

# Report and compare la fitness and davidloyds gym facilities

Sociology



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BUSTER**

The two gyms have of the art equipment but differ on its specialization. Lloyd specializes in gym training and base its gym on global research, scientific evaluation and understanding member usage, with a cutting-edge gym concept featuring the latest design and technology and best-in-class equipment to provide members with an unrivalled experience. It has a common work out area called the community zone. It also has a separate stretching area, a training zone that is designed for personal or group training sessions. It also has an extensive cardio area that has treadmills, bikes, elliptical trainers, power mills, octane laterals and tread climbers. It has the distinction of having a customized workout machines such as BILT used by legendary athletes such as Agassi and Reyes. These equipment concentrates on strength and power training. There are various location of David Lloyd Fitness from Ringwood to Southampton.

LA fitness also have workout gyms but were not as cutting edge as Lloyd but offers a variety of exercises to its members. In addition to the regular gym workout, they are also following the exercise.

Aerobics – involves high and low intensity moves that burns 400-500 calories per hour.

Zumba – which is a Latin dance exercise

Spin – indoor cycling exercise

Step – high energy dance exercise

Water Aerobic – a variation of exercise done in waters

Body Attack - which is an overall body exercise

LA Fitness however boast of having a swimming pool which David Lloyd lacks. Its member can swim and do cardio exercises in the water which

cannot be done at David Lloyd. This swimming pool however not open to public but only to its members.

LA fitness costs begins at £30 per month and considering the programs offered in the gym, this is a good value considering the programs offered by the club which specializes more on the cardiovascular aspect of fitness. Just like David Lloyd, it also has clubs in 44 various locations.