

**How In-Shape Family Fitness Helps You Build Healthy Habits  
Before the Holidays**



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It may only be September, but the holidays will be here before you know it. The holidays can be one of the busiest times of the year. They can also be one of the most calorie-dense times of the year. Get ready for the holiday rush with In-Shape Family Fitness.



Now is the perfect time to establish healthy habits before the holidays. You can set yourself up for fitness success in several different ways with In-Shape Family Fitness and their convenient locations around California, including their [El Dorado Hills gyms](#).

How can In-Shape Family Fitness help you get into your pre-holiday fitness groove?

### Fun Studio Fitness Classes to Keep You Focused

It can be hard to stay focused on fitness during the holidays —there are just so many distractions! In-Shape Family Fitness helps you cut through the distractions with their inviting studio fitness classes.

Every class is led by an energetic instructor who guides you through a series of exercises. You can take classes that focus on cardio exercises or mix things up with a Pilates class. Every location has several classes to choose from, so you can easily find the one that speaks to you.

### **All the Cardio Equipment You Need for Your Routine**

In-Shape Family Fitness is known for many premium amenities, including an epic lineup of cardio machines. If you're looking for a straightforward way to stay active and burn calories at their [gyms in Turlock](#) or any of their other locations, it's hard to go wrong with cardio machines. Whether you like jogging on a treadmill or love the calorie-burning, muscle-building intensity of the stair climber, In-Shape Family Fitness has you covered.

### **Free Weights to Help Build Muscle and Burn Fat**

Want to tone your muscles and burn some fat going into the holiday season? Head to the weight-training area of your In-Shape Family Fitness! Strength training can be challenging—but it's a good challenge and can give you an edge as those big holiday dinners and desserts start coming your way! With a consistent workout routine, you can enjoy everything the holidays have to offer while improving your overall fitness.

### **Small Group Training to Help You Reach Your Fall Fitness Goals**

Need a little extra motivation and guidance to kickstart your fitness routine this fall? Sign up for small group training. It can be more focused than studio fitness classes and help lay a strong foundation for ongoing fitness success.

You can find small group training at the In-Shape Family Fitness [gyms Antioch](#) residents rely on for their workouts—and at their gyms throughout California. Explore VTL Training programs like VTL: BOX, FIT, and ROW.

### **Relaxation Amenities to Help Melt Away Tension**

There's a lot of talk about staying fit and active during the holidays, but there's one more thing to consider: relaxation. The holidays can be a tense time, and when things get busy, relaxation can become incredibly important.

In-Shape Family Fitness can help you unlock relaxation with various relaxation amenities. Exact amenities can vary from location to location, but they include massage chairs, saunas, spas, and

steam rooms—all amenities that can help you melt away the tension of the busy holiday season.

Start building healthy habits before the holiday season and join In-Shape Family Fitness at <https://www.inshape.com/>

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