

Fitness- September 20, 2004

When choosing a health club, pay attention to the small details as you tour a facility. Notice the cleanliness, volume of music, friendliness of the staff, how crowded it is, the demographics of the members and the programs they offer. Ultimately, the club should be a place you would enjoy spending time in. It should have programs that meet your preferences and staff that will be attentive to your needs.