

**Press Release
FOR IMMEDIATE RELEASE**

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California Family Fitness and In-Shape Health Clubs Rebrand to Form In-Shape Family Fitness

SACRAMENTO, Calif. - California Family Fitness and In-Shape Health Clubs have announced they are uniting and taking the first step in their rebranding to form In-Shape Family Fitness, boasting 63 health clubs throughout California.

“After 26 years at California Family Fitness, I couldn’t be more optimistic about what lies ahead for In-Shape Family Fitness,” said Randy Karr, CEO of In-Shape Family Fitness. “With the new name comes a new mission – to motivate our members to move, progress, and connect on their journeys to a healthy mind, body, and spirit.”

In-Shape Family Fitness will offer a seamless and consistent experience to its members across the state, offering best-in-class facilities, innovative programs, and an unmatched member experience. Members who previously had access to all California Family Fitness or all In-Shape Health Club locations will have the ability to access 63 clubs come January 2024.

“We will continue to serve our current communities, and look for ways to positively impact more people,” said Karr. “In-Shape Family Fitness will seek to set new standards for the fitness industry to serve as the number one destination for fitness and wellness in California.”

Throughout California, In-Shape Family Fitness offers more than 120 pools and spas, 75 pickleball and tennis courts, and 2,000 weekly studio fitness classes in 45 different class formats. Fifty-five of the clubs offer massage or recovery services and more than 20 offer small group or personal training. Childcare is also offered at most clubs.

This announcement marks the first step in the formal joining of the two brands under one name as the company seeks to revolutionize the fitness experience for its members.

ABOUT IN-SHAPE FAMILY FITNESS

In-Shape Family Fitness has 63 full-service, conveniently located health clubs spanning the state of California where everybody and every body can find something they love. At our clean, spacious clubs, you can challenge yourself in the best studio fitness classes, be motivated in small group or personal training sessions, recover in the sauna, play Pickleball, or hang by the pool with friends and family. Plus, childcare is available at most clubs. At In-Shape Family Fitness, you'll move, you'll progress, and you'll connect as you build a healthy mind, body, and spirit. Follow us @inshapeclubs and #WeAreInShape and learn more at www.inshape.com.

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