

In-Shape Fitness - Folsom

folsom

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In-Shape Fitness - Folsom

Discover In-Shape Fitness Folsom: Your Ultimate Health Destination

In-Shape Fitness in Folsom, California, is more than just a gym; it's a vibrant community hub that caters to individuals and families alike. With a wide array of **offerings**, from state-of-the-art equipment to relaxing **on-site services**, it's designed to help you achieve your health goals while enjoying a welcoming atmosphere.

Atmosphere and Community

The atmosphere at In-Shape Fitness is friendly and professional. Members appreciate the cleanliness of the facility as well as the warmth of the staff, who are always ready to assist. The fitness center is spacious, ensuring that you can work out without feeling cramped, even during peak hours. The wheelchair-accessible entrance and seating options make this gym inclusive for everyone.

A Variety of Services and Amenities

In-Shape Fitness offers an impressive range of **service options** to its members. Enjoy a refreshing swim in the large **swimming pool**, relax in the sauna, or challenge your friends on the **basketball court**. For families, there's child care available, allowing parents to work out with peace of mind knowing their kids are in good hands.

Outdoor Services and Activities

For those who enjoy fresh air, In-Shape Fitness features impressive **outdoor services** including a barbecue area where families can gather and enjoy healthy meals post-workout. This unique feature emphasizes the gym's commitment to fostering community, making it a great place for family outings.

Accessibility and Inclusivity

In-Shape takes accessibility seriously. The facility offers **wheelchair-accessible car parks** and ample **wheelchair-accessible seating**. The layout ensures easy movement for all guests, promising an enjoyable experience for everyone, regardless of their physical capabilities.

Online Classes and Membership Options

To cater to varying schedules and preferences, In-Shape Fitness also offers **online classes**. These classes provide flexibility for members who may not be able to attend in person or prefer to workout from home. Note that a **membership is required** to access both on-site and online services.

Concerns and Feedback from Members

While many members rave about the variety of equipment and cleanliness, some concerns have been raised regarding child care and machine availability. Instances of less-than-ideal behavior from staff in the child care area have been noted, leading some parents to seek alternative solutions. However, management is reportedly attentive and open to addressing these issues.

Final Thoughts

In-Shape Fitness in Folsom is a well-rounded fitness facility that offers a wide range of amenities perfect for anyone looking to stay fit, have fun, and connect with the community. From its clean environment to friendly staff and diverse offerings, it's a gym that invites you to embark on your health journey. Join today and discover the possibilities for yourself!

Our location is in

700 Oak Ave Pkwy, 95630 Folsom, California - United States (US)

The contact line of this **Gym** is +1916-932-0100

And if you want to send a WhatsApp, you can do so at +1916-932-0100

We are available at these times:

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

The website is In-Shape Fitness

If you require to modify any element that you feel is not precise regarding this portal, we kindly request send a message so we can we will adjust it quickly. Thank you in advance we appreciate it.

Images



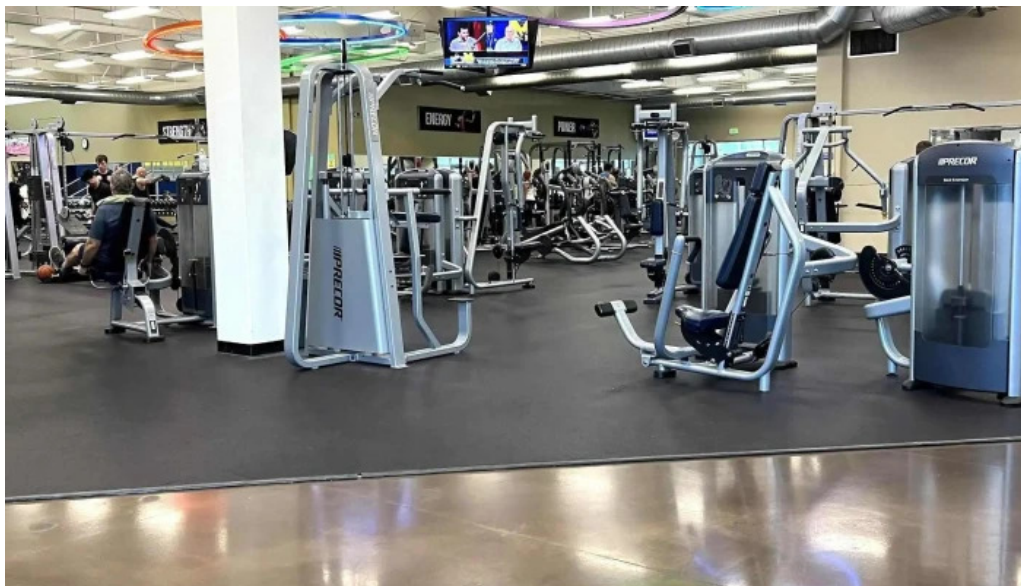
In shape fitness website



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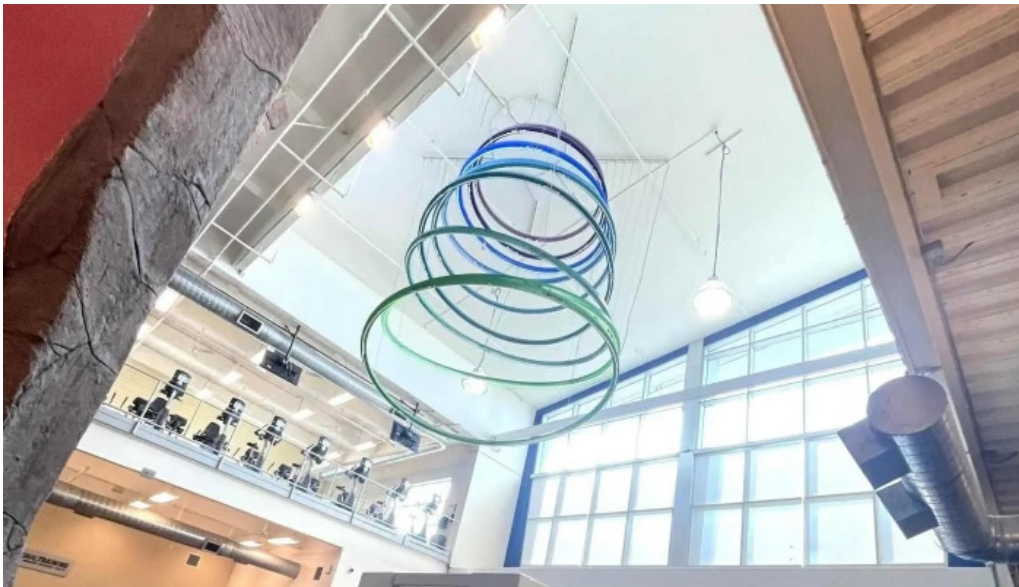
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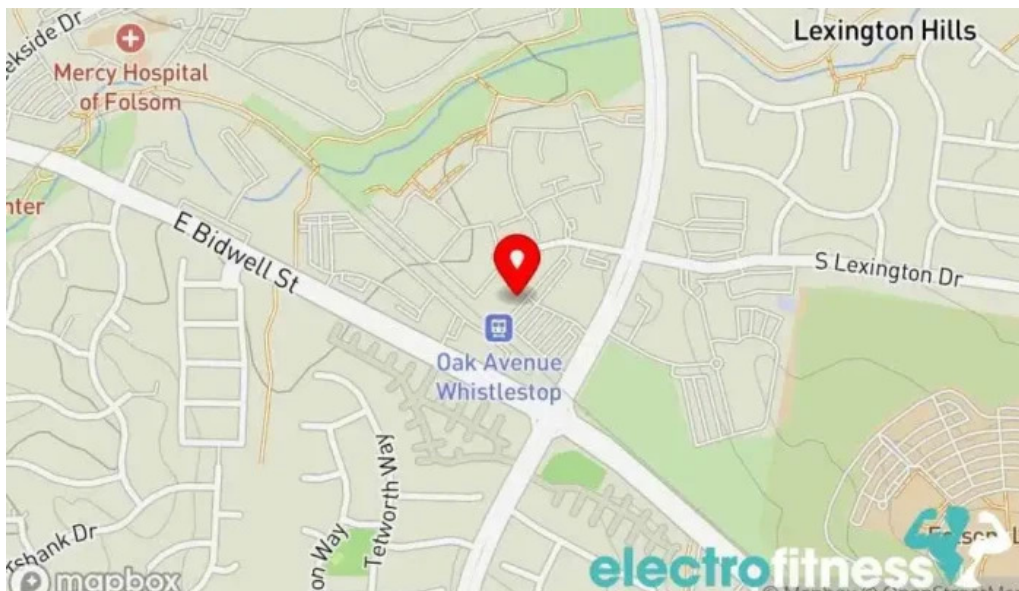
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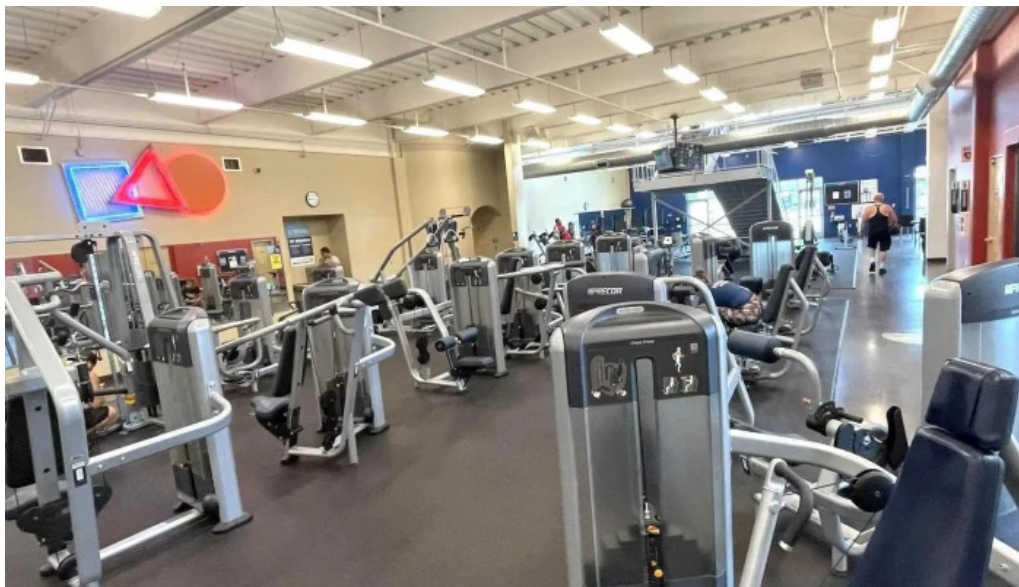
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In shape fitness number



In shape fitness map



In shape fitness how to get there



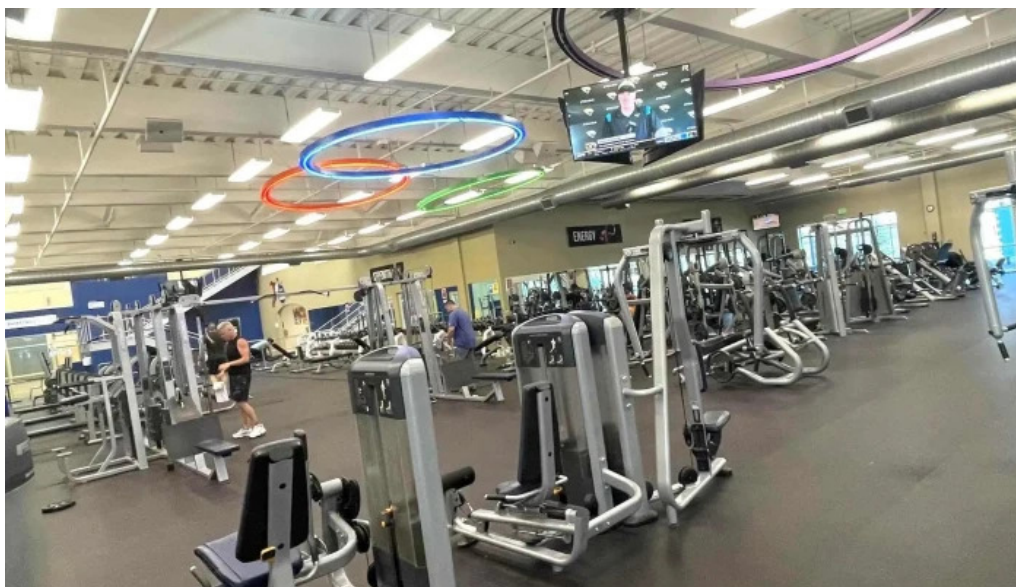
In shape fitness gym



In shape fitness folsom



In shape fitness by owner



In shape fitness area



In shape fitness all

Tags

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

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swimming pool
swimming school
taekwondo school
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water park
weight loss service
weightlifting area
wellness center
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women's organization
women's personal trainer
wrestling school
yoga instructor
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