

How In-Shape Family Fitness Makes Exercise More Accessible



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A good workout is more accessible than ever! In-Shape Family Fitness is upgrading the way Californians exercise. Across their locations, from [gyms in Fairfield CA](#) to gyms in Bakersfield CA, they've fostered a gym atmosphere that's welcoming and built around your family's needs. Whether you're looking for a casual, no-pressure studio fitness class or an intense workout three days a week, you can get both at In-Shape Family Fitness—and much more!



Studio Fitness Classes for Every Fitness Level

If you're just getting back into the swing of things—or you've stuck by your workout routine for years—In-Shape Family Fitness is home to studio fitness classes for practically every fitness level. You can find classes to easily jump right into. Their instructors strive to make every studio fitness class accessible to newcomers and enthusiasts alike.

If you're curious about studio fitness classes at your [Vallejo gym](#) or the In-Shape Family Fitness closest to you, pop your head into class. Or simply sign up for a class or two that interests you—and go from there! They even have senior fitness classes designed to help seniors stay active while still meeting their needs.

New Pickleball Courts and Fun Pickleball Classes

Has the pickleball bug bitten you? In-Shape Family Fitness has worked to make pickleball more accessible than ever. You can now find pickleball courts at several select In-Shape Family Fitness throughout California. Double-check the website for exact locations—but if you and your family want to hit the pickleball courts, you can!

Suppose you've never played pickleball before. No problem. You can also find pickleball clinics at select In-Shape Family Fitness locations. You and your family can learn the ins and outs of

this engaging game. Pickleball has never been more accessible. Who knows? Maybe you'll even want to sign up for the [pickleball tournaments California](#) can't get enough of!

So Many Low-Impact Fitness Options

Sometimes, you want a workout that's low-key, low-impact. In-Shape Family Fitness can help you make that happen. From their premium amenities to studio fitness classes, you can discover all kinds of ways to get low-impact exercise. These can include walking on the treadmill or taking one of the yoga studio fitness classes. You can even try personal or small group training to tailor your routine around low-impact options.

Discover the Convenient Kid Zone

For families with younger kids, it can be challenging for parents to get in a workout on their own terms. At In-Shape Family Fitness, they take the "family" side of things seriously. This is why they offer a dedicated Kid Zone. This child-care option is open to infants through pre-teens. Kids can access supervised games, toys, and activities suitable for their age. At the same time, the parents can hit the gym on their own terms and without worry.

Learn how In-Shape Family Fitness can upgrade your workout at <https://www.inshape.com/>

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