**CHOOSING YOUR GYM**

When choosing a home, buyers always consider things like the neighborhood, the cost, and the overall comfort level the house provides. Selecting your gym should be no different. Here are some things to consider when deciding on a gym.

**Cost**
Cost often holds a huge priority in the decision making process when choosing a gym. Well, one way to consider this purchase is as such, “How important is my health to me?” The health benefits that come with exercise could easily pay off by giving you a better quality of life. Other things you should consider are contracts, if you feel you are getting what you pay for, and how often you will utilize the fitness center.

**Atmosphere**
If you like the more industrial/urban feel with blaring music and the stench of high energy in the air there are options for you. There are also options for those who like a quiet place to focus on one’s self while exercising. Make sure you get a tour and imagine yourself coming into the building in different moods.

**Customer Service**
Nobody likes doing business with anyone that cannot provide a high quality experience. Take notice of how employees respond to you and other gym goers as well. If you feel uncomfortable in that initial visit, chances are you will for weeks to come.

**Here are some more considerations.**
- Distance from your house
- Family and Friends Options
- Multiple Locations
- Personal training, group classes, and sports