

How to Choose a Gym

The main things to consider when choosing a gym are these:

- location
- cost
- hours
- equipment
- staff
- atmosphere, safety

Location

Make location your #1 consideration in choosing a gym. If your gym is more than a 10 minutes from your home or office, studies show that you probably won't go.

Cost

Membership fees vary widely, from \$25 - \$75/month. Some gyms charge an initial sign up fee as well.

Hours

Make sure the hours of operation fit your needs. Most gyms offer early morning as well as weekend and evening hours.

Equipment

A variety of equipment is preferred. Free weights, selectorized equipment, cardio (treadmills, lifecycles) and even a place to stretch would be great.

Classes

Group fitness classes are a real benefit to the fitness experience. Yoga, pilates, cardio kickboxing are some examples. Some classes are cardio based (fat burning) and some are strength based. Instructors are usually certified (for safety reasons) and can modify the class for beginners or experts. Spin (indoor cycling) is the biggest calorie burner in the gym. This is a class that simulates the outdoor biking experience.

Staff

If you're new to the gym scene, you'll want a friendly and helpful staff. When you tour the club, ask if trainers are available for members and if their services are free for members or if they are available for a fee.

Even if you're a gym veteran, you might need the trainer at some point, especially to show you the ropes of the new equipment. Besides having a helpful attitude, the staff at a gym should be trained in both first aid and CPR and basic safety protocols.

Atmosphere

You should feel comfortable at your gym--with the people and the place. If you don't feel welcome, you won't go. Before purchasing a club membership, take a tour during the time you think you'll be working out.

That will allow you to see how crowded the gym will be when you're there. Most gyms will have peak and off-peak times

Some gyms cater to different groups -- bodybuilders, power lifters, women's only, and even a gym like ours that caters to both genders and people of all ages, just doing their best to stay healthy and in shape (that's why I call midtown the friendly neighborhood gym)

Remember your first week is FREE at Midtown Fitness. Browse the website for more free tips.

For more information-email mike@midtown-fitness.com