

What In-Shape Family Fitness Does for High School Students



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School is back in session, and this can mean major changes to your kids' routines. As routines change, certain summer habits, including exercise, may end up on the back burner. In-Shape Family Fitness can help make sure that doesn't happen.



Do you know a high schooler looking to stay active during the school year (and may need something to do after school)? An In-Shape Family Fitness membership might be the answer!

In-Shape Family Fitness has convenient locations across California, including the [gyms Concord CA](#) families love. For teens, the gym can be a productive place to spend an afternoon right after school. It helps keep teens active and may work with their after-school schedule.

What can In-Shape Family Fitness do for your high schoolers and the rest of your family?

An After School Workout

Get moving after school! Heading to In-Shape Family Fitness after the final bell can be a great way to unleash excess energy. After all, high school students spend a lot of time sitting—even with gym classes in the mix. If they're like most, your kids probably have plenty of energy to burn after school.

Plus, staying active can help keep them fit and focused during the school year. There are studies that suggest getting plenty of physical activity can even help improve sleep—and if there's one thing high school students really need, it's higher-quality sleep!

No Sports Requirement

If your kids want to play sports but don't want to worry about all the requirements that go along with extracurricular sports, In-Shape Family Fitness offers a number of options. You can find everything from basketball to pickleball at select locations around California.

More teens are getting into the [pickleball California](#) has embraced over the past few years. At select In-Shape Family Fitness locations, teens can take pickleball classes and join leagues. Of course, they're welcome to just play a match on their own terms, too. This allows your teens to move around and enjoy playing sports without committing to daily practices or stressful games and tournaments.

In-Shape Family Fitness Offers Options for All Fitness Levels

You can find something for every interest and fitness level at In-Shape Family Fitness. They strive to foster an inclusive, welcoming environment at every location. Whether your teen wants to get in a workout on the state-of-the-art cardio machines or they want to swim a few laps in the In-Shape Family Fitness [pools in Sacramento](#), everything is possible!

In-Shape Family Fitness is a great place for teens to build their fitness along with their confidence. They may start with a simple routine after school and work their way up to a more complex routine.

As a parent, you may even work with your teen to help them build their own workout routine. This can be a great way to bond and a great way to encourage your teen to stay more active during the school year.

Find an In-Shape Family Fitness near you at <https://www.inshape.com/>

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