

Healthy Living

Your local guide to a healthy lifestyle.



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Steps to Choosing the RIGHT Fitness Facility

Joining a gym can be a great way to get healthy and make social connections.

Finding the right fitness facility is not necessarily as simple as signing up at the one nearest your home or office. Finding a facility that best suits you and your goals may require consideration of a host of factors.

Fitness facilities are not all one and the same. Before shopping around for a facility, men and women should make a list of their fitness goals, and what they are looking for in a gym. Aspiring bodybuilders may want a facility with an array of free weights and strength training machines, while men and women whose ultimate goal is to lose weight may prefer facilities geared more toward cardiovascular training.

Look for facilities that let you try them out before committing. For example, **Luxe Fitness** in Granite Shopping Plaza in Westerly offers a one week **free trial** for residents who have never used their facility! This is a great way to “try it on” before you buy!

When shopping around, be sure to look for places that offer different classes for people of various skill levels.

Luxe Fitness is a great example of a gym that has broad appeal. With 22,000 square feet of the best equipment by Life Fitness and hammer strength. They offer group x classes, and spinning. They even have a sauna to relax in after that workout!

When considering a gym, another important factor is hours of operation. Working adults, especially those with children, have a small window of opportunity during the day for fitness. Finding a facility that provides for a flexible schedule is crucial. For example, **Luxe Fitness** is open Monday – Thursday 5 am to 10 pm, Fridays 5 am to 9 pm, and weekends they are open 7 am to 6 pm.

Finally, look for a facility that doesn't intimidate you. Feeling comfortable and welcome will keep you going back. **Luxe Fitness** in Westerly prides itself on the personal connections the staff have with their members, and they provide a welcoming environment for everyone.

Come experience the difference at Luxe Fitness.

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