

In-Shape Fitness - Sacramento

sacramento



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sacramento

In-Shape Fitness - Sacramento

Explore In-Shape Fitness in Sacramento, California

In the heart of Sacramento, ****In-Shape Fitness**** stands out as one of the premier gyms offering a comprehensive range of amenities and services. Whether you're an experienced athlete or just starting your fitness journey, this gym caters to all levels.

Amenities and Offerings

With a wealth of ****amenities****, In-Shape Fitness ensures a welcoming environment for everyone. The ****swimming pool**** invites members to cool off or

engage in water workouts, while the **sauna** provides an excellent way to relax post-workout. Additionally, the gym features an extensive selection of **on-site services** which include personal training, group classes, and a **kid's club** for childcare convenience. Another appealing aspect is the **wheelchair-accessible entrance** and **seating** options, ensuring **accessibility** for all members. The **wheelchair-accessible car park** makes it easy for those with mobility challenges to access the facility without hassle.

Outdoor Services and Recreational Activities

One of the unique features of In-Shape Fitness is its **basketball court**, perfect for members looking to enhance their agility and cardio through sports. The gym also offers a variety of **outdoor services**, including outdoor workout classes, allowing members to enjoy fresh air while pursuing their fitness goals.

Membership and Planning

While a **membership is required** to access the facilities, many users find that the cost is reasonable considering the quality of services offered. The gym provides flexible membership plans to accommodate both individuals and families, making it easier for everyone to stay fit together. It's essential to keep in mind that some members have reported issues with booking amenities and class reservations, indicating a need for improved **service options** in planning. Moreover, be aware of potential fees associated with early termination of memberships, as several reviews note unexpected charges.

Overall Experience and Community Vibes

In-Shape Fitness offers a clean, spacious environment where friendly staff members are committed to enhancing your gym experience. Many patrons appreciate the well-maintained equipment and the positive atmosphere cultivated by the diverse community of gym-goers. However, some users have expressed concerns regarding cleanliness in specific areas of the facility, particularly in the pool and sauna sections, showing room for improvement. Overall, In-Shape Fitness continues to be a great choice for fitness enthusiasts seeking a supportive and vibrant community in Sacramento. With family-friendly services and a dedication to accessibility, it's a gym that aims to meet the needs of its diverse members.

The location of our premises is

3350 Arden Wy, 95825 Sacramento, California - United States (US)

The phone number of the respective **Gym** is +1916-359-1775

And if you want to send a WhatsApp, you can do so at +1916-359-1775

Visit us during the following hours:

Day Hours
Monday
6?AM–8?PM
Tuesday
6?AM–8?PM
Wednesday
4?AM–10?PM
Thursday
4?AM–10?PM
Friday
4?AM–10?PM
Saturday
4?AM–10?PM
Sunday
4?AM–8?PM

The website is [In-Shape Fitness](#)

If necessary to adjust any detail that you believe is not precise concerning this web, please send us a message so that we will handle it quickly. Thank you in advance thanks.

Images



In shape fitness videos



In shape fitness street view 360deg



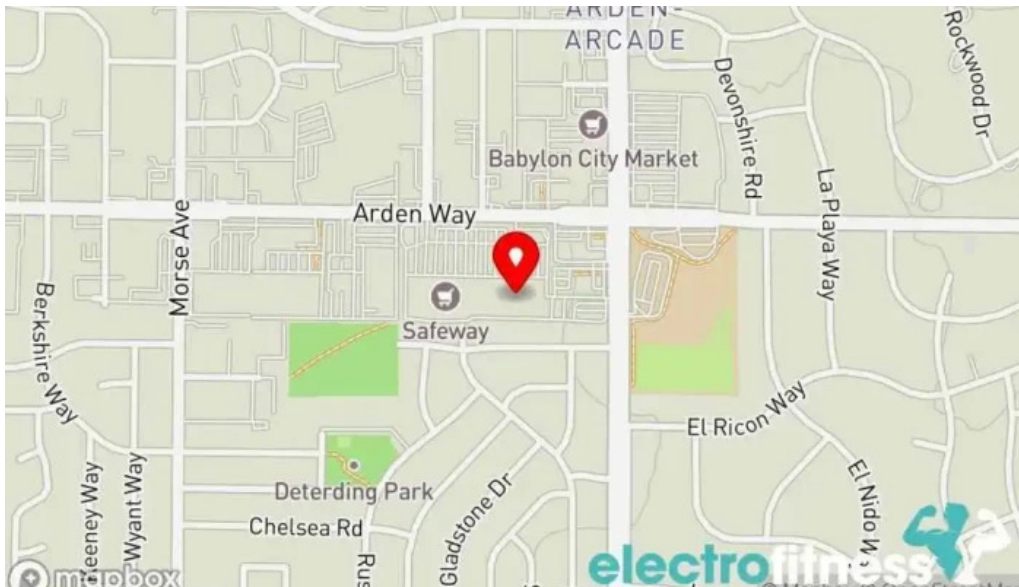
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Tags

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

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gym
gymnasium school
gymnastics center
gymnastics club
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health consultant
health food restaurant
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kennel
kickboxing school
kinesiologist
kinesiotherapist
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martial arts school
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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
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psychotherapist
public educational institution
public library

public swimming pool
real estate developer
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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
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soccer club
social club
software company
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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
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wellness center
wellness program
women's organization
women's personal trainer
wrestling school
yoga instructor
yoga studio
youth center
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