

# FIND THE RIGHT FIT

## YOUR GUIDE TO CHOOSING AN ATHLETIC CLUB THAT WORKS FOR YOU.

In determining what's right for you, it's important that you know what you want. Does the club have a sense of community? Is it a place where you can reach your goals with supportive staff? Is there a variety of equipment and classes and does it have great amenities, a fun environment and a resort-like quality of service? All of these attributes should be taken into consideration when evaluating the club that is just right for you.

### FIND A CONVENIENT LOCATION

The easier you make it for yourself, the more often you'll follow through with your workout goals.

A few things to consider:

- What time of the day will you workout?
- Is the club on the way or near your home or office?
- Does the club have multiple locations?

### WAITING ISN'T WORKING OUT

Make sure the club you choose has classes available at several different times and the equipment lines aren't consistently long during the times you want to workout.

- Does the club have multiple pieces of the equipment you use?
- Or, are there alternatives and options to make sure you get the workout you need, when you need it?
- Is there enough training staff to ensure you won't have to wait for weeks to get scheduled a session?

### IS THE CLUB CLEAN?

A clean workout space and locker facility is essential. The club you choose should be neat, clean and organized.

- Are the staff keeping the equipment clean and well maintained?
- Are there wipes, towels, and other options for club members to clean the equipment before and after use?
- Would you feel comfortable using the locker room? Does it exceed (or meet) your standard of cleanliness?

### HOW ARE NEW MEMBERS INTRODUCED TO THE CLUB?

When you join a new club there are things to learn about the programs, equipment and classes, and having staff available to help you learn what you can do to achieve your goals.

- Are there orientation classes, free consultations and training?
- Are there staff to talk with you about your workout goals?
- Are there free services or does everything come with a price tag?

### ARE YOUR KIDS SAFE AND HAVING FUN WHILE YOU WORKOUT?

If you have kids, it's also important that you check the child care facilities.

- Is the area safe, secure, clean and fun?
- Are the staff well-trained and interacting with the kids?
- What's the ratio of staff to kids? Is infant care available if needed?
- Do the kids seem engaged and having fun?

### DO THE GROUP FITNESS CLASSES AND PROGRAMS FIT YOU?

The right club should have group classes and programs that fit your needs.

- Is there a range of classes that interest you? Are the schedules convenient to your needs?
- Are there dedicated studios for Yoga, Cycling and other group classes?
- Are classes included in your membership dues?

## DOES THE CLUB FIT YOU?

Finding a great place to workout goes beyond health and fitness-atmosphere matters too. That's why it's important to find a club where you feel like you belong.



**SPECTRUM**  
ATHLETIC CLUBS