

Fitness Center Evaluation Checklist

Question	Facility 1	Facility 2	Facility 3	Facility 4
Physical condition: Is the facility and equipment neat and clean?				
Time: Is the Facility open when you can go?				
Crowded: Is there plenty of showers, lockers, courts tracks, equipment?				
Air: Is the temperature and ventilation conducive for exercise?				
Training: Are programs offered that educate one in how to exercise?				
Special Programs: Are there special courses in weight loss, health...?				
Staff: Are some of the staff certified? Are they friendly? Are they role models?				
Cost: How much? Are there hidden costs? Are there contracts?				
Safety: Do the trainers emphasize safety? Are there written procedures?				
Encouragement and Support: Is there friendly competition? Are there teams? Are awards given?				

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