

24 hour fitness gym



24 Hour Fitness Gym Today, my friend and I participated in the 24 Hour Fitness; we went to the gym to keep fit and gain some muscles. As a warm-up, we did some cardio exercises while observing other people exercise, for instance, those who were running on treadmills. My experience in the gym was really educating and exciting. In fact, I learned unique things about gym attendees.

I discovered that there are at least five categories of people who come to the gym. They include the 'rats', photographers, newbies, novices, and business people. The 'rats' comprise very busy people who move around in the gym. Their intention is to showcase their masculinity; thus, they put on T-shirts and flex their muscles. The photographers comprise people who are preoccupied with taking photos. It seems they are fascinated by their progress in gaining muscles. Indeed, they constantly look at themselves in the mirrors, and even spend most of their time taking photos rather than exercising. The newbies consist of people whose main goal is to observe others exercise. They rarely work out. However, in some cases, they can engage in light exercises. The novices comprise people who are out to learn new things. They listen carefully to their trainers, and even ask many questions. I consider myself a member of this group. Lastly, the businessmen consist of people who work in professional organizations and come to the gym to exercise. They can be identified easily from the number of calls they receive.

Apart from categorizing gym attendees, I also discovered that people go to the gym for various reasons other than to exercise. For instance, the beauty queens, a group of young ladies who put on heavy make-ups, go specifically to grace the venue. They do not go to exercise. In fact, from their dressing,

one can tell that they are not interested in exercises at the gym. Indeed, they dress as if they are attending a party. On the other hand, there is a group I call the chatterboxes. The group comprises people who go to the gym specifically to gossip; they do not exercise. Lastly, there are the date-seekers. They are groups of men who go for girls, particularly for dating. In fact, they go for the beauty queens. Although I do not consider gyms the best places to find girls to date, the group makes an attendee's visit enjoyable.

My visit to the gym was also made enjoyable by other people and the way they used the equipment. It was interesting to watch people strain while using the gym equipment. Some of the equipment included treadmills, elliptical machines, and stationary exercise bikes. Most people preferred treadmills in their work out. A majority of those who used treadmills looked overweight. However, there were a few who appeared obese. Watching overweight and obese people exercise on treadmills was really exciting; most of them appeared like they would collapse on the equipment because of their weights. Indeed, most of them were breathing heavily as they exercised. Apart from treadmills, a considerable number of people used stationary bikes in the gym. Some of them were also obese or overweight. However, there were a few who appeared underweight. Watching these groups of people was also interesting. Although their exercises appeared lighter, some of them faced similar challenges to those who used treadmills. Besides the cardio machines in the gym, there are weight rooms, basketball court, swimming pool and sauna, which also provided avenues for practice and relaxation. Thus, if one is not interested in indoor exercises, there are other facilities that can provide alternative places of exercise or recreation.

Indeed, a number of people went to the swimming pool, but they all seemed to be there just for relaxation rather than serious exercise.

In summary, my visit to the gym was educative and enjoyable. I discovered that there are many categories of people who visit the gym. I also learned that people go to the gym for various reasons. In addition, I realized that the gym has various facilities that people can use to exercise. Lastly, I enjoyed watching overweight people straining while exercising.