

In-Shape Fitness - Lodi

Lodi

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https://www.electrofitness.com/gym/loidi/in-shape-fitness-loidi_338591.php



Lodi

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Discover In-Shape Fitness in Lodi, California

In-Shape Fitness is a renowned gym located in Lodi, California, offering a range of ****on-site services**** and amenities that cater to fitness enthusiasts of all levels. If you're looking for a well-equipped facility that combines versatility with convenience, In-Shape Fitness may be the perfect choice for you.

Facilities and Amenities

At In-Shape Fitness Lodi, members benefit from a variety of ****amenities**** designed to enhance their workout experience. The facility boasts a ****swimming**

pool**, allowing for both leisure and lap swimming. The **sauna** provides an excellent space for relaxation post-workout, while the spacious gym layout includes new and clean machines catering to diverse fitness regimes. Members can also enjoy fast **Wi-Fi** throughout the gym, conducive to those who prefer to stay connected during their workout. The club ensures **accessibility** for all its members, including a **wheelchair-accessible entrance** and a **wheelchair-accessible toilet**, making it inclusive for individuals with mobility challenges. Additionally, there's a **wheelchair-accessible car park** to facilitate easy access for everyone.

Class Offerings and Online Classes

A highlight of the In-Shape Lodi location is its extensive array of classes. Members can partake in various sessions such as Zumba, Aqua Fit, and high-intensity training. Reviews reveal that the instructors, notably Coach Stokes and K-Slice, provide engaging and professional class experiences. For those who prefer to work out at home, **online classes** are also available, ensuring that fitness can continue regardless of circumstance.

Membership Requirements

While **membership is required**, the value offered in terms of facilities and classes justifies the cost for many. Reviews frequently commend the quality of service provided by the staff, who are noted for their friendliness and professionalism. However, it is essential to note some comments regarding the management of the gym, particularly in terms of equipment maintenance and class scheduling, which may affect one's experience.

Overall Experience

Members express a mix of satisfaction and minor frustrations—often regarding specific services like the availability of the swimming pool and hot tub. Some have noted that the pool can be closed for maintenance or swimming classes, which has led to disappointment for those looking to swim laps or use water therapy for rehabilitation. Despite these concerns, the overall sentiment remains positive toward the cleanliness and management of In-Shape Fitness Lodi. Many appreciate the community atmosphere, the opportunity to connect with other fitness enthusiasts, and the varied offerings that cater to all ages and fitness levels.

Conclusion

Whether you're interested in utilizing the modern equipment, joining group classes, or relaxing in the sauna and swimming pool, In-Shape Fitness in Lodi provides a comprehensive fitness experience. Make sure to check out their special promotions and offers, especially if you're considering becoming a member. While you prepare for your fitness journey, remember that every workout counts, and In-Shape Fitness is here to help you achieve your goals.

Our location is in

1320 W Lockeford St, 95242 Lodi, California - United States (US)

The contact phone of said **Gym** is +1209-290-1166

And if you want to send a WhatsApp, you can do so at +1209-290-1166

Visit us during the following hours:

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–11?PM

The website is In-Shape Fitness

In case you want to modify any data that you consider is incorrect related to this page, we kindly request forward a message so that we will handle it promptly. Thank you in advance we appreciate it.

Images



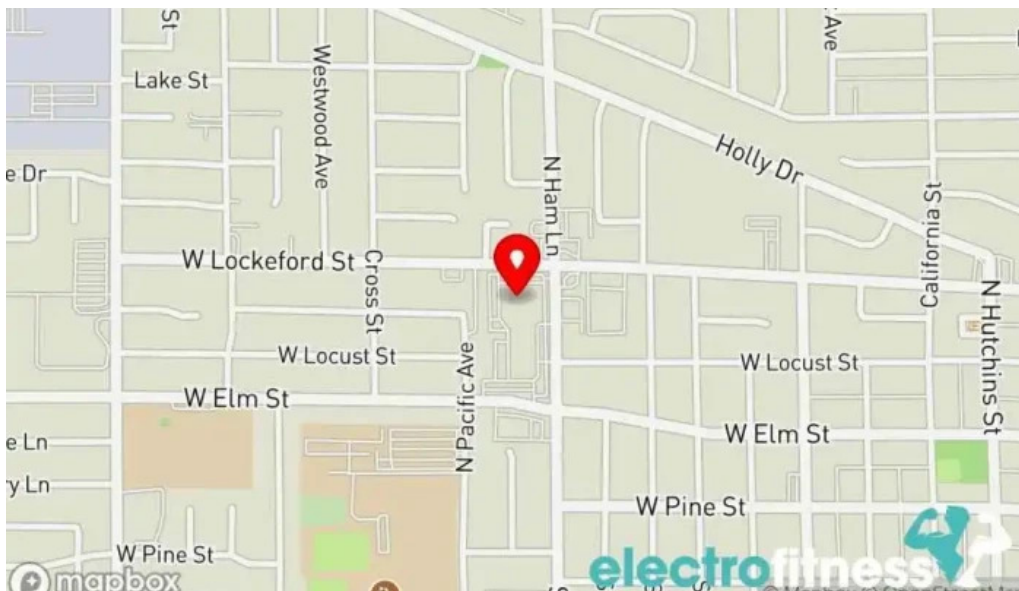
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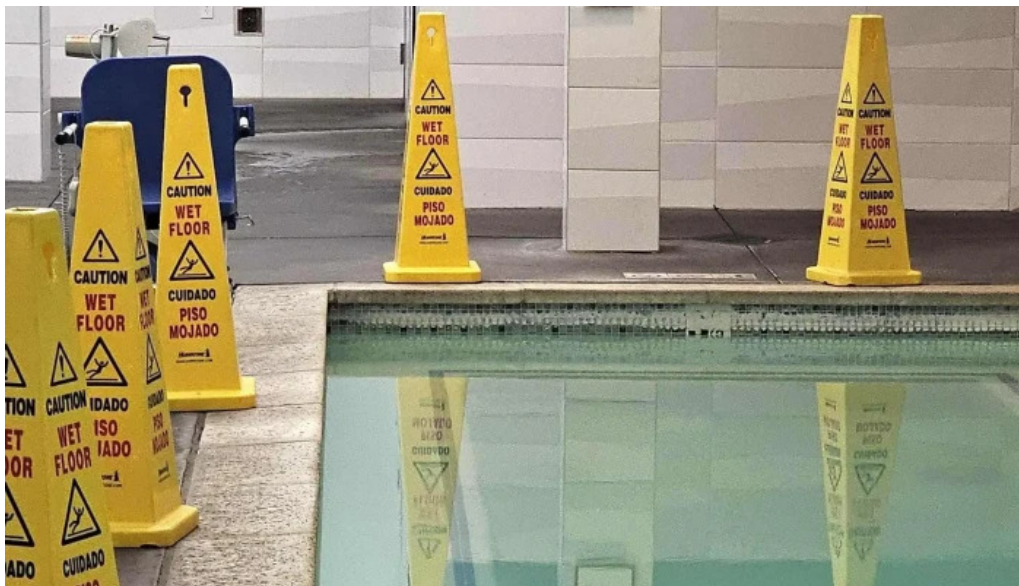
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Tags

Service options, Offerings, Wheelchair-accessible toilet, Wheelchair-accessible entrance, Online classes, Planning, Accessibility, Wi-Fi, Sauna, Wheelchair-accessible car park, Membership required, Swimming pool, Amenities, On-site services, Toilet

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fitness
fitness center
fitness equipment wholesaler
food producer
foot care
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