10 Day (50pts) Assignment

**Fitness Center**

Your assignment is to go to a local gym, fitness YMCA, YWCA etc.
Investigate what goes on in that particular fitness center

Develop a 7-10 page paper
  - Typed
  - Double spaced
  - Cover page
  - References –if needed

Included in your report should be things like:
  - Name of the gym
  - Location
  - Age of patrons
  - Number of employees
  - Atmosphere
  - Machines
  - What classes are offered - Give a preview of the classes
    - Aerobics
    - Kickboxing
    - Spinning
    - Etc...
  - Certified trainers/employees
  - Cost of the membership
  - Pro/cons of that gym
  - Personal experience
  - Cardiovascular machines
  - Extra
    - Music
    - TV’s