

In-Shape Fitness - Citrus Heights

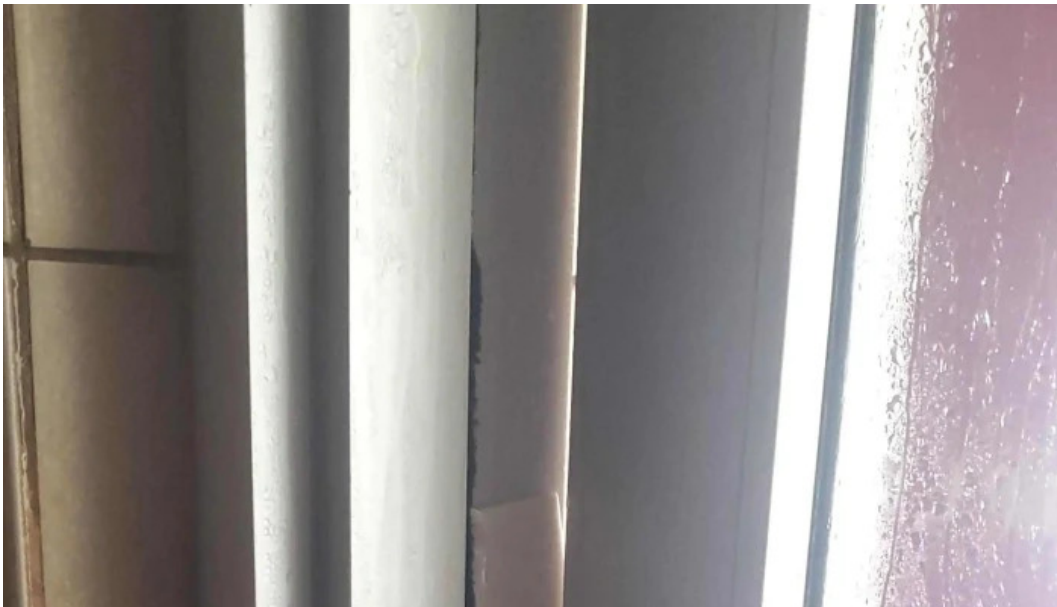
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In-Shape Fitness - Citrus Heights

In-Shape Fitness: A Comprehensive Look at Citrus Heights' Premier Gym

When it comes to **planning** your fitness journey, **In-Shape Fitness** in Citrus Heights, California stands out as a top choice. This facility is designed to cater to a variety of needs, offering an impressive range of **amenities** and **service options** for all members.

Membership Options at In-Shape Fitness

A **membership required** structure allows you access to a wealth of features, ensuring that you can maximize your fitness experience. Whether you're interested in pumping iron or participating in group classes, there's something for everyone.

Facilities and Amenities

The **swimming pool** is one of the gym's most praised features, providing a refreshing space for a post-workout dip or aquatic classes. Additionally, members can enjoy the **sauna**, which many find offers relaxation after intense sessions.

Various **on-site services** are available, including **child care** facilities, making it easier for parents to prioritize their health while knowing their kids are in good hands. The **wheelchair-accessible car park** and **entrance** make this location accessible for everyone. Furthermore, **wheelchair-accessible seating** within the gym provides additional support for those who need it.

Outdoor Services and Accessibility

For those who prefer working out in nature, In-Shape Fitness also offers **outdoor services**. Often praised for its spacious layout, the gym gives members ample room to stretch and engage in workouts without feeling cramped. However, some feedback has indicated that during peak hours, finding an area to lay down a mat may be challenging.

Sporting Options

Sports enthusiasts will appreciate the presence of a **basketball court**, allowing for both casual play and more competitive activities. Reportedly, the atmosphere is friendly, making it a great spot for dropping in for a quick game.

Online Classes and Community Engagement

In addition to physical offerings, the gym provides **online classes**, catering to those who prefer home workouts or want to supplement their in-gym routines. The staff are noted to be responsive and friendly, contributing to a supportive community atmosphere.

Customer Experiences and Feedback

Reviews highlight several positive aspects, such as the cleanliness of the gym and the politeness of the staff. Members have expressed enjoyment over the wide array of equipment available, although some have voiced concerns regarding limited TV channel selections on machines and infrequent

replenishment of antibacterial wipes.

Despite being praised for its cleanliness, some members have expressed dissatisfaction regarding the management's treatment and decision-making, particularly concerning operating hours and equipment availability. Reports of inconsistent communication about amenity availability, such as the pool and hot tub, have left some users frustrated.

Join the In-Shape Fitness Community!

If you're in Citrus Heights and looking for a well-rounded fitness center, **In-Shape Fitness** offers multiple **offerings** tailored to meet diverse needs. From swimming and child care to a welcoming atmosphere and professional staff, it ensures that your fitness journey is not only productive but enjoyable.

The address of our establishment is

7700 Sunrise Blvd, 95610 Citrus Heights, California - United States (US)

The contact phone of the respective **Gym** is +1916-242-4400

And if you want to send a WhatsApp, you can do so at +1916-242-4400

Our public attention hours are:

Day	Hours
Monday	7?AM–9?PM
Tuesday	7?AM–9?PM
Wednesday	4:30?AM–10?PM
Thursday	4:30?AM–10?PM
Friday	4:30?AM–10?PM
Saturday	4:30?AM–10?PM
Sunday	4:30?AM–8?PM

The website is In-Shape Fitness

If you need to update any data that you believe is not precise concerning this portal, we kindly request deliver a message so that we will correct it quickly.

Thanks beforehand thank you very much.

Images



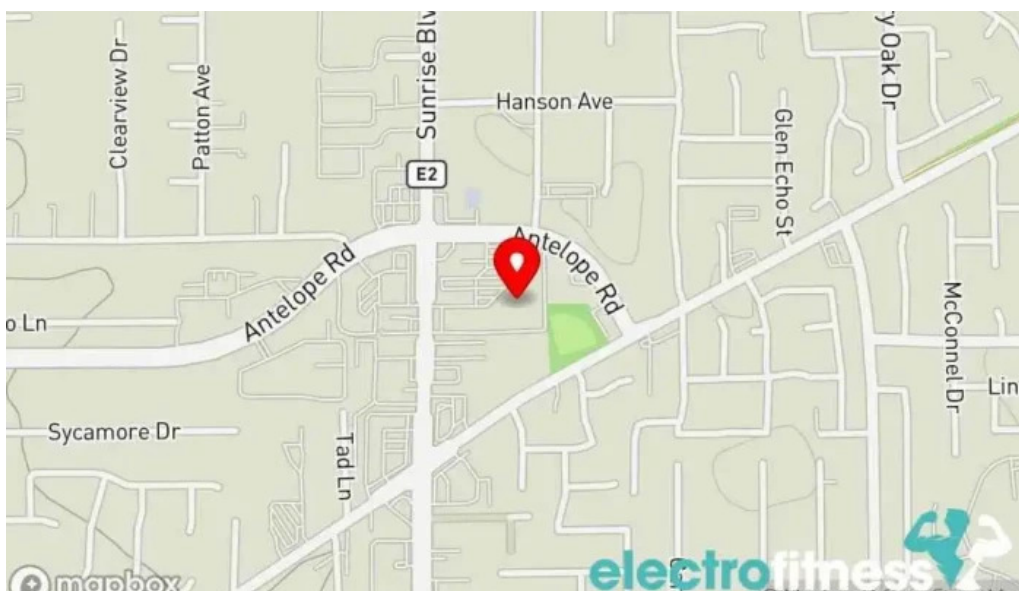
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In shape fitness gym



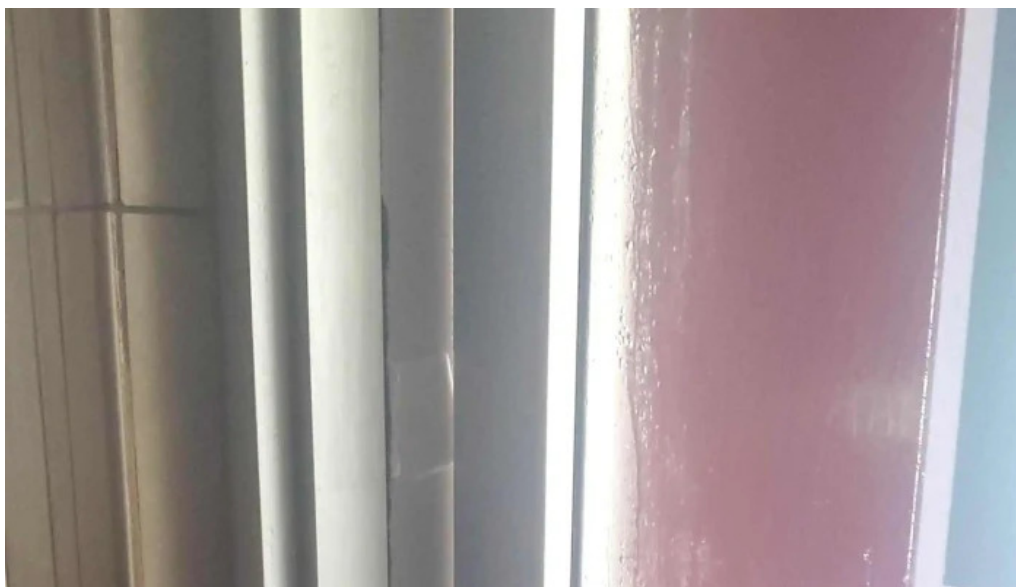
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Tags

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

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