

English 1010

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



24 Hour Fitness Gym Introduction This paper explains my experiences today as my friend and I attend the 24 Hour Fitness Gym for work out. The paper records all my experience in the gym ranging from my experiences of the people who are practising in the gym to the cardio equipment in the gym and the other exercise facilities in the gym. The paper explains in vivid details all my experiences and my observations in the gym.

Today, my friend and I are participating in the 24 Hour Fitness; we are attending the gym to keep fit and to gain some muscle. As a warmup, we are doing some cardio exercises while at the same time observing other people who are doing exercises in the gym, for instance, the people running on treadmills. For me, my experiences in the gym are really exciting.

In course of my doing exercises in the gym, I have just realised that there are several categories people who work out there. First of all, there is a category of people in the gym whom I can refer to as the gym rats who intentionally wear undersize T-shirts and flex muscles in front of others; this category of people are very busy and they move around in the gym like rats. Secondly, there are some people in the gym whose main preoccupation seems to be taking photos in the gym; this group of people constantly look in the mirrors and take photos longer than they actually work out in the gym. Thirdly, I have noticed that there are newbies whose main goal in the gym seems to observe others practise. Then, there is the fourth category of people in the gym who listen carefully to their trainers and ask their trainers a lot of questions; my friend and I fit in this fourth category.

Another interesting fact that I have observed in the gym is that the majority of business people who come to the gym for practice do not turn their

phones off while practising; for the business people, gym appears to be their second office. Another interesting category of people in the gym is a specific category of girls, whom I call “ beauty queens”. I call these girls so not because they are really good-looking but mostly because they wear heavy make-up as if they are coming to a party. I have also noticed chatterboxes who visit gym only to talk with other people, but not work out. Finally, there is an interesting category of people whose main aim of coming to the gym is to pick girls. Frankly speaking, I don't think that gyms are the places for men to find girls for dating. Such people should go to social gatherings to look for girls but not in gyms.

Another interesting thing that I have noticed today as I work out in the gym is the different types of cardio machines and equipment in the gym, and how different people are using the equipment in their work out. The cardio machines and equipment in the gym include the treadmills, Elliptical machines, and the stationary exercise bikes. Among these cardio machines, treadmill machines are the cardio machines that majority of people are using in the gym. Majority of the people who are using the treadmill machines are people who look overweight; some of the people using the treadmill are obese people. Seeing the overweight people exercise on treadmill is really entertaining to me because the majority of the people seem like they will fall down on the treadmill and collapse because of their heavy weight. Many of the people exercising on treadmill are breathing heavily as they run on the treadmill.

There is also a good number of people who are using stationary bikes in the gym. Some of the people who are using the stationary bikes are also

overweight people, but there are some of them who seem underweight.

Unlike the treadmill machine and the stationary bikes, there are only two people using the elliptical machine in the gym. Besides the cardio machines in the gym, there are also weight court, basketball court, swimming pool and and Sauna, which also provided avenues for practice and relaxation. There are a number of people swimming in the swimming pool, but they all seem to be there just for relaxation rather than for exercise.

In conclusion, I have experienced many things in the gym as I practice. I find all my experiences in the gym enjoyable and exciting. These experiences have made me to love exercising in the gym, and from today onwards I will be visiting gyms frequently for practice.