

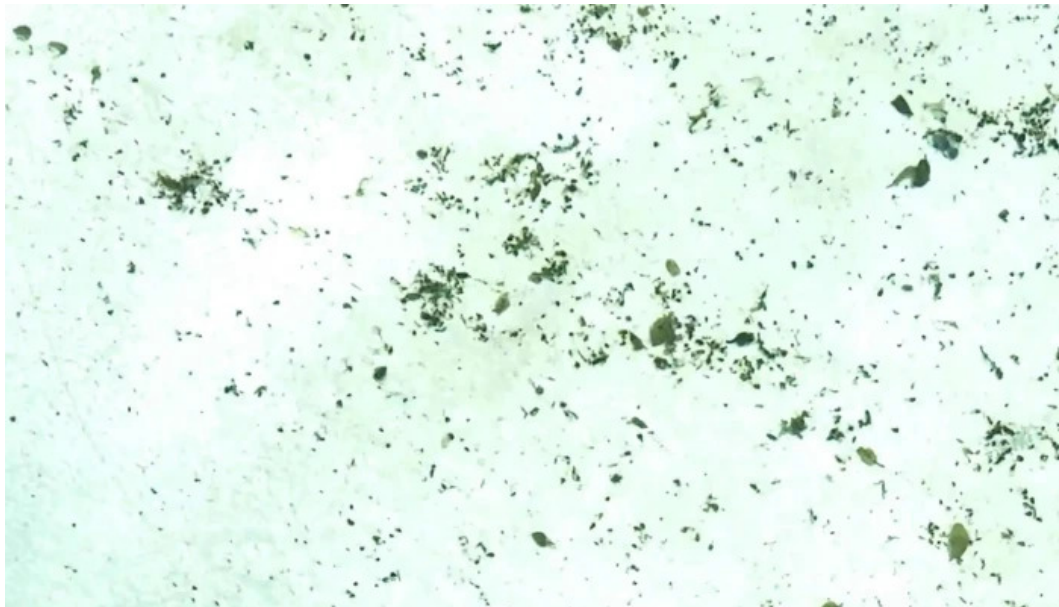
In-Shape Fitness - Carmichael

carmichael



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https://www.electrofitness.com/gym/carmichael/in-shape-fitness-carmichael_338857.php



carmichael

In-Shape Fitness - Carmichael

Discover In-Shape Fitness in Carmichael, California

In-Shape Fitness is a premier gym located in Carmichael, California, offering a wide range of ****amenities**** to cater to all fitness enthusiasts. Whether you are looking to lift weights, swim, or join a group class, this gym has something for everyone.

Amenities and Offerings

At In-Shape Fitness, you'll find a variety of ****offerings**** including a well-maintained ****swimming pool****, an ****indoor basketball court****, and modern

fitness equipment. The facility boasts clean and organized spaces, ensuring that you can focus on your workout without distractions. Additionally, the gym offers **outdoor services**, providing a refreshing environment to exercise in the fresh air.

Accessibility Features

In-Shape Fitness prioritizes accessibility with features such as a **wheelchair-accessible entrance** and **wheelchair-accessible car park**. For those requiring extra comfort, the gym provides **wheelchair-accessible seating** throughout the facility. This ensures that every member can enjoy their fitness journey, regardless of their mobility needs.

On-Site Services

The gym offers several **on-site services** to enhance your experience. Friendly staff members are always available to assist, and the training staff is both knowledgeable and supportive. Many members have expressed appreciation for the attentive customer service, creating a welcoming community atmosphere. For families, the facility includes a kids' club, allowing parents to work out while their children are entertained by dedicated staff. The **toilet facilities** are regularly maintained, contributing to the overall cleanliness of the gym.

Relaxation and Recovery

After a tough workout, members can unwind in the sauna or steam room. However, some feedback indicates that these areas require more attention to cleanliness and maintenance. While recent improvements have been noted, members hope for continued upgrades to ensure a hygienic environment.

Membership and Classes

A **membership is required** to access the amenities at In-Shape Fitness. Many users appreciate the **online classes** offered, which allow flexibility in maintaining their fitness routines. Classes such as Zumba led by Elena have received rave reviews for their engaging and inclusive nature, making them a favorite among members.

Final Thoughts

In conclusion, In-Shape Fitness in Carmichael stands out for its friendly and welcoming staff, extensive **amenities**, and commitment to accessibility. Despite some critiques regarding the upkeep of certain areas, the overall consensus is that this gym provides a solid fitness experience. With various services and a supportive community, it remains an excellent choice for anyone looking to improve their health and wellbeing.

You can find us in

6314 Fair Oaks Blvd, 95608 Carmichael, California - United States (US)

The phone number of the respective **Gym** is +1916-482-9100

And if you want to send a WhatsApp, you can do so at +1916-482-9100

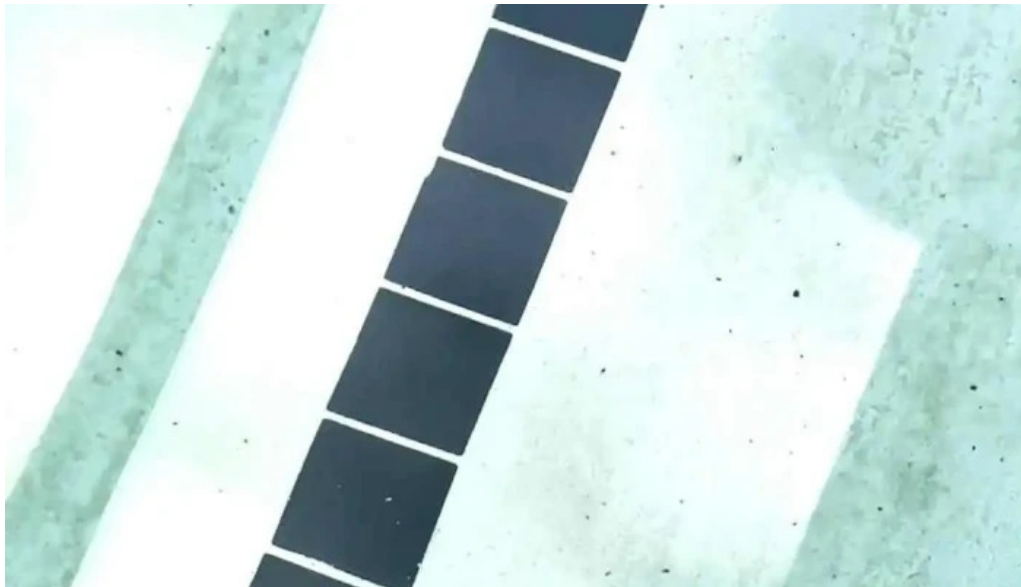
We are open during the following hours:

Day	Hours
Monday	7?AM–7?PM
Tuesday	7?AM–7?PM
Wednesday	4:30?AM–10?PM
Thursday	4:30?AM–10?PM
Friday	4:30?AM–10?PM
Saturday	4:30?AM–10?PM
Sunday	4:30?AM–8?PM

The website is In-Shape Fitness

If you need to modify any data that you think is incorrect about this portal, we urge you to send a message so that we will fix it quickly. With anticipation thanks.

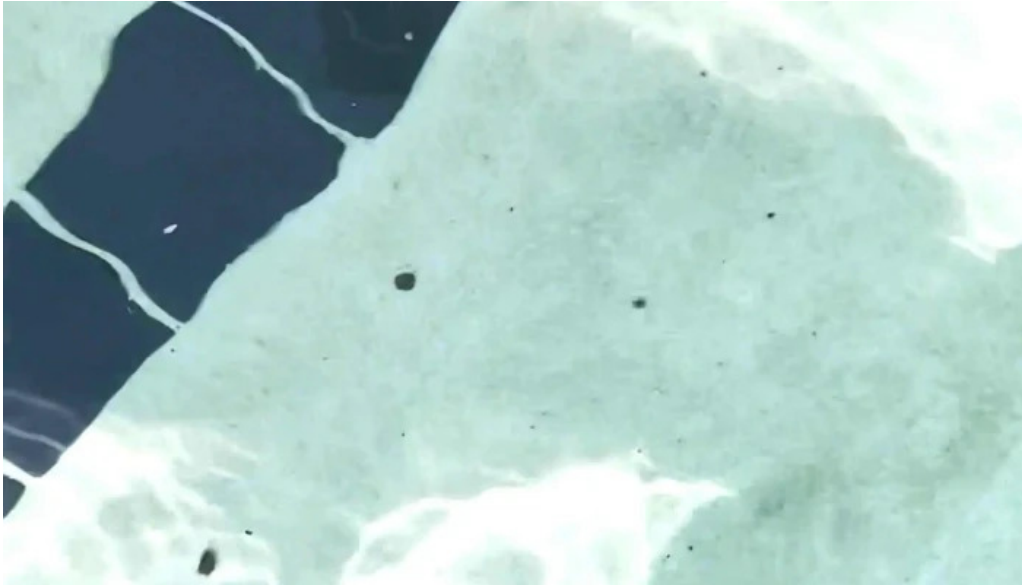
Images



In shape fitness videos



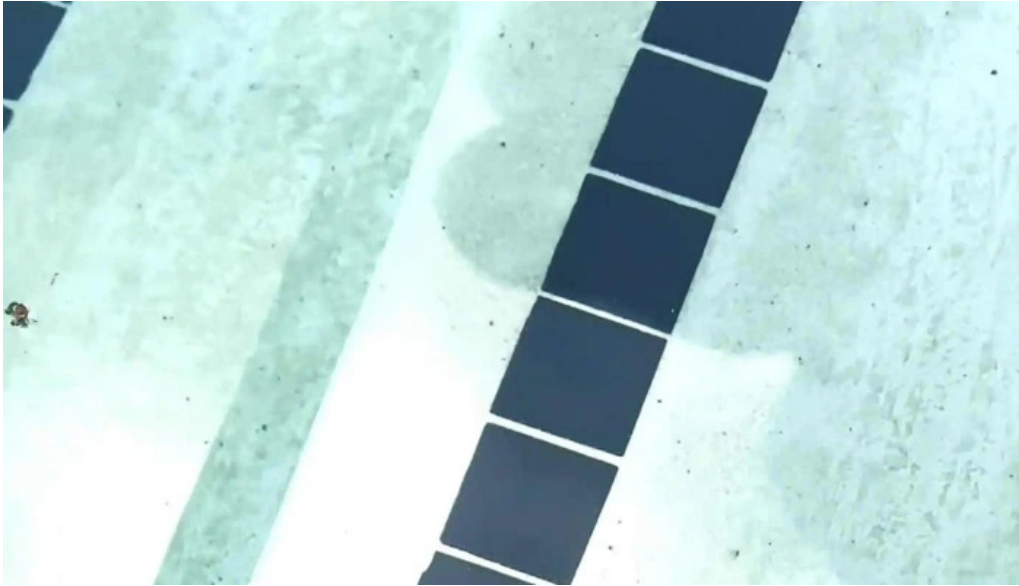
In shape fitness street view 360deg



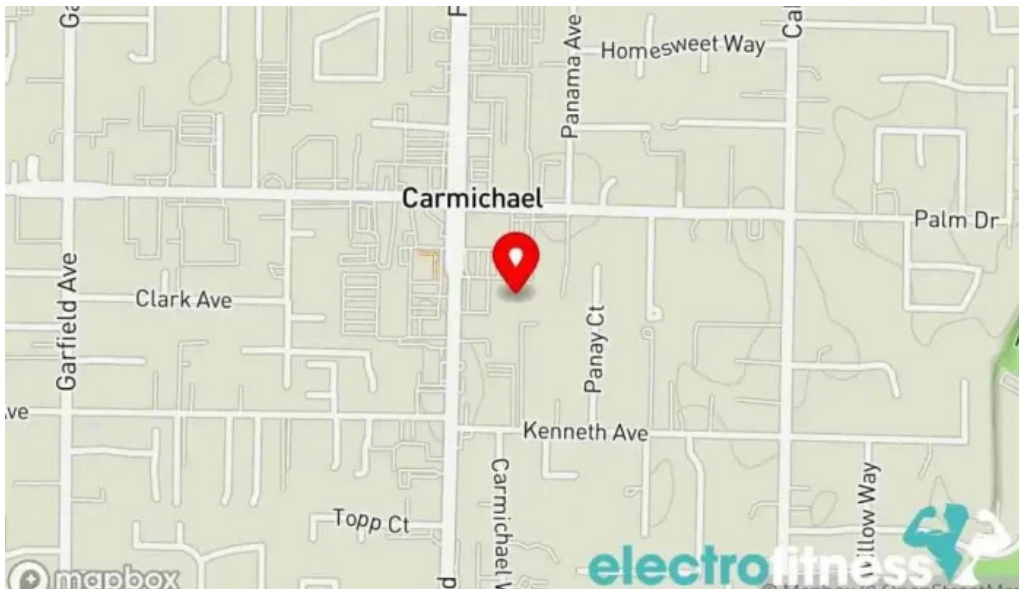
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In shape fitness open now



In shape fitness map



In shape fitness location



In shape fitness latest



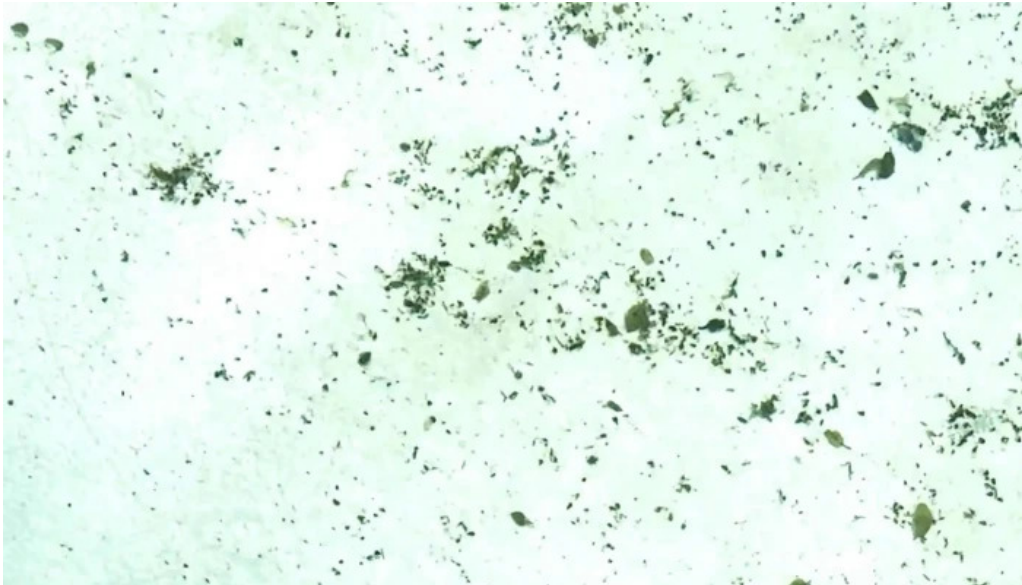
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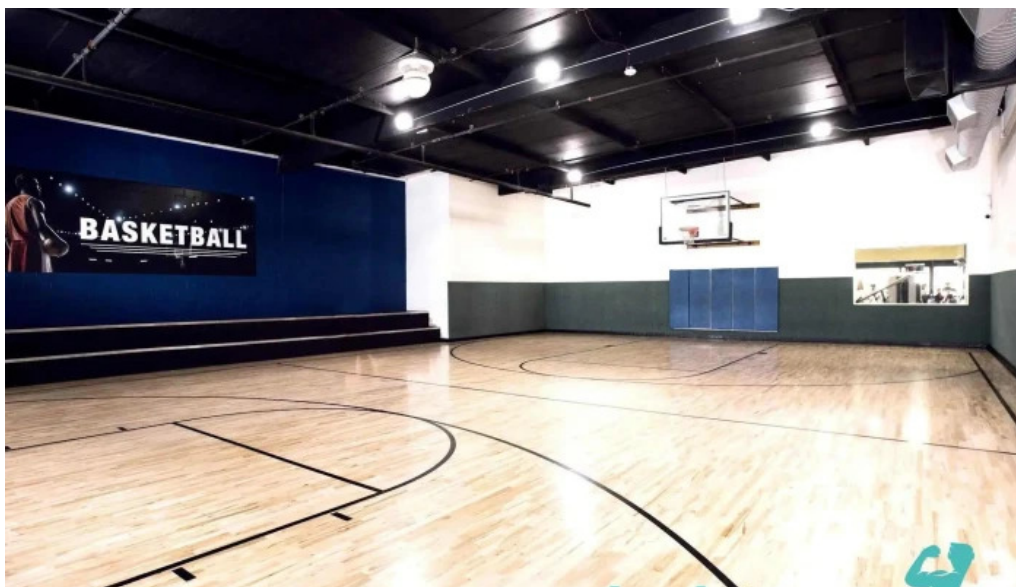
In shape fitness gym



In shape fitness catalog



In shape fitness carmichael



In shape fitness by owner



In shape fitness all

Tags

Wheelchair-accessible car park, Sauna, Offerings, Amenities, Swimming pool, Accessibility, Membership required, Basketball court, Planning, Toilet, Wheelchair-accessible entrance, Online classes, Wheelchair-accessible seating, On-site services, Outdoor services, Service options

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