

Try A Variety of Sports at In-Shape Family Fitness



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Are you looking for a different type of workout that's fun, full-body, and will get you moving? Try playing sports at In-Shape Family Fitness. Heading to one of the best [gyms in Tracy](#), Sacramento, or Salinas means you can try your hand at games like basketball, racquetball, tennis, or pickleball, depending on the location. Which sport is the best for you?



Pickleball

Pickleball has swept the nation by storm, becoming extremely popular in just the past few years. Whether you want to learn through one of the clinics or are ready to test your skills in a tournament, In-Shape Family Fitness locations are some of the best places to play pickleball. Agility can be countered by careful strategy, allowing players of all ages to hit the court and have fun. Or you can join one of the pickleball socials, making friends that can last off the court while playing less competitive games.

Tennis

For a more fast-paced sport, try tennis. You need to be fast to get across the court to return the ball. It demands a certain level of agility, endurance, and speed to be good, and it's a fantastic way to get a full-body workout while having fun and being competitive. You can play singles or doubles, helping you be more social. Get moving and elevate your heart rate for some cardio with tennis.

Racquetball

Head to one of your favorite [Concord gyms](#) if you're looking for a few rounds of racquetball. You can find racquetball courts inside select In-Shape Family Fitness locations, and you'll find everything you need. Comfortable gloves, protective eyewear, racquets, and balls are all available. Take an intro clinic to learn the game mechanics, or introduce your kids to the fun with a juniors class.

Basketball

Playing with a team can be a great time, especially if you have a bunch of friends to work out with. You can find a basketball court ready for shooting hoops when you go to one of your favorite [gyms in Salinas](#), Elk Grove, or Citrus Heights. You'll have to bring your A game, whether it's an indoor or outdoor court, and get ready for a fun workout. With In-Shape Family Fitness, you can find open play for anyone who wants to try basketball or just loves the sport.

Special Features at Select Locations

Depending on the In-Shape Family Fitness location, you might find special events or more sports. The Rocklin Sports Complex offers Shoot 360 basketball training, soccer, volleyball, an Extreme Air Jumper, and a rock wall. For something a bit more relaxing, try ping pong, pool, and darts at the downtown Sacramento location. It also has the famous outdoor rooftop basketball court!

Find your nearest In-Shape Family Fitness location and see what sports are available at <https://www.inshape.com/>

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