

What do I need and want out of a gym?

General Info

- Is this place clean?
- Do they require towels?
- Do they provide towel service?
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Cardio Machines

- What is your favorite machine?
- Do they have enough for the evening rush?
- Is there a time limit?
- TVs for entertainment
- Fans
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Group Fitness

- Do they have classes you want to take?
- At times that you want?
- Do they have mats and such in case you forget yours?
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Locker Rooms

- Enough lockers?
- Locker Rental?
- Soap?
- Clean?
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Equipment

- Do you use jumpropes, Bosu or medicine balls? Do they have these?
- What about stability balls?
- Check to see if they have dumbbells in your size
- Are there instructions on the machines you don't know how to use?
- A place to stretch?
- A place to lift free weights?

