

## Beyond the Gym: How In-Shape Family Fitness Fosters Wellness for Every Age Group



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Have you ever thought of the gym as a place to learn about fitness? A lot of people rely on the gym, specifically the equipment, to get in a workout a few times a week. However, at In-Shape Family Fitness, the gym can become a place to learn more about fitness—and to maximize your results.



In many ways, In-Shape Family Fitness is the kind of gym that’s made for everyone. They’ve put together many accessible programs for practically every age group. Through these programs (including their studio fitness classes), they’re helping to foster wellness in their communities.

How can In-Shape Family Fitness’ [gyms in Turlock](#), or any of their locations around California, help you learn more about fitness and support your wellness that goes beyond “just” hitting the gym?

### **In-Shape Family Fitness Is for Everyone**

At In-Shape Family Fitness, fitness is accessible for everyone. From young kids to seniors, there’s something for everyone at In-Shape Family Fitness. Younger kids (infants to pre-teens) can jump into the Kid Zone where they can engage in all kinds of age-appropriate physical activities, including safe space mazes, play areas, basketball courts, and more.

Adults, of course, can experience all of what In-Shape Family Fitness has to offer. From studio fitness classes to personal training, you have a bevy of options to choose from. No matter your skill level, mobility level, or age, In-Shape Family Fitness offers plenty of opportunities to get moving.

### **In-Shape Family Fitness Is a Place to Learn**

Do you want to learn how to make the most out of a full-body workout? In-Shape Family Fitness is proud to offer small-group training. VTL: FIT, for instance, can introduce you to an effective, yet challenging full-body workout. You can learn effective cardio, strength, core, and recovery exercises—all exercises you can put to work outside of the training setting.

You can also explore the extensive lineup of other In-Shape Family Fitness studio fitness classes at their [El Dorado Hills gyms](#) and other locations. These classes can be a great place to learn about fitness and wellness—including fitness techniques you can apply to your daily life. From yoga to Pilates to cardio to senior classes, there is something for everyone and every interest.

### **In-Shape Family Fitness Is a Place to Grow**

If you're feeling particularly adventurous, you can even sign up for a studio fitness class you've never done before. It's not just a learning experience—it's also a growing experience. The In-Shape Family Fitness [gyms Antioch](#) loves can also be a place where you can try new things and explore new workout opportunities.

If you try something and aren't into it, no problem. You can try something else or continue the classes you know you enjoy. There's no pressure and no obligation. With so many classes and activities to explore, you can try something new every week or every month.

Find your path to personal wellness and join In-Shape Family Fitness today at <https://www.inshape.com/>

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