

In-Shape Fitness - Roseville

roseville

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In-Shape Fitness - Roseville

Discover In-Shape Fitness in Roseville, California

If you're looking for a gym that offers a vibrant community and numerous **amenities**, look no further than In-Shape Fitness in Roseville, California. This facility combines a welcoming atmosphere with excellent services to create a perfect environment for fitness enthusiasts of all levels.

A Variety of Amenities

In-Shape Fitness is equipped with a stunning **swimming pool**, providing a refreshing way to exercise or unwind after a challenging workout. The club also features a **sauna** for relaxation, along with a basketball court that caters to those looking for some fun and competitive play.

On-Site Services and Accessibility

The gym boasts various **on-site services** designed to enhance your experience, including **child care** facilities that are well-staffed and engaging for kids. Though some members have voiced concerns regarding the availability of child care services, many appreciate the effort the staff puts into creating a positive environment for families.

Furthermore, In-Shape Fitness prioritizes accessibility with a **wheelchair-accessible entrance**, **wheelchair-accessible seating**, and a **wheelchair-accessible car park**. This ensures that everyone can enjoy the offerings without concern.

Online and Outdoor Services

In today's digital age, In-Shape Fitness also provides **online classes** for those who prefer working out from home or need the flexibility. For those who enjoy training in nature, the gym offers **outdoor services** that allow you to take advantage of the beautiful weather while staying fit.

Service Options and Membership

With a range of **service options**, In-Shape Fitness caters to different fitness needs and preferences. While a **membership is required**, the variety available ensures that you'll find a plan tailored to your lifestyle. From cardio machines to strength training equipment, there's something for everyone.

A Supportive Community

The community at In-Shape Fitness is often highlighted by members as one of its greatest assets. Many testimonials refer to the supportive atmosphere that encourages personal growth and camaraderie. One member shared, "This gym isn't just a place to work out physically - it's also my mental and emotional haven."

Join the In-Shape Fitness Family

Whether you're a beginner looking to lose weight or an experienced athlete wanting to refine your skills, In-Shape Fitness in Roseville offers the perfect blend of facilities, friendly staff, and engaging classes. With an emphasis on

community, high-quality amenities, and a focus on both physical and mental health, this gym truly stands out as a top choice in the area.

Our establishment is located at

5001 Foothills Blvd, 95747 Roseville, California - United States (US)

The phone number of this **Gym** is +1916-781-2323

And if you want to send a WhatsApp, you can do so at +1916-781-2323

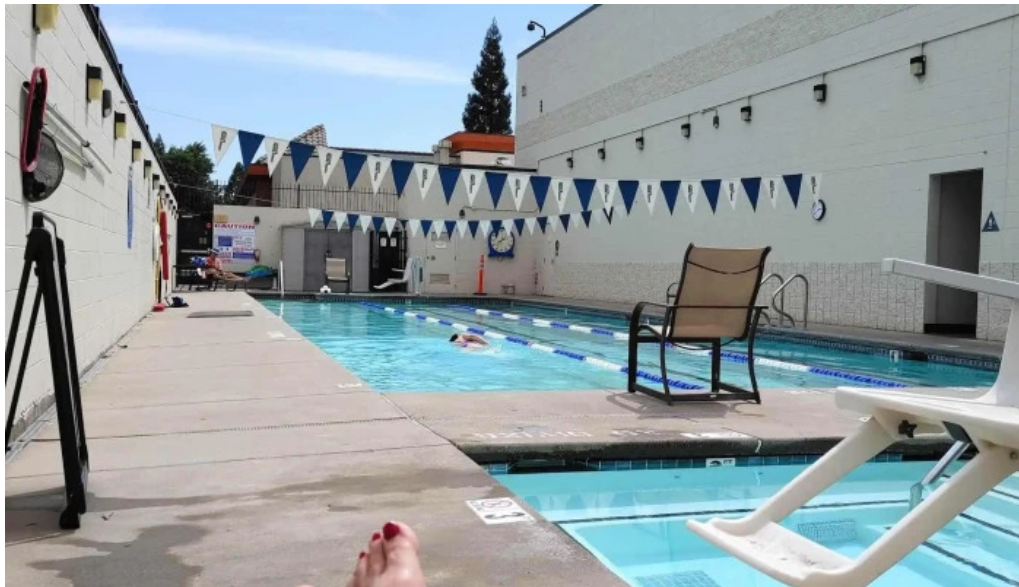
We are available at these times:

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 necessary to modify any information that you think is not accurate regarding this portal, please send us a message and we will correct it at the earliest convenience. In advance we appreciate it.

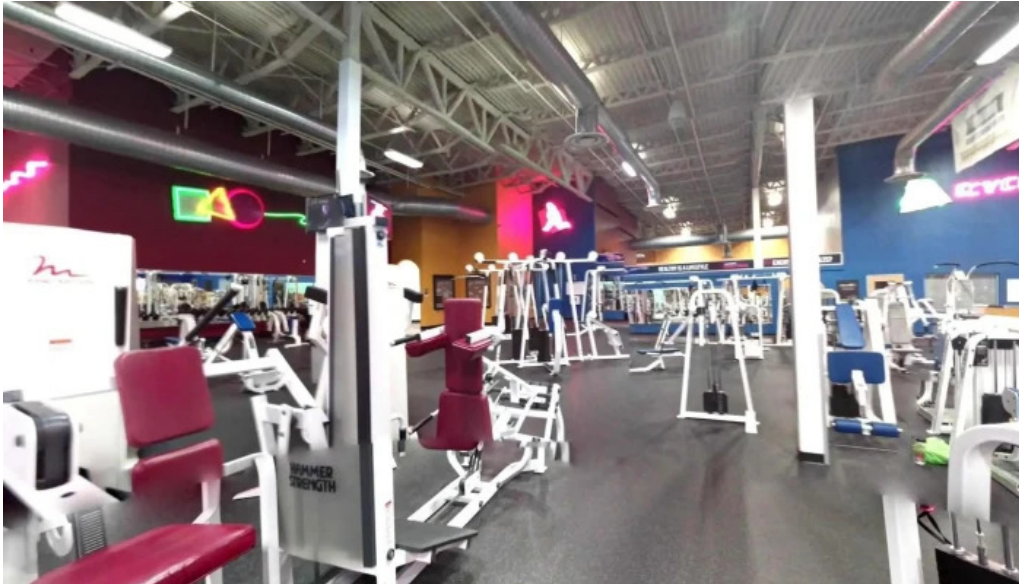
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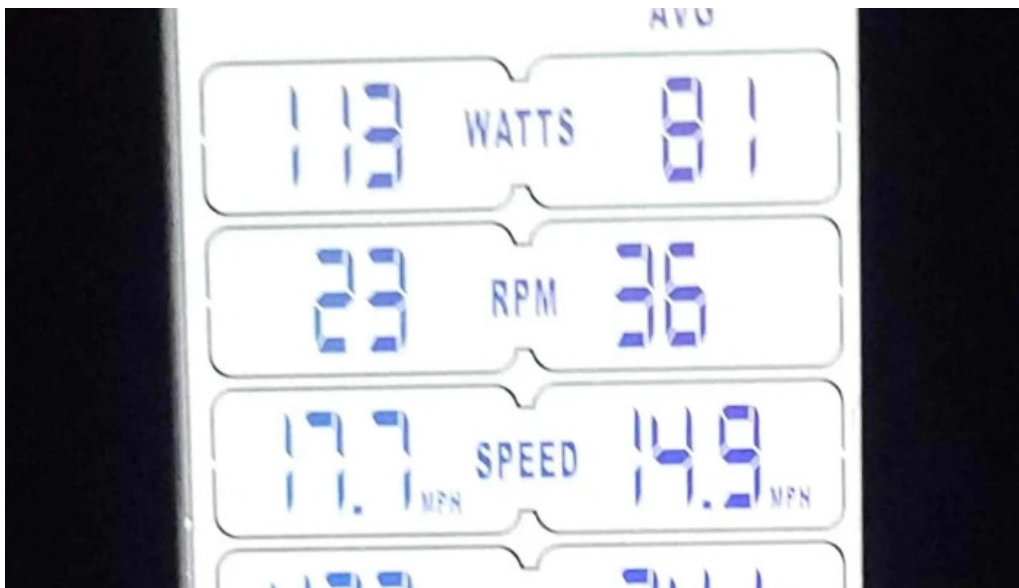
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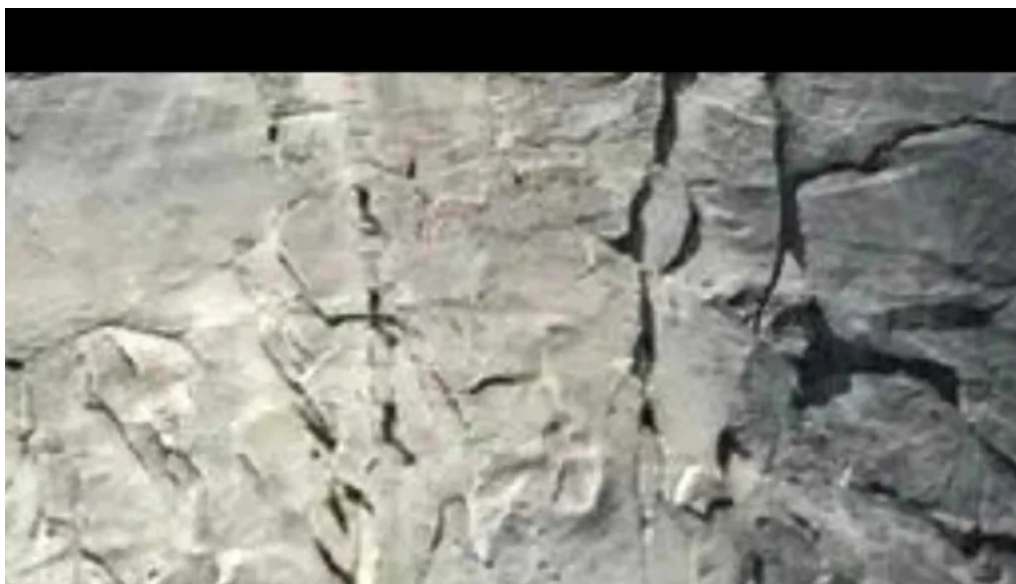
In shape fitness gym



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Tags

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

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