



Highlights: Health Clubs

The infomercial-touted abs-toning contraption you ordered while eating ice cream on the couch is collecting dust, and the treadmill has turned into a good place to hang the laundry. Exercising at home doesn't cut it anymore, so you've decided it's time to join a health club. *Puget Sound Consumers' CHECKBOOK* magazine and www.checkbook.org have ratings of 87 local fitness facilities and can help consumers find a facility that fits their budget, needs, and lifestyle. Some findings from CHECKBOOK's report include:

CHECKBOOK identified significant price differences among clubs that offered the same basic fitness opportunities. For example:

- For an individual interested in fitness equipment and group exercise classes, a single membership that provides unlimited access to all facilities for one year costs \$313 at East Highlands Fitness in Renton; at Sound Mind & Body Gym in Seattle, a similar membership costs \$869.
- For a couple who want to play indoor tennis and racquetball and swim, a three-year couple's membership costs \$5,509 at Gold Creek Tennis & Sports in Woodinville; at PRO Sports Club in Bellevue, a similar membership costs \$12,972.

CHECKBOOK also found wide variations in quality among local clubs. For example:

- A number of clubs were rated "superior" for "quality/maintenance of facilities and equipment" by more than 80 percent of the customers CHECKBOOK surveyed, while others got such favorable ratings from 20 percent or fewer of their surveyed customers.

CHECKBOOK recommends consumers do the following when shopping for a fitness facility:

- Consider alternatives. A local government recreation center might fit the bill, and is likely to be a lot cheaper. Even less expensive, of course, and maybe more fun, is taking a run or walk regularly or playing pickup ball at a nearby playground.
- Before shopping or joining, you should think realistically about the kind of workouts you're likely to stay with consistently.
- Identify clubs that are close to work or home and check the hours that clubs are open.
- Visit clubs during the hours you're most likely to use them to check how crowded facilities and classes are. Ask members about crowding issues, and about their general satisfaction with their club.
- Find out how often classes and facilities that interest you are available. If there are sign-up sheets for classes and facilities they might use, look at these sheets to see how easy it will be to get access.
- Ask questions of instructors, visit classes, and listen to instruction given to other members.
- Check whether showers are clean, equipment is clean and in good working order, and, when applicable, the pool is clean.
- Ask about any initiation fees – most clubs charge them – and whether prices quoted are based on a year's commitment.
- If the club offers month-to-month pricing, consumers should consider choosing that option for a trial period.

- Carefully read a contract before signing it. Find out about the club's refund policies for people who wish to cancel or are moving away. See if the club allows members to sell their memberships or freeze monthly payments if they won't be using the club for an extended time.

The media may cite selected examples of top-rated health clubs, as shown in Puget Sound Consumers' CHECKBOOK, and CHECKBOOK's editors are available for interviews. Please call Jamie Lettis at 202-454-3006 to schedule.

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