

Tips for joining a gym

A gym can be a great option if you like to work out indoors, but out of your house. And they can help you beat boredom if they offer classes and a variety of equipment. Before you join a gym, keep these things in mind:

Ask the right questions

The gym staff should allow people to visit and check it out before signing a contract. See if the equipment is clean and well-maintained. You should also ask:

- Do you have a membership limit? If they allow unlimited members, the gym could get very crowded at peak times. This could mean waiting in line to use equipment or full classes.
- Do classes cost extra? Some gyms include classes. Others charge a fee.
- Who are your instructors? Ask if the gym staff, teachers and trainers have fitness backgrounds.

Pricing it out

Many gyms have you sign a monthly or yearly contract. Think about how many times per week you will go to the gym. Then divide it up and see how much you will pay each time you work out.

Find out if you are locked into a long-term contract. What is their cancellation policy?

Good health is worth the cost of the gym – but only if you use it!

YMCA's often have discounted programs for seniors that may be covered as a Medicare benefit at no cost.



Check out reviews

Before signing up, search reviews of the gym on the Internet. See what others have to say about the gym's staff, facilities and equipment.

This is a good way to get some insider information before you move forward. And don't let them pressure you into joining before you're ready. Tell them, "I need to think about it" if you're not sure yet. Then sleep on it for a day or two and check reviews — before you decide.

Source: Federal Trade Commission