

# Gym Checklist

By Kimberly French

- ☐ Choosing a Good Gym
  - ☐ Decide how far you are prepared to travel to the gym.
  - ☐ Check if there is a good range of equipment to suit your needs.
  - ☐ Check that the equipment is well maintained with no broken or loose attachments.
  - ☐ Check that the equipment is regularly cleaned and tested.
  - ☐ Check if the gym is well ventilated.
  - ☐ Check if there is enough space between equipment to prevent accidents and overcrowding.
  - ☐ Check if the gym's atmosphere suits your temperament.
  - ☐ Check that the instructors are professionally qualified
  - ☐ Arrange a trial workout.
  - ☐ Check the cost of joining a gym.
- ☐ Good Quality Gym should provide
  - ☐ A variety of peak and off-peak memberships
  - ☐ Two types of basic equipment, resistance and cardiovascular machines.
  - ☐ A variety of fitness classes covering a wide timetable.
  - ☐ A swimming pool and sauna.
  - ☐ Clean changing areas with a good number of showers.
  - ☐ Qualified fitness instructors who will be available to give advise on exercise and dieting.
  - ☐ Qualified personal trainers.
  - ☐ A basic physical assessment before you exercise.
  - ☐ Kid's fitness sessions.
  - ☐ A creche.