



THINGS TO CONSIDER WHEN CHOOSING A GYM

Finding the “right” gym will motivate you to come back and exercise on a regular basis. When considering joining a gym, set up a tour during the time that you usually exercise, take advantage of free workouts and classes prior to signing on the dotted line and bring a list of questions. Here are a few things to consider:



1. **LOCATION:** Make sure your gym is located somewhere between your home and work. Having a place to exercise that is close makes it easier to fit it into your already hectic schedule.
2. **HOURS:** Is the gym open when you'll use it most whether you work out in the morning, late at night, weekend? Does the gym provide childcare? What are the hours and fees?
3. **MEMBERS:** Some gyms are co-ed, some are dedicated to a single sex. Are you intimidated to be in co-ed classes? Does the gym seem over-crowded when you anticipate being there to exercise? Is there a minimum age limit to be able to use the facility without parental supervision?
4. **STAFF:** Is the staff supportive and courteous and able to answer your questions. Ask about the certifications of the staff to make sure that they are qualified to guide you safely through your exercise routine. Are the “personal trainers” certified through the American College of Sports Medicine (ACSM), Cooper Clinic or have a college degree in a related field.
5. **CLEANLINESS:** Make sure that there are supplies available to wipe off equipment after each use: towels and sanitizer. Check out the locker room, showers, sinks and toilets to make sure they are clean and working properly.
6. **EQUIPMENT:** Make sure that there are a variety of machines and enough of the “popular” ones so that members don't have to wait in line to use them. Are there pictures or instructions posted on the machines or is the staff available to help you. Any out-of-order signs????
7. **CLASSES:** Ask to see the schedule of classes and make sure that the classes you want to take are offered at the times you want to attend. Are the classes included or is there an additional fee? What are the class size limits?
8. **FEES:** Many gyms have a sign-up fee but it is often waived during certain promotions. Look at the payment schedule. Can you pay by the month or do you have to commit for an entire year? Always try to negotiate a better rate.

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