

Name _____ Section _____ Date _____



Lab A2-5 *Evaluating a Fitness Facility*

Complete this evaluation based on a visit to the facility, a review of the membership contract, and other information. Be sure to time your visit during the hours you are most likely to use the facility for your workout.

Your Profile

Times most likely to use club (days and times): _____

Preferred types of classes and equipment: _____

Preferred exercise attire: _____

Will you need shower and changing facilities? ___ yes ___ no

Will you need child care? ___ yes ___ no

Do you have any special health or fitness considerations? _____

Convenience

How much time is required to reach facility from home, work, and/or school? _____ minutes

Is parking or transportation available at appropriate times? ___ yes ___ no

Are equipment and classes available at appropriate times? ___ yes ___ no

Are showers, changing rooms, and lockers available? ___ yes ___ no

Is child care available? ___ yes ___ no Are there limits on child care duration? _____

Are there any access restrictions or excess fees associated with use of equipment or classes during your likely workout times? _____

How crowded is the facility during your target workout time? Will you have to wait to use fitness equipment? Are the exercise classes likely to fill up before you arrive? _____

Atmosphere

Typical member age and fitness level: _____

Typical member attire: _____

Type of music played and volume: _____

Type of video/television programming available: _____

Cleanliness of equipment, showers, lockers: _____

Temperature (OK or too hot or cold?): _____

Overall impression: Will you feel comfortable? _____

LAB A2-5 (continued)

Safety/Effectiveness

Is the facility certified, and if so, by what organization(s)? _____

What training and certification do personal trainers and fitness instructors have? How much experience do they have? _____

Is there an exercise physiologist on staff? ___ yes ___ no

If nutrition advice or products are offered, is there a registered dietitian on staff? ___ yes ___ no

What type of introductory fitness testing is available during an initial visit to the facility? Who performs the testing, and what is their training? _____

What type of help is provided to members to create an appropriate fitness program? _____

What type of program tracking does the facility offer? _____

What is the facility's emergency plan in case of serious injury or heart attack? What emergency equipment is available on site? How many staff per shift are trained in CPR and first aid?

Cost

What type of trial workout or inexpensive trial membership is available? _____

What does the contract cover? Does it cover things you won't use or need, and is there a more basic and less expensive membership plan available? Are there extra charges for a particular service that you want?

What is the policy about prolonged illness or an extended vacation? Can you extend your membership for the period of time you aren't using the facility? _____

What is the policy regarding guests? _____

Additional tips:

- Research any company thoroughly before signing a "pre-opening" contract.
- Check with your local Better Business Bureau or Consumer Affairs office if you think you are being treated unfairly or if you have any reservations about a club.
- Shop around to find a convenient facility that has the plan you want for a price you can afford.
- Don't feel pressured into signing a contract on your first visit. Take the contract home, study it, and sign only after all your questions have been answered and you are sure the deal is right for you.