

## How to Maintain a Gym Routine During the Holidays at In-Shape Family Fitness



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The holiday season is all about festive parties, tasty traditional holiday meals, and busy schedules filled with exciting events. These can all make maintaining a gym routine more challenging than normal.



However, In-Shape Family Fitness' [gyms in Tracy](#), Sacramento, and elsewhere feature premium amenities and studio fitness classes to help you stay motivated throughout this busy season. Here are four ways to stay motivated to keep your gym routine going strong at In-Shape Family Fitness.

## Stay Motivated with Personal Training

One of the best ways to maintain a gym routine during the holidays is to work with a friendly and professional personal trainer at In-Shape Family Fitness. Not only will you get individualized instruction during your personal training workout, but you will also have external motivation to work out between training sessions.

In-Shape Family Fitness offers personal training at select locations, including one of their [gyms Sacramento](#) residents love. Check out their site to see if personal training is offered at a location near you!

## Try a New Studio Fitness Class or Sport

If the holiday season has you feeling like you're in a workout rut, mix things up at In-Shape Family Fitness!

For example, if you typically hang out in the cardio area, try one of the yoga studio fitness classes. Or, if Power Yoga is your studio fitness class of choice, try a Les Mills CORE™ or Warrior Strength studio fitness class to cross-train with strength training.

Trying a new studio fitness class might be what you need to stay motivated and keep to a consistent workout schedule this holiday season.

### **Find a Workout Partner**

The holiday season is all about spending time with loved ones, so why not bring a friend or family member with you to work out at your favorite [Vallejo gym](#)?

Working out with a friend or family member at In-Shape Family Fitness helps you stay social during your workout and provides external motivation to attend the gym. You're less likely to cancel your workout plans if you know you're meeting a friend or family member for a fun workout.

### **Set Short-Term Holiday Season Goals**

Now is the time to finish the year strong! Before you set any new year's goals, set some smaller short-term goals. These will motivate you to keep going to the gym even during busy days and you'll get an extra spark with every new goal you achieve. In addition, progressing through these fitness goals will also set you up for further success at the start of the New Year.

Join In-Shape Family Fitness this holiday season at <https://www.inshape.com/>

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