

WE'VE TAKEN WORKOUTS OUTSIDE!

At California Family Fitness, we're striving to adapt and change to meet the needs of our members. While indoor fitness facilities are not permitted to be open, we've put together plans for other ways we can keep you moving!

Outdoor Fitness Punch Cards are now available at the following locations:

[Elk Grove \(Bond\)](#), [Folsom](#), [Natomas](#), [Orangevale](#) & [Rocklin](#)

As a reminder, all California Family Fitness memberships have been placed in a frozen status until further notice. Optional Outdoor Fitness Punch Cards are separate from your Cal Fit membership and can be purchased online or with the front desk.

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, chest press and seated row
- Outdoor Group Fitness Classes found on the Cal Fit app
- Family Swim and Lap Swimming by reservation

OUTDOOR FITNESS PUNCH CARDS

10 PUNCHES FOR \$52.99

GOOD FOR 1 PUNCH PER MEMBERSHIP, PER DAY

Punch Card Details

- You must be a California Family Fitness member to purchase a punch card.
- Please bring your receipt to the front desk to receive your punch card.
- Single drop-in fees are available on-site.
- Specific equipment varies by location.

Membership Inquiries

We've addressed some of your frequently asked questions. [Learn More »](#)

Check us out on Good Day Sacramento

Lori Wallace stopped by the Elk Grove Cal Fit to chat about Outdoor Fitness Punch Cards. [Learn More »](#)

Family Swim & Lap Swimming

The weather is perfect for time by the pool! Read more about pool hours and reservations. [Learn More »](#)



Randy Karr, President/CEO