

# 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.