

In-Shape Fitness - Elk Grove

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In-Shape Fitness - Elk Grove

Discover In-Shape Fitness in Elk Grove, California

If you are searching for a gym that caters to both fitness enthusiasts and families alike, **In-Shape Fitness** in Elk Grove is an excellent choice. This facility offers a range of **offerings** designed to meet diverse fitness needs, making it an ideal place to pursue your fitness goals.

A Variety of Amenities for Every Member

At In-Shape Fitness, members can enjoy various **amenities**, including a well-maintained **swimming pool**, sauna, and a basketball court. The atmosphere is welcoming, with friendly staff ready to assist you in your fitness journey.

The **swimming pool** is perfect for both family fun and serious training. Members have expressed their appreciation for the crystal-clear water, although some have noted inconsistencies in its availability due to maintenance issues. The outdoor area offers a refreshing environment to swim or relax after a workout.

Accessibility and Inclusivity

In-Shape Fitness understands the importance of accessibility. The facility features a **wheelchair-accessible entrance**, **wheelchair-accessible car park**, and **wheelchair-accessible seating** areas, ensuring that everyone can enjoy their time at the gym.

Additionally, the gym provides various **on-site services**, including personal training sessions, massage chairs, and online classes for those who prefer to work out from home.

Planning Your Visit

Membership is required to access these fantastic facilities, but many find the value worth it. The gym has a variety of programs tailored to different age groups, making it a great place for families. The **Kids Zone** allows parents to exercise while their children play in a safe environment.

You will also find ample **toilet** facilities, shower areas, and locker rooms to make your visit comfortable and satisfying. It's a complete package that caters to your every need.

Feedback From Members

Many members rave about the cleanliness and upkeep of the gym. One member noted, "The trainers are amazing! They bring different skill sets to the table and are always willing to help out." However, there have also been complaints regarding some equipment being neglected and maintenance issues like broken basketball rims.

While the sauna is a favorite among many, concerns have been raised about inconsistent maintenance of the hot tub and the cleanliness of the locker rooms. It's worth noting that the team is continuously improving and striving for better service.

Experience a Great Atmosphere

The atmosphere of In-Shape Fitness is often described as vibrant and energetic. Members love the layout of the gym, which is spacious and inviting. With a variety of **service options** available, fitness enthusiasts can find their rhythm, whether in high-energy spin classes or relaxing yoga sessions. Overall, In-Shape Fitness in Elk Grove stands out as a premier destination for fitness seekers, offering a winning combination of amenities, atmosphere, and accessibility. Whether you're looking to swim, lift weights, or join a group class, this gym has something for everyone.

Our business is found at

3443 Laguna Blvd, 95758 Elk Grove, California - United States (US)

The phone number of the mentioned **Gym** is +1916-233-1300

And if you want to send a WhatsApp, you can do so at +1916-233-1300

We are open during the following hours:

Day	Hours
Monday	6?AM–9?PM
Tuesday	6?AM–9?PM
Wednesday	4?AM–11?PM
Thursday	4?AM–11?PM
Friday	4?AM–11?PM
Saturday	4?AM–11?PM
Sunday	4?AM–10?PM

The website is In-Shape Fitness

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Images



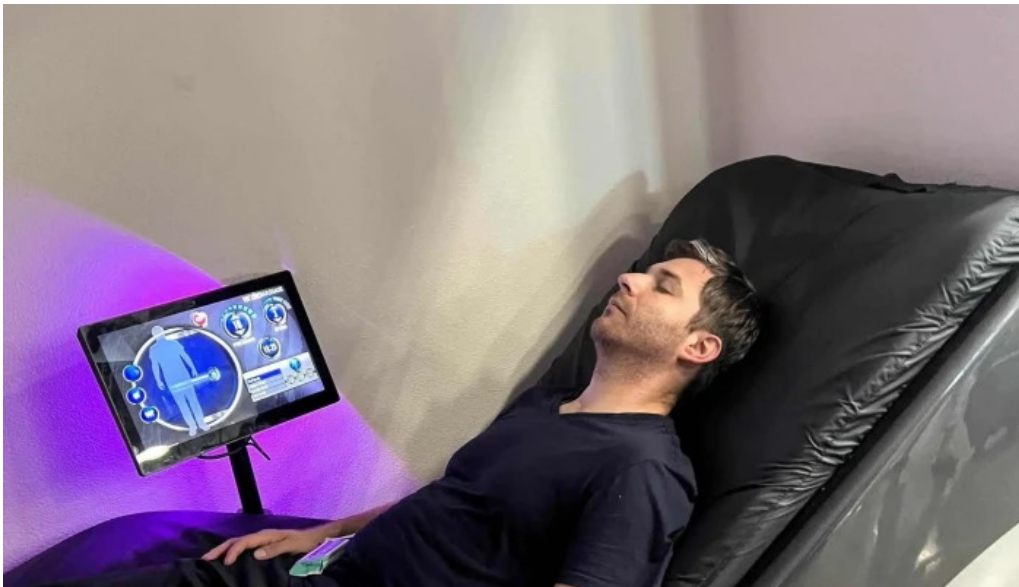
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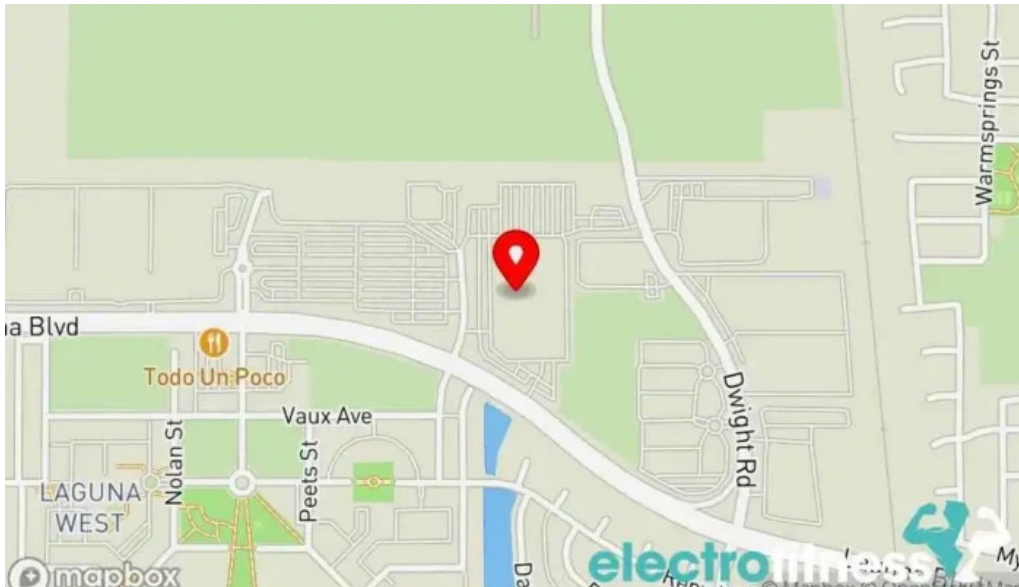
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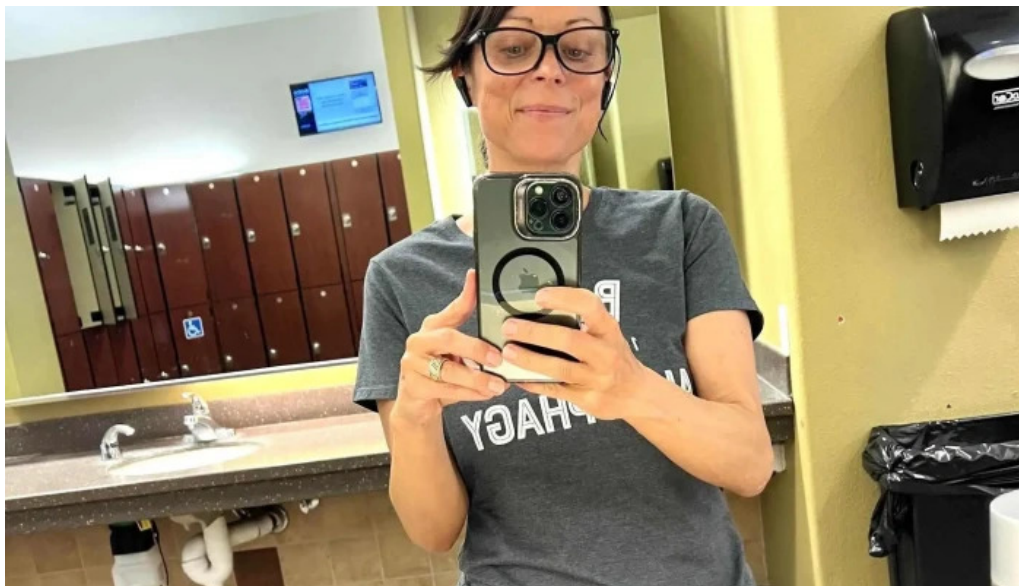
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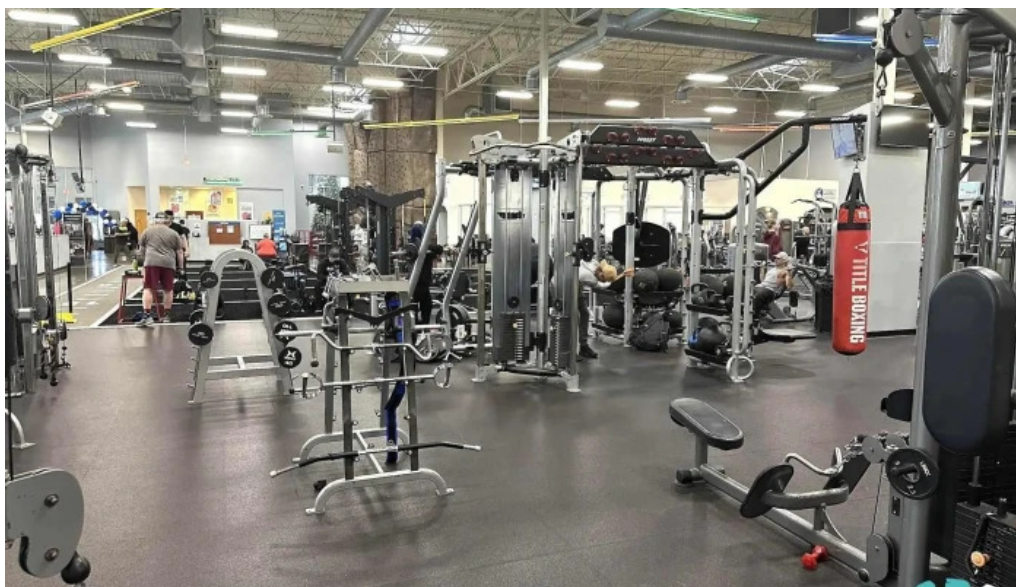
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Tags

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

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