

## In-Shape Fitness - Rocklin

rocklin



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*rocklin*

## *In-Shape Fitness - Rocklin*

### Discover In-Shape Fitness in Rocklin, California

In-Shape Fitness in Rocklin, California, is a premier destination for health and wellness enthusiasts. With a wide range of **\*\*amenities\*\*** and **\*\*services\*\***, it caters to individuals and families alike. This gym not only focuses on fitness but also on creating a welcoming environment for all members.

### Accessibility Features

One of the standout features of In-Shape Fitness is its commitment to **\*\*accessibility\*\***. The facility offers a **\*\*wheelchair-accessible entrance\*\*** and

**\*\*car park\*\***, ensuring that everyone can enjoy the benefits of fitness. Inside, members will find **\*\*wheelchair-accessible seating\*\*** throughout the gym, making it convenient for all guests.

## **Kid-Friendly Services**

For parents, In-Shape Fitness provides excellent **\*\*on-site services\*\***, including the Kid Zone program. According to a satisfied member, Vicki and her team offer exceptional care and creativity while engaging children in fun activities, from playing catch on the **\*\*basketball court\*\*** to crafting arts and crafts projects. The ability to have **\*\*child care\*\*** while working out is invaluable for busy parents seeking self-care.

## **Extensive Offerings**

In addition to child care, In-Shape boasts an impressive list of **\*\*amenities\*\***. Members can indulge in the relaxing **\*\*sauna\*\*** and take advantage of the well-maintained **\*\*swimming pool\*\***. The facility also includes a **\*\*splash pad\*\*** for kids during summer, making it a family-friendly environment. The gym hosts various **\*\*service options\*\***, including **\*\*online classes\*\*** to accommodate those who prefer to work out at home. With a diverse range of fitness classes such as Zumba, boot camps, and personal training, there are options for everyone.

## **Outdoor Services and Amenities**

The outdoor services at In-Shape Fitness truly set this gym apart. Members can enjoy a beautiful view while exercising outside or unwinding by the pool. This open-air experience enhances the overall atmosphere of the gym, making workouts more enjoyable.

## **Membership and Planning Your Visit**

While a **\*\*membership is required\*\*** to access the facilities and services, many find that the investment is worth it for the community and support provided. Planning a visit is seamless due to accessibility features, ample parking, and a friendly, accommodating staff ready to help.

## **Conclusion**

In-Shape Fitness in Rocklin is more than just a gym; it's a community where families can grow healthy together. With its focus on accessibility, extensive amenities, and engaging programs for children, it's an ideal choice for anyone looking to enhance their fitness journey while feeling supported and cared for. Whether you're looking to relax in the sauna, play basketball, or enjoy a refreshing swim, In-Shape Fitness has something for everyone.

## **You can find us in**

2165 Sunset Blvd, 95765 Rocklin, California - United States (US)

The phone number of said **Gym** is +1916-435-2141

And if you want to send a WhatsApp, you can do so at +1916-435-2141

## Visit us during the following hours:

Day Hours  
Monday

6?AM–7?PM

Tuesday

6?AM–7?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

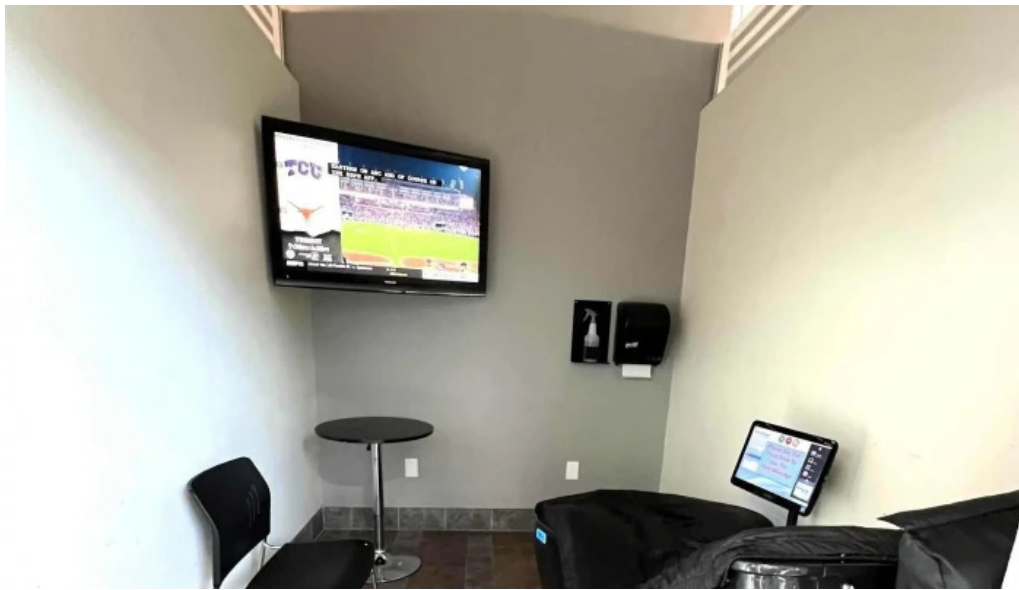
The website is In-Shape Fitness

In case you want to alter any detail that you consider is not accurate related to this page, we ask forward a message and we will fix it as soon as possible. With anticipation we appreciate it.

## Images



*In shape fitness street view 360deg*



*In shape fitness score*



*In shape fitness schedule*





*In shape fitness rocklin*



*In shape fitness reviews*



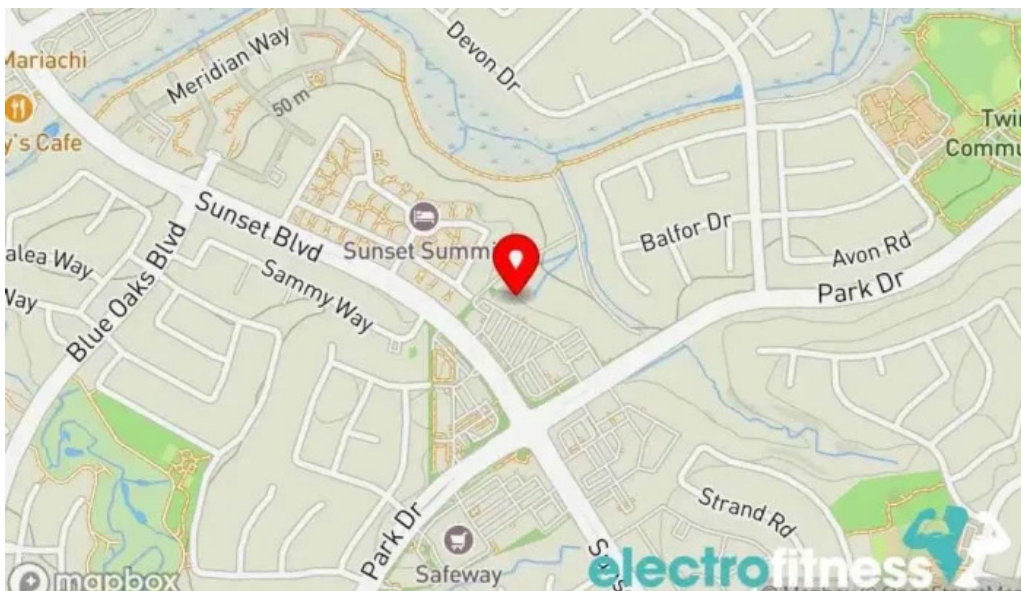
*In shape fitness promotion*



*In shape fitness photos*



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*In shape fitness map*





*In shape fitness gym*



*In shape fitness by owner*





*In shape fitness area*



*In shape fitness all*

## Tags

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

## Related content

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**4.1 \*** *In-Shape Fitness - Antioch*

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**4.6 \*** *In-Shape Fitness - Victorville*

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**5.0 \*** *Tip Top Shape health and fitness - Oakland*

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**5.0 \*** *Get In Shape For Women - Waldwick - Waldwick*

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**4.8 \*** *Shape Into Fitness Llc - Wisconsin Rapids*

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**3.8 \*** *Get In Shape For Women - Plymouth*

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**3.9 \*** *Onelife Fitness - Bethesda - Bethesda*

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**4.3 \*** *Onelife Fitness - North Frederick - Frederick*

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**4.1 \*** *Onelife Fitness - Pike & Rose - Rockville*

## Categories

academic department
acupuncture clinic
after school program
aikido school
amusement center
amusement park ride
animal feed store
apartment building
apartment complex
aquatic centre
arena
art gallery
assisted living facility
association / organization
athletic club
auditorium
bar
barber shop
basketball club
basketball court
batting cage center
body shaping class
boot camp
boxing club
boxing gym
boxing ring
buddhist temple
cafe
children's party service
chiropractor
church
club
coffee shop
college
community center
convenience store
corporate office
counselor
country club
coworking space

cultural center
dance club
dance company
dance school
day spa
department store
disability services and support organization
disc golf course
discount store
dive shop
doctor
dollar store
educational institution
electric utility company
elementary school
exercise equipment store
facial spa
fertility clinic
firearms academy
fitness
fitness center
fitness equipment wholesaler
food producer
foot care
fountain
gated community
golf club
golf course
golf instructor
grocery store
gun club
gym
gymnasium school
gymnastics center
gymnastics club
hair salon
health consultant
health food restaurant
health food store
health spa
hiking area
historical landmark



hospital
hotel
ice skating rink
indoor cycling
indoor golf course
indoor lodging
jujitsu school
karate club
karate school
kennel
kickboxing school
kinesiologist
kinesiotherapist
martial arts club
martial arts school
massage spa
massage therapist
medical clinic
medical group
medical spa
meditation center
metaphysical supply store
muay thai boxing gym
non-profit organization
nutritionist
outdoor clothing and equipment shop
outdoor sports store
outdoor swimming pool
pain control clinic
park
parking lot
parkour spot
personal trainer
pharmacy
physical fitness program
physical therapist
physical therapy clinic
pickleball court
pilates studio
pregnancy care center
private golf course
psychotherapist

public educational institution
public library
public swimming pool
real estate developer
recreation center
rehabilitation center
resort hotel
restaurant
rock climbing
rock climbing gym
rv park
sauna
school
school district office
self defense school
senior citizen center
shooting range
shopping mall
soccer club
social club
software company
spa
spa and health club
sporting goods store
sports club
sports complex
sports massage therapist
sports medicine clinic
sports nutrition store
sports school
summer camp organizer
supermarket
swimming facility
swimming instructor
swimming pool
swimming school
taekwondo school
tanning salon
tennis club
thrift store
training centre
vitamin & supplements store

water park
weight loss service
weightlifting area
wellness center
wellness program
women's organization
women's personal trainer
wrestling school
yoga instructor
yoga studio
youth center
youth organization