

# English 1010

[Linguistics](#), [English](#)



Yesterday, my friend and I went to 24 Hour Fitness, the gym which we are now attending to keep fit and gain some muscle. As a warmup, we did some cardio and at the same time observed other people while running on treadmills. I should say it was quite an interesting experience, at least for me. The matter is that I have noticed that there are several categories of those who work out there. First of all, there are gym rats who intentionally wear shirts two sizes smaller and flex muscles in front of others. Also, there are those who constantly look in the mirrors and take photos longer than they actually work out. In addition to this, there are newbies who observe others, listen carefully to their instructors (just like we are), and ask a lot of questions. Business people who do not turn their phones off even there and for whom gym is the second office attend it as well. What is more, there is a specific category of girls in the gym, which I call “ beauty queens”. I call these girls so not because they are really good-looking but mostly because they wear a heavy make-up as if they came to a party or onstage. I have also noticed chatterboxes who visit gym only to have a talk, but not work out. Finally, there are those who aim at picking up a girl. Frankly speaking, I have never thought people working out in a gym may be so significantly different.