

**Outdoor Fitness is now available at the following California Family Fitness locations:**

Arden, Elk Grove, Folsom, Greenhaven, Laguna, Natomas, Orangevale, Midtown, Rocklin, Roseville and Sunrise/Hwy50.

Under tents that are up to 20,000 square feet, Cal Fit memberships provide access to powered cardio, selectorized and functional equipment, free weights, pools, group fitness classes and more.

**Outdoor Fitness Hours of Operation have been expanded at all locations!**

Monday – Thursday: 6:00AM – 8:00PM

Friday: 6:00AM – 6:00PM

Saturday & Sunday: 7:00AM – 5:00PM

**Available Amenities**

- Free Weights including dumbbells, squat racks, benches and bumper plates
- Functional Equipment including kettlebells, TRX straps and medicine balls
- Cardio Equipment such as ellipticals, rowers, and recumbent bikes
- Selectorized Equipment including the leg extension and seated row
- Outdoor Group Fitness Classes found on the Cal Fit app
- Family Swim and Lap Swimming by reservation

We look forward to seeing you at the club soon!