

The 24 Hour Fitness Path

The Twenty Four Hour fitness center is like your one stop shop to everything about fitness and your well-being. Imagine it as the Walmart of the fitness industry. Twenty Four Hour fitness centers are located in a number of areas in the state. All of them have equipments which cater to weight training as well as cardio vascular equipments. A variety of fitness gear is also available. Twenty Four Hour fitness centers all have locker rooms and - believe it or not - baby sitting accommodations. Over all, the Twenty Four Hour fitness center is a complete, clean and extremely well maintained facility that especially caters to all your fitness wants, needs and preferences.

Join Us

It is very easy to get started on your path to fitness. Twenty Four Hour fitness centers have over three hundred clubs located in the whole nation and is open for twenty four hours. There is no long term contract to sign up in. You have the option to pay monthly, but you are offered a complete personal training package that suits your body type, body weight and built so you are ensured with a service that is truly personalized.

Which club do you belong in?

Twenty Four Hour fitness center gives you the option to choose the specific type of club that you desire. The active club involves a group exercise as well as free weights and cardio machines to work off that fat. The sport club also includes everything in the active club but with additions such as basketball, heated pools and whirlpool. The super-sport club also includes the amenities found those in the active club and the sport club but with more additions such as massages, a sauna as well as a steam room. The ultra sport club is the works. It includes most of the amenities found in the active, sport and super sport club, plus a day spa, courts for racquetball as well as an executive locker room.

The Path to Performance

It all depends on what you want to achieve. In Twenty Four Hour fitness centers, a uniquely specialized fitness program is available to anyone who simply wants to improve their performance in a specific sport or is seriously training for competition. The program is designed by athletes.

The Performance program includes a menu plan specifically customized for those intense workouts. A resistance training is also available as well as a full

cardio workout. After your exercise, a metabolic rate test is conducted.

This program is designed for those who wants to get started as soon as possible but has no clear and specific idea how. This is clearly the best option for them because all the information on nutrition, resistance training is learned through this program. This is the foundation one needs in order to have results that would last your body a lifetime.

The Components of Fitness

A regular exercise, an intense workout is just part and parcel of your path to health, fitness and well-being. There are other factors that should just as well play a part and which Twenty Four Hour fitness center teaches you.

Food intake is one of them. A menu is provided to those who follow the performance path. This details what you should or should not eat, or at least eat less of, if not completely avoid. Cardio is also one as this enhances your endurance to stress and exercise. Vitamins and supplements are a necessity unless you are sure that you are able to receive the proper amounts of iron, calcium, vitamin C or D or E in a day. If not, it is best to take them in. Resistance training is a feather in your fitness cap and is a necessary tool for being healthy, wealthy and wise.