

SHOULD YOU JOIN A GYM



PROS

- Childcare Available
- A Community
- Many workout options available
- Group Fitness Classes

CONS

- Time
- Cost
- Long Term Contracts

QUESTIONS TO ASK YOURSELF

- What does your schedule look like?
- Do you have time to get to the gym?
- Do you need a community to workout with?
- What kinds of workouts do you like to do?
- What do you want to financially commit to long term?

