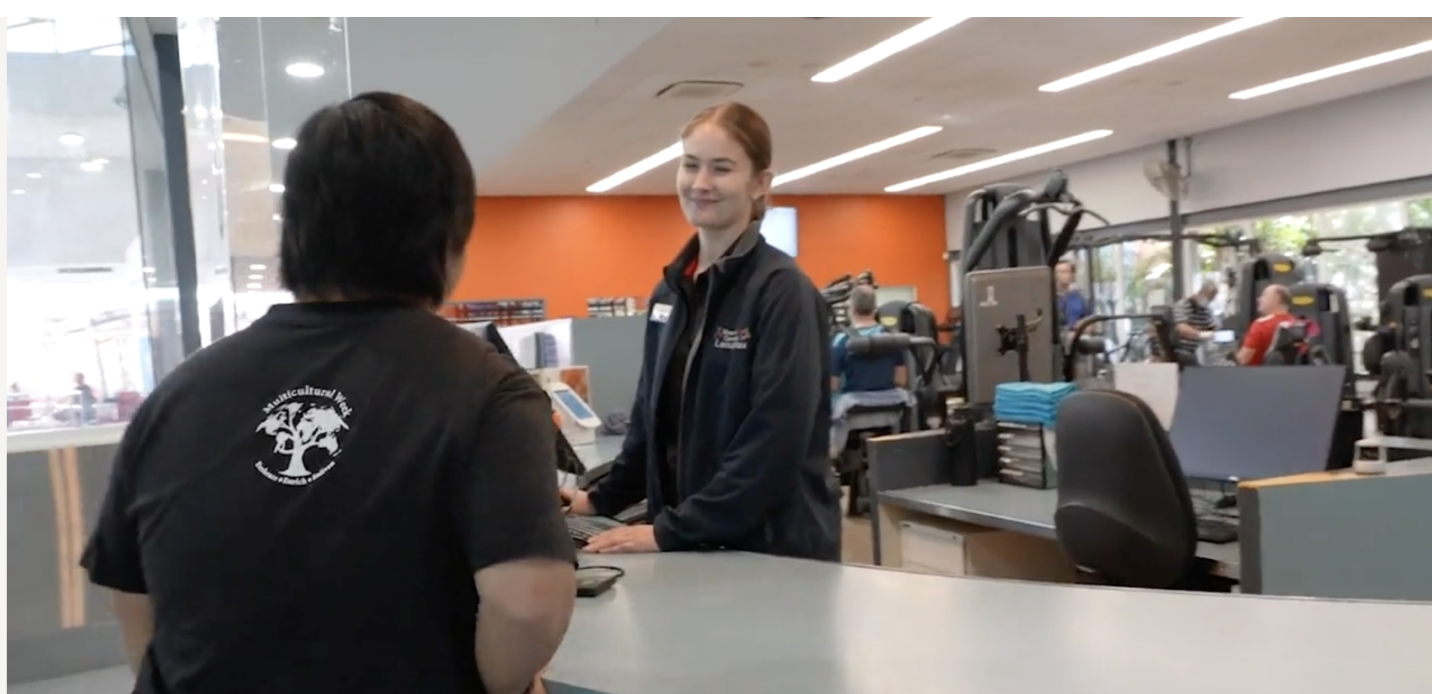


Joining the Gym

3. How to choose a gym



ADVOCACY



KNOWLEDGE



COMMUNITY

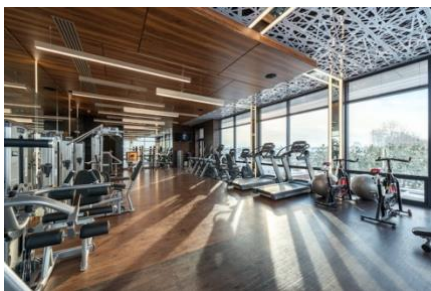
DEVELOPMENTAL DISABILITY *wa*



How to choose a gym



You can call the gym to ask to visit and have a look around.



This can be called a tour of the gym.
On a tour you can see if you like the gym.



You can take someone you trust with you. You can find out if this gym suits you.



Does the gym have lots of space?



How many people are at the gym? Is the gym too busy?



Is the gym too noisy?



Do you feel comfortable in the gym?



Are the change rooms and toilets near the gym?

Is it easy to move around?



Do the showers have doors for privacy?



Are there change rooms for people with disability?



Are the staff friendly?

Do they welcome you?

Are they happy to answer your questions?



You can ask the gym staff questions on the tour.

Some good questions are



What classes do you have?

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
MORNING							
AFTERNOON							
EVENING							

What are the class times?



How can you help me with my goals?



Are there quiet times?



What things can I do in the gym?



Do you have Personal Trainers?



Can I get help to use exercise equipment when I come to the gym?



Can I get an exercise program with my membership?



What happens if I hurt myself or feel sick at the gym?



What happens if I get angry or upset when I am at the gym?