Finding the right Long Island Health Club by Sarah Ryan

Article published on January 24th 2012 | Fitness

It is not always easy finding which Long Island Health Club you want to pick to help with your fitness needs. Everyone joins a health club for different reasons. It is not always easy to find a health club that meets all of your needs and your budget. There are a few things to consider when determining the health club that is right for you.

1. The enrollment fee can always be waived.

The enrollment fee is just another way of getting extra money out of the participants. One way to save money is to tell the sales representative for the gym that you like the facility but you donâ€™t want to pay the enrollment fee. Most gyms will decide to waive the fee if they feel like they are going to lose you as a patron. It is almost guaranteed that if you tell the sales representative that you are going elsewhere, that they will just waive the fee. It may not always work, but it is worth a shot anyways.

2. Determine the cancellation option.

Some health clubs make you sign a contract that states that if you cancel before an allotted time, you have to pay a cancellation fee. This is something that you want to look into before determining whether or not to join that health club. You wouldnâ€™t want to join a health club and decide that it is not for you and have to continue paying the monthly membership fees because you want to avoid paying the cancellation fee. Make sure that if you are told that you can cancel at any time without a fee, that it is specifically stated in the contract. If it is not stated in the contract, try and get a manager to add it with their signature, to ensure that you donâ€™t get charged the fee when they told you that you wouldnâ€™t. If the manager has to sign for a waiver of the cancellation fee, they will want to abide by their decision. You wouldnâ€™t want to sign up and then just say that they promised the waiver because they could deny you and you really couldnâ€™t say anything. It would be your word against theirs.

3. Know when the health center is the busiest.

Most people donâ€™t want to find time out of their day to work out and then go all the way to the health center just to find out that they have to wait forever just to use the machine that they want. You want to be able to work out during the times that are available for you. Find out what the peak times are and see if it works with your schedule. If you plan on going before you go to work every day and the health club is crawling with patrons during that time, it may not be the best health club for you. Find a health club that meets your needs. Do not just settle for any health club.

4. See if you and a friend can have a free week trial period.

Sometimes the view of another person can give you valuable knowledge to help you make the most informed decision. We sometimes have clouded judgment when we want something to work out. We may not see the serious flaws because we are either eager to find the right health club or we like certain aspects of the health club. It is important to get a different perception so that we can make an accurate decision.

These tips will help you find the right health club for you.

Article Source:
http://www.articleside.com/fitness-articles/finding-the-right-long-island-health-club.htm - Article Side

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For more information on a New York Fitness, Long Island Health Club, Long Island Gym, Gym in Queens NY. Please visit: http://www.lifefuelfit.com/

Article Keywords:
New York Fitness, Long Island Health Club, Long Island Gym, Gym in Queens NY

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