also a great low-impact cardio workout for adults, so try lap swimming to mix up your usual routine.

### **Try Rock Climbing**

Depending on the location, there might be a rock wall for mini-members. Adventurous kids can get strapped in a harness and try climbing the indoor rock walls. It's a great way to get them active and try out their problem-solving skills as they figure out the best way to climb to the top.

## **Kid Fit at In-Shape Family Fitness Elk Grove**

The Elk Grove location offers Kid Fit, a half-hour program for kids aged 4 to 11 that promotes healthy habits while focusing on fun. These classes are held on weekdays after school. You can head to the workout floor while your kids try different workouts, including classes like Shake it Up, All Stars, Mini Muscle Madness, and Yoga.

## **Special Events and Activities Keep the Fun Going**

Whether it's the Salinas, Napa, or [Vacaville fitness](#) centers, you can ask the front desk about special events for your kids. From movies and story time to ice cream socials, tea parties, and arts and crafts, In-Shape Family Fitness is almost like a summer camp. You can work out knowing they are safe and sound while having fun.

Sign the whole family up for In-Shape Family Fitness at <https://www.inshape.com/>

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