

## Guidelines in Finding A Fitness Club

You would like to join a fitness club but there are so many choices! And then you will just end up having a headache! Fitness clubs are effective motivators. They should motivate us and not frustrate us. Before you choose on a fitness club, make sure that it suits your needs and goals. And before you do that, you should first learn and decide on what is your priority. By then, you will know what you really need in a fitness club. Here are some guidelines you can consider in choosing a fitness club that is best for you:

### 1. Where is it located?

The location is the first thing that you should consider when finding a fitness club. If the club is far from your home, you will just another excuse not to work out. It is best to find a facility that is near your home.

### 2. Are the employees friendly and nice? Will they be able to help you reach your goals?

Make sure that the instructor has the necessary experience to work with you. The instructor should be a certified professional that can work with you safely and effectively. Your instructor should also know if you have physical limitations or you may find an instructor that is well trained to work with you. You can also check the age of the instructor especially if it is one factor for your motivation and learning. The staff should also be helpful, friendly and professional. You can also ask the services they offer and find what is important for you. Some facilities have their own dietician and physical therapists that can offer services for you.

### 3. What kind of programs does it offer?

Find time to see what programs are there for you and check if they suit your interests. Do they offer group classes? Choose the facility that offers the classes you really like. You can do a trial class to check it out if you want.

### 4. Are the facilities and equipments good and will they be available anytime that is most convenient for you?

Check if the equipments are enough for all members. Otherwise, you will waste your time falling in line and waiting for your turn. Also make sure that the facility is open during the time you are most likely to do work outs and exercises.

### 5. Is the entire facility well maintained, clean and safe for you?

Machines and other training facilities should be in clean and in good order. If you see a lot of "out of order" signs, it could be something to think about. Modern equipments are safer and more comfortable to use, so you may also want to consider that. Are the floors cleaned regularly to avoid accidents? Is there enough room for everyone? Also check if the facility is located in a place away from danger, consider also if the location is well lit.

6. Are the members of the club friendly and can they be your friends?

The fitness club is also a venue for social interaction. Take time to drop by and meet the members of the club before you enroll. Other members can be your buddies in the near future and should be considered.

7. What is the schedule of classes and will they be convenient for you?

Find out what classes are offered at a specific time and consider if you will be available at the schedules given.

8. How much would it cost you?

It is important to know the monthly membership fee and what it covers. Some fitness clubs have hidden charges and you should be keen in checking that. Check if they have promotions or discounts and do they offer services at an extra fee. It is also important to know how long the club has been and how often they increase rates.

9. How is it different from other fitness clubs?

Don't just stick into one fitness club. Try to visit as many facilities as you can and make a comparison. Then you can just narrow down your choices to the facilities that met your needs and priorities.

10. What do people say about it? Take your time to gather feedback from other members. Ask them what they can say about the club and let them tell you about the experiences with the facility.

Choosing a fitness club is just like shopping on the best shirt for you. Do not be pressured and do not try to contact them right away. You can take your time to review and gather enough information if you are still not sure which one to choose. Once you have made your choice, enjoy and make the most out of it.