

# FINDING A HEALTH AND FITNESS CLUB

Before paying for a membership, take some time to think about the following:

## Location

- Is the club convenient?
  - Close to home?
  - Close to work?

## Programs and Services Offered

- Does the club have the equipment that you want to use (i.e. treadmills, stationary bicycles, cross trainers, free weights, machine weights)?
- Does the club offer classes and other programs that you want (i.e. aerobics, spinning, aquatic fitness)?
- Does the club provide new member facility orientations including equipment and classes

## Staff

- Are the staff; friendly, approachable, knowledgeable and most importantly are they CERTIFIED (see handout on “Finding a Personal Trainer”)?

## Facility

- Is the club noisy?
- Is the club clean and well kept (i.e. locker rooms, equipment, bathrooms)?
- Is the club well laid out (i.e. equipment is well spaced, not too close together) and is the equipment working properly?

## Hours

- Is the club open when you want to go?
- Is the club busy when you would want to go?

## Reputation

- Does the facility have a good reputation? Talk to friends and co-workers and check with the Better Business Bureau of Windsor and District at 258-7222.

## Payment Options

- Does the club provide special incentives to join?
- Are there “extra” costs (i.e. babysitting, towels, lockers, aerobics classes)?
- What is the club’s cancellation policy? Can you cancel with 30 days written notice after one year?

**Before you join a health and fitness club, ask for a tour and the chance to try out the equipment/services at a time you would normally visit.**

## Resources:

- *American College of Exercise (ACE) - How to Choose a Health Club (Fit Fact) - [www.acefitness.org](http://www.acefitness.org)*
- *International Health, Racquet and Sportsclub Association (IHRSA) – Make a Smart Decision When Choosing a Health Club – [www.ihrsa.org](http://www.ihrsa.org)*