

THANK YOU FOR YOUR FEEDBACK!

Thank you for your continued support of California Family Fitness. Based on member feedback, we have temporarily extended Outdoor Fitness hours of operation at our Elk Grove and Rocklin locations... starting tomorrow!

Temporary Club Hours

(Wednesday, August 5th - Tuesday, August 11th)

Monday - Thursday	Friday	Saturday
6:00AM-8:00PM	6:00AM-6:00PM	7:00AM-3:00PM

Lap swimming time slots have also been extended by reservation only. Future club hours will be based on member attendance and feedback.

Haven't heard about Outdoor Fitness Punch Cards?

While indoor fitness facilities are not permitted to be open, we've taken workouts OUTSIDE!

You'll find all the equipment you need for a great workout in our outdoor spaces. Punch cards provide access to free weights, functional/selectorized equipment, outdoor group fitness classes, family swim, and lap swimming. These punch cards are separate from California Family Fitness memberships, which have been frozen until further notice.

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

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

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 redeem a punch card.
- Punch cards can be purchased online or at the front desk. If you've purchased online, please provide your receipt upon your first visit.
- Single drop-in fees are available for \$10.
- Specific equipment varies by location.

Available Outdoor Services:

- 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



Randy Karr, President/CEO