



Choosing the right gym for you!

Choosing the right gym is very important as it's going to be your place for getting away from it all, kids, work boss and spending some time on YOU!!! The gym you choose should be shouting "Come in, you want me, need me, love me"

Remember these places employ people whose job it is to get you in the door, make you feel welcome and get you to sign on the dotted line. But do they really care?

Here are some Must haves that will get you to the gym
More often;

Quality Staff

As you walk through the door you should be made to feel welcome. Don't be afraid to ask them questions or ask for advice. When exercising go up to the trainers and instructors and let them know why your there and what your fitness goals are. If they're any good they'll spend time with you offering advice.

Surroundings

Do you feel at ease in this gym? If you're not mentally at ease then physically you're not going to want to be there. Make sure the place is clean, is there any used paper towels lying around and does the water cooler work? Is the gym pumping with an upbeat tempo? If so get in and start sweating, if not shout NEXT!!!

Classes

Are you in need of swimming lessons, want to try some body combat or fancy thrashing it out in a spinning class? Then check out the gym's timetable. Does it fit in with your schedule?

Meeting new friends and exercising under the watchful eye of a fitness professional is a sure way of reaching goals and having fun!

Let's Strike a Deal

Ok so you like the gym, let's negotiate. What is going to make you join? The sales teams have targets to meet so make them work for your bank account details.

Free Trials

Ask the gym for a free trail or three? I've still got stacks of them at home from when I last shopped around, they are available. Visit one on a Monday, second on a Wednesday and third on Friday and sign up by the weekend.

Monthly Rates

OAP's and students receive reduced rates at most gyms so why can't you? See if you can get a reduced rate by telling them that the one down the road is cheaper.

Ask about off-peak hours at a cheaper price. Does the gym have a cooperate rate? Do you get a discount for bringing along new members?

Joining Fee

If you can't negotiate a cheaper monthly rate you can more often than not request for a reduced joining fee. If they won't then walk away. Chances are you won't get as far as the door. Remember they need your signature.

Get in there

Right, get in there as soon as possible and start making exercise fun knowing that you're probably working out for cheaper than anyone else!!!