



WELCOME
TO THE CLUB

IN-SHAPE
FAMILY FITNESS



THANK YOU FOR CHOOSING IN-SHAPE FAMILY FITNESS

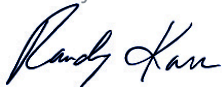
In-Shape Health Clubs and California Family Fitness have united to become stronger and is now In-Shape Family Fitness.

While our name may be different, our commitment to your well-being remains unchanged. We're excited you're here and look forward to helping you achieve your fitness goals. We know there are many parts to fitness, and all of them are important to living a healthier, happier life.

We're here on the days you want to push your limits or try something new, and the days you just need to relax and unwind.

We're more than just a gym. We are In-Shape. Let's get started!

Randy Karr

A handwritten signature in black ink that reads "Randy Karr". The signature is fluid and cursive, with the first letters of "Randy" and "Karr" being capitalized and prominent.

CEO, In-Shape Family Fitness

KNOW BEFORE YOU GO



DOWNLOAD THE IN-SHAPE FAMILY FITNESS APP

The app is your key to In-Shape Family Fitness. You'll use this for touchless check-in and to reserve a class or amenity.



RESERVATIONS POLICY

Reservations are required for Studio Classes, Lap Swim, Tennis, Pickleball, Racquetball, Clinics, VTL Training®, Personal Training, RQT, R Studio, massage, and InBody.



MEMBER SAFETY AT THE CLUB

Your safety is our first priority. Keep these [tips](#) in mind when you visit the club to keep you safe and feeling great.



BE AN AWESOME MEMBER

Wash your hands frequently, wipe down equipment after use, share space respectfully, and follow these policies to keep everyone healthy and happy.

≡ **IN-SHAPE** FAMILY FITNESS



Good Afternoon,
Tracy!



0000000

STRENGTH
IN NUMBERS!

REFER A FRIEND
OR BRING A GUEST

[LEARN MORE](#)

RESERVATIONS

4

[BOOK NOW](#)

FITCLUB
REWARDS
284

AVAILABLE
POINTS

ACCESS - PERKS



[VIEW NOW](#)



HOME



SCHEDULE



SERVICES



REWARDS



THE PULSE



IN-SHAPE FAMILY FITNESS BENEFITS

In-Shape Family Fitness is a place where you can get healthy, or just get away from it all. Whatever your reasons, we've got you covered.

Check out some of the amenities and benefits that our clubs have to offer*:

- Indoor and Outdoor Pools*
- Studio Fitness Classes
- PWR Lifting Areas
- Turf & Functional Fitness Areas
- In-Shape Outdoors
- Spas, Saunas, Steam Rooms
- Senior Classes & Activities
- Kids Classes & Activities
- Racquetball – Open Play and Clinics*
- Tennis and Pickleball – Open Play, Clinics, Leagues, Tournaments*
- InBody Composition Analysis*
- FIT CLUB Rewards
- Preferred Package*
- Elevate Package*
- Community & Club Events

**Amenities vary by club and membership levels.*



Sign up for [FIT CLUB Rewards](#) and earn points for checking in, taking a class, referring friends and more. Then, redeem the points for great prizes!

ENHANCE YOUR MEMBERSHIP

Upgrade to our Preferred and Elevate Packages, and enjoy additional club amenities, advanced sports training, and skills clinics. Choose a membership with the packages included, or add it to your membership.

PREFERRED PACKAGE

- Complimentary Daily Guest Pass
- 7-Day Priority Reservation Access
- HydroMassage Beds and Chairs (including R Studio)
- 20% Monthly Retail Rebate
- Monthly InBody Scan

ELEVATE PACKAGE

Includes all Preferred Package benefits, plus:

- Small Group Training* (VTL)
- Tennis & Pickleball Clinics* (RQT)
- Coming in 2024: Fitness App (includes Digital Workouts, Fitness Tracker, Nutrition Planning and Healthy Recipes**)

**Training and clinics are available in select locations.*

***Subject to change.*



GUEST PASS



R STUDIO



VTL



RQT



GET TO KNOW YOUR CLUB

TURF & FUNCTIONAL FITNESS AREA

Functional training works all your muscle groups to support the way your body moves every day. Try kettlebells, medicine balls and TRX® suspension training to build strength and flexibility.

FREE WEIGHTS & POWER LIFTING

Enjoy a selection of the latest machines and plenty of free weights including dedicated Power Lifting platforms to keep your muscles strong and toned.

29-MINUTE CIRCUIT®

In a hurry? Get a full-body workout in less than 30 minutes with our 13-station workout and easy-to-follow timer.

**Amenities may vary by location.*

GET TO KNOW YOUR CLUB (CONT.)

CARDIO

With so many cardio machines, you'll get your heart pumping in no time. Watch news, sports or your favorite show at the Cardio Theatre.

RESISTANCE TRAINING & SELECTORIZED EQUIPMENT

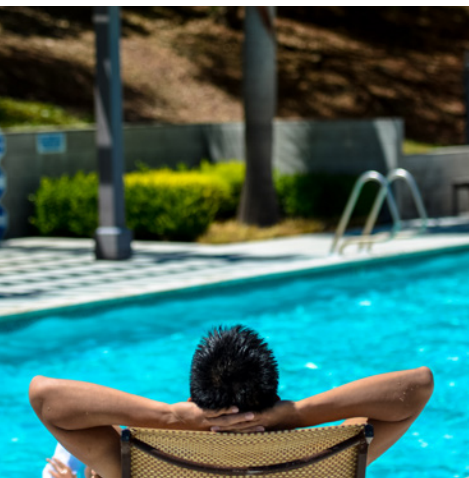
Our state-of-the-art resistance machines work a wide range of motion, while isolating core muscle groups. Easily adjustable, they're a great way to build strength.

STUDIO FITNESS

Unlimited Studio Group Fitness classes, including LES MILLS BODYPUMP®, VTL Training®, M7 HIIT, Yoga, Zumba®, Cycle classes, U-Jam®, Aqua and more.

**Amenities may vary by location.*





SWIM, SPLASH, RELAX

Take an aqua class, swim year-round in our indoor pools, or soak up the sun in a resort-like outdoor oasis.

If you're looking for post-workout recovery, take a dip in the spa or warm up in our saunas and steam rooms.

Whether you're here for family time or "me-time," we're here to help you relax and rejuvenate.

FIND A POOL

FIND AN AQUA CLASS

**Pool amenities vary by location.*

IN-SHAPE FAMILY FITNESS SWIM SCHOOL: YEAR-ROUND LESSONS FOR ADULTS AND KIDS

Develop, refine and master swim skills. Our year-round swim lessons will help you and your to kids gain confidence in the water and swim safely. Small class sizes ensure each student gets the individual attention they need to advance at their own pace.

- Programs for adults and children ages 6 months and up
- 1:5 instructor to student ratio
- 40 minute lessons
- Trustline™-certified
- Partnership with SafeSplash Swim School

SIGN UP TODAY





COURT SPORTS: READY, SET, PLAY!

Get your game face on! Whether you want to enjoy a quick game or learn how to play something new, our courts are a great place to make new friends and get in a fun workout. Select clubs offer space to play [pickleball](#), [tennis](#), [racquetball](#) and [basketball](#).

LEAGUES & CLINICS

Take your game to the next level and join one of our Tennis, Pickleball or Racquetball Leagues. To learn the basics of tennis or pickleball or improve your game, check out our clinics for kids and adults at [participating clubs](#).

JOIN US FOR OUR COURT SPORTS EVENTS

Face off against competitors at tournaments and jamborees, or stop by our pickleball and racquetball socials to meet new friends and enjoy a game together.

RQT CLINICS

Ready to elevate your pickleball, racquetball and tennis skills? We now offers a series of clinics where you can learn how to take your game to the next level. Included in the Elevate Package.

LEARN MORE

SPORTS LEAGUES FOR KIDS & ADULTS

SCORE BIG

In-Shape Family Fitness Rocklin Sports Complex is a 78,000 square foot sports complex, offering both youth and adult indoor sports leagues and training. Enjoy our facility's two indoor astroplay grass soccer fields, and our hardwood NCAA regulation-sized basketball court.

LEARN MORE

ELEVATE YOUR GAME WITH SHOOT 360

At Shoot 360, you will train with our coaches, measure your skills with our proprietary technology, and track your progress on the Shoot 360 mobile app. Available for adults and kids 8+. Try it today!

FREE TRIAL





WHAT IS PWR?

PWR is our dedicated lifting area complete with half racks, power racks, platforms and bumper plates for those committed to developing tremendous strength and explosive power.

Powerlifting will challenge you both physically and mentally. There's no faking it: Just you and a barbell, on a platform, locked in an eternal battle against gravity. Ready to give it a try? We have the equipment you need. Let's go.

CLUBS WITH POWERLIFTING



THE PERFECT POST WORKOUT (OR ANY TIME) RECOVERY

Supercharge your lifestyle and take your recovery further with R Studio's therapeutic massage, compression, and cold and heat therapy.

This premium relaxation space features the latest equipment to stimulate circulation, fight inflammation, ease muscle soreness, release stress and take your recovery to the next level.

MORE INFO



COMPRESSION
BOOTS



CRYOLOUNGE



HYDROMASSAGE
BED



MASSAGE CHAIRS
& MORE

MIX IT UP WITH STUDIO FITNESS

Whether you want to relax in a yoga class, get your heart pumping in ZUMBA®, or try something new every day of the week, our Studio Fitness classes deliver on the fun and motivation. Check the app to see what's available in your club and book your spot.

DANCE	MIND/BODY	CYCLE
ZUMBA® U-Jam® ZUMBA® GOLD	Yoga Pilates Barre	Freestyle RIDE Beatz RIDE LES MILLS RPM®
AQUA	CARDIO	STRENGTH
Aqua Fit Aqua ZUMBA® Aqua Flow	Cardio Burn M7: HIIT BODYCOMBAT®	BODYPUMP® LES MILLS CORE® R.I.P.P.E.D.®

[VIEW CLASS SCHEDULE](#)



**2,000+ WEEKLY
STUDIO CLASSES**

Energizing, engaging
studio classes for
everybody and every body.
Come join the fun!



WE LOVE OUR LITTLEST MEMBERS

CHILD CARE, KID ZONE & KIDZ KLUB

Our Trustline™-certified team members will engage your kids with games, story time, coloring and more. Plus separate play areas for little kids (ages 3 months-3 years old) and big kids (ages 4-12 years old), you can enjoy your time at the club knowing your kids are safe and having fun.

FAMILY & KIDS EVENTS

Get ready to move with your little ones. Keep an eye on the calendar for the monthly Family Fitness and Kidz Klub events at your club.

KIDS CLASSES

Your kids will love our classes too. They can join the fun in Kids Recess, Kids Skillz & Drillz and Zumba® Kids.

PARENT'S NIGHT OUT

Enjoy time to reconnect with your partner, friends, or just some "me-time" and drop your kids off at one of our Parent's Night Out.

**Kids and Family offerings vary by club and membership levels.*

WE LOVE OUR LITTLEST MEMBERS (CONT.)

WE LOVE KIDS AND PARTIES!

We're all about getting the family together to have fun and stay active! We have two clubs with perfect spaces for parties: Elk Grove Bond and Rocklin Sports Complex.

[SEE PARTY PACKAGES](#)



SUMMER FUN AT THE SPRAY GARDEN*

Your kiddos will love splashing in our shallow, beach-entry kiddie pools and dashing through the spray gardens!





STAY ACTIVE ANYTIME WITH IN-SHAPE FAMILY FITNESS ONLINE WORKOUTS

If you can't make it to the club, you can still grab a workout with our In-Shape Family Fitness Online Workouts. Your membership includes access to calorie-torching workouts for free, 24/7, whenever and wherever you want it.



ENJOY A VARIETY OF CLASSES INCLUDING:

STRENGTH

Best "Less" Workouts
Low Impact
10-Minute Abs & Arms
Core Strength

MIND/BODY

Yoga
Barre
Pilates
Active Recovery

CARDIO

Low Impact
Cardio Dance
Cardio Strength
Forever Fit

EXCLUSIVES

Boxing
Kids Classes
M7: HIIT
U-Jam®

[VIEW CLASSES](#)

————— **SIGN UP TODAY!** —————

FITCLUB

REWARDS

Earn points for coming to the club, taking studio classes, referring your friends and much more.

Redeem points for rewards like exclusive merch, discounts to local businesses, sweepstakes, and more. Earn your first points now just for signing up.

————— **IT'S EASY!** —————

Earn Points  Win Prizes  Included In Your Membership

LEARN MORE

**Prizes vary and subject to change without notice. Quantities and/or sizes limited to supplies on hand.*



5-NIGHT RESORT STAY IN MEXICO



**A NINTENDO
SWITCH LITE**



**RAY BAN
SUNGLASSES**



**\$100 VISA
GIFT CARD**



BRING A FRIEND

Working out with a friend makes every workout more fun. When your friends and family join, you instantly feel more inspired and it makes your fitness community even stronger.

BENEFITS OF WORKING OUT WITH FRIENDS

Fewer skipped workouts • Push yourself further
Try new exercises • Work out longer • Recover together



REFER A FRIEND

Invite your friends or family to workout with a
FREE 1-DAY PASS.

WANT 500 REWARDS POINTS OR \$25 DUES CREDIT?

Refer your friends through FIT CLUB Rewards and you'll both receive the points after their first check-in. [Refer now.](#)

CORE CLUBS

- Atwater
- Bakersfield California Ave.
- Bakersfield Oswell
- Bakersfield Riverlakes
- Bakersfield White Lane
- Brentwood
- Carmichael
- Carmichael Arden
- Cathedral City
- Downtown Sacramento
- Greenhaven
- Lodi
- Madison
- Merced G St.
- Midtown Sacramento
- Modesto Floyd
- Modesto Prescott
- Monterey
- Palmdale East
- Palmdale West
- Porterville
- Pocket
- Santa Maria
- Salinas Northeast
- Salinas West
- Stockton Hammer Lane
- Stockton March Lane
- Suisun City
- Turlock
- Vacaville Elmira
- Victorville
- Watt
- Woodland

LIFESTYLE CLUBS

- Antioch
- Bakersfield Coffee Road
- Bakersfield Seven Oaks
- Ceres
- Capitola
- Citrus Heights
- Concord
- El Dorado
- Elk Grove Bond
- Elk Grove Laguna
- Fairfield Dover
- Folsom
- Manteca
- Merced Yosemite Ave.
- Modesto McHenry
- Napa
- Natomas
- Orangevale
- Rocklin Sunset Blvd.
- Rocklin Warren Dr.
- Roseville
- Stockton West Lane
- Sunrise
- Tracy
- Vacaville Browns Valley
- Vallejo
- Visalia Demaree
- Visalia Mooney
- Yuba City

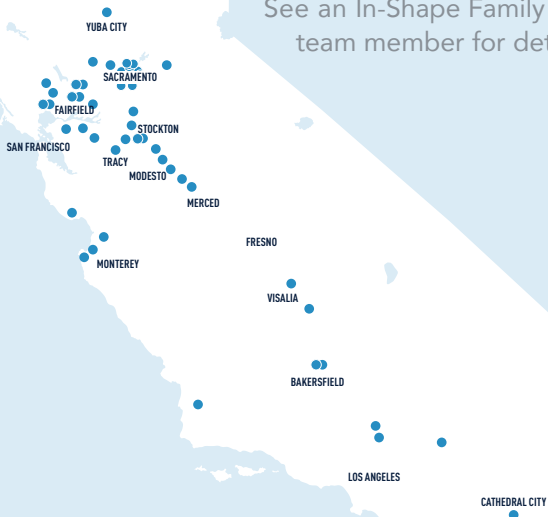
ULTIMATE CLUB

- Fairfield Rancho Solano

TRY ONE, TRY THEM ALL

With 63 clubs throughout California, you'll find a safe, supportive and welcoming experience no matter which club you choose.

See an In-Shape Family Fitness team member for details.





#WEAREINSHAPE

INSHAPE.COM