

## In-Shape Fitness - Rocklin

rocklin

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rocklin

## In-Shape Fitness - Rocklin

### In-Shape Fitness: Your All-in-One Destination in Rocklin, California

In-Shape Fitness, located in Rocklin, California, offers an extensive range of **\*\*outdoor services\*\*** and **\*\*on-site services\*\*** to cater to various fitness needs for individuals and families alike. With a focus on **\*\*accessibility\*\***, the gym provides a **\*\*wheelchair-accessible entrance\*\*** and a **\*\*wheelchair-accessible car park\*\***, ensuring that everyone can enjoy their fitness journey.

### Amenities That Enhance Your Experience

One of the standout features of In-Shape Fitness is its wide array of

**\*\*amenities\*\***. The facility boasts two basketball courts and volleyball courts, perfect for team sports and casual play. Members can also enjoy a spacious workout area packed with quality equipment. While there have been concerns over the condition of some machines, staff members remain committed to maintaining a clean environment. Among the **\*\*service options\*\*** offered, you'll find **\*\*online classes\*\*** to accommodate those who prefer to work out from home. For families, having a **\*\*toilet\*\*** nearby and adequate **\*\*wheelchair-accessible seating\*\*** enhances the overall experience, making it convenient for everyone.

## **Planning Your Visit**

If you're considering a membership, it's important to note that a membership is required for full access. However, many customers appreciate the long hours of operation, despite suggestions for extended hours, especially on weekends. The facility has received both praise and criticism regarding its management, particularly about communication and member concerns. Parents have voiced frustration, noting that childcare services may not be reliable, impacting their ability to enjoy the gym while their children are cared for. This gap in service highlights the importance of **\*\*planning\*\*** your visit around childcare availability.

## **A Mixed Bag of Experiences**

User reviews reflect a mixture of sentiments about In-Shape Fitness. While some laud the friendly staff and clean environment, others point out issues such as poorly organized sports programs and high fees that do not match the facility's amenities. Particularly concerning are reports of mismatched age groups in sports leagues and a lack of oversight when it comes to safety during games. Moreover, the gym's pricing structure has raised eyebrows, especially when it comes to hidden fees and contract stipulations. Many feel that the value they receive does not align with the costs involved, prompting dissatisfaction among members.

## **Conclusion**

In-Shape Fitness has the potential to be a fantastic gym for residents in Rocklin, California, offering a variety of activities and services. However, continued attention to member feedback and improvements in areas of concern could enhance the overall experience. Whether you're looking for intense workouts, fun family activities, or just a place to unwind, there's something for everyone at In-Shape Fitness, but it's essential to weigh the pros and cons before committing.

**The premises are located at**

2511 Warren Dr, 95677 Rocklin, California - United States (US)

The phone of said **Gym** is +1916-625-9100

And if you want to send a WhatsApp, you can do so at +1916-625-9100

## **We are available at these times:**

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

If you require to change any data that you believe is not accurate concerning this portal, please send a message so that we will fix it at the earliest convenience. In advance thank you very much.

## **Images**



*In shape fitness videos*



*In shape fitness street view 360deg*



*In shape fitness score*





*In shape fitness rocklin*



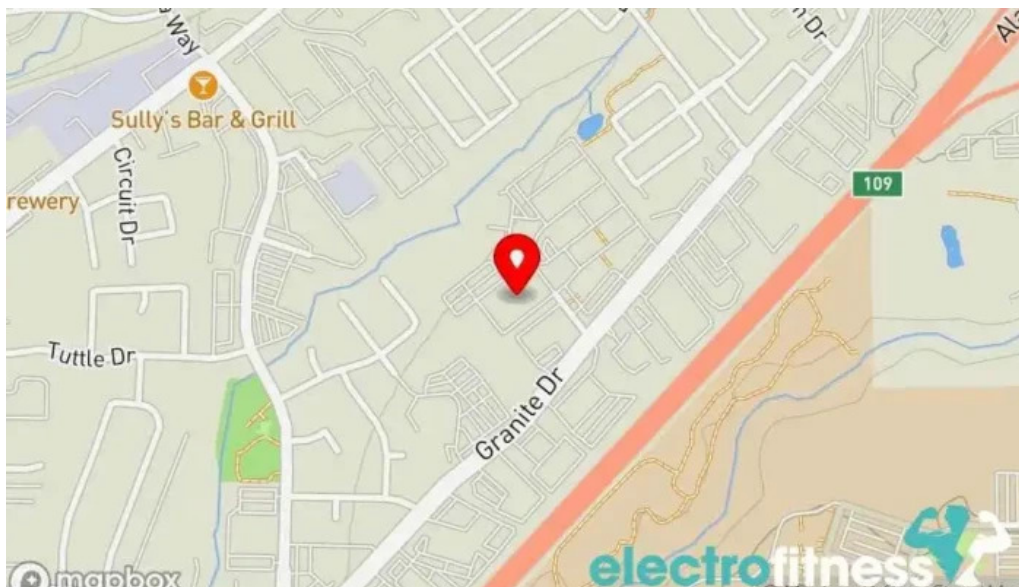
*In shape fitness phone*



*In shape fitness open now*



*In shape fitness near me*

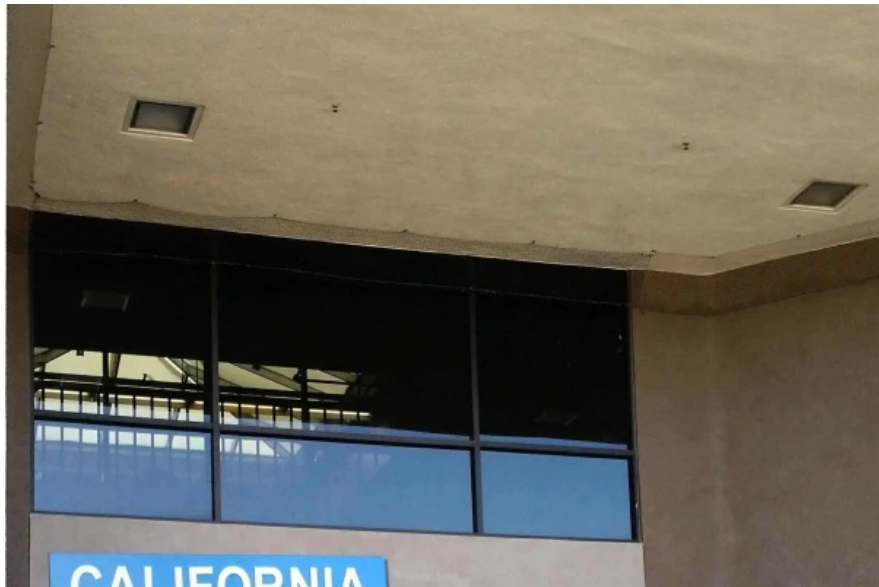


*In shape fitness map*



*In shape fitness instagram*





*In shape fitness gym*



*In shape fitness by owner*





*In shape fitness area*



*In shape fitness all*

## Tags

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

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**4.2 \*** *In-Shape Fitness - Concord*

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

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

<b>4.6 *</b>	<i>In-Shape Fitness - Victorville</i>
<b>5.0 *</b>	<i>Get In Shape For Women - Waldwick - Waldwick</i>
<b>4.8 *</b>	<i>Shape Into Fitness Llc - Wisconsin Rapids</i>
<b>3.8 *</b>	<i>Get In Shape For Women - Plymouth</i>
<b>3.9 *</b>	<i>Onelife Fitness - Bethesda - Bethesda</i>
<b>4.3 *</b>	<i>Onelife Fitness - Rockville - Rockville</i>
<b>4.1 *</b>	<i>Onelife Fitness - Pike &amp; Rose - Rockville</i>

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aikido school
amusement center
amusement park ride
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apartment building
apartment complex
aquatic centre
arena
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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

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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

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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
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vitamin & supplements store
water park
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wellness program
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yoga instructor
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