

# The perfect gym

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



## Descriptive Essay about the Gym

The gym has basic free weight machines, benches, squat racks and dumbbells besides a large cable machine in the middle of front room and Hammer strength shoulder as well as chest machines. The second room has treadmills, elliptical machines, stair masters, various types of abdominal machines and some odd machines like roman chair and lower back extension. Moreover, the gym is equipped with leg machines like leg curl, leg press machines, leg extension together with calf machines as well as a grip machine. The gym is also equipped with a shrug machine, several bicep/tricep machines; some back pulley machines, a heavy bag as well as T-bar row machines.

The gym floor is cemented and its lighting is dim even though it is not too dim nor is it too bright and the gym is fitted with mirrors all over. Dumbbells in the gym go up to 180lbs though I have never witnessed anyone exploit them because the highest I have observed anyone use is 130lbs resting on a flat bench. During workout, music is often played which is a combination of alternative, hard rock, rock and heavy metal depending on the station playing the music. The gym has various payment plans that include \$33 per month, \$12 per week, and \$5 per day depending on the preference of an individual; as well, the gym offers a three-month plan, a six-month plan as well as a one year plan without contracts. Upon paying, the management of the gym records the client as well as the date of termination of the client's subscription. The gym is large and has clean weight room with machines, dry towels at several points, hot towels in locker rooms, clean locker rooms and multiple sections for showering and changing stations that enable people to

shower and then dress quietly (Mason).

The gym is located in up market area where most local residents do not train despite the gym having plenty of gym facilities and besides them a spa.

Although the gym does not have a personal training studio, the regular gym area stocked with weights, machines, elliptical, treadmills as well as a warehouse space ensures that the gym offers the best of everything. Since it offers enough space for stretching as well as floor exercises separate from other things like the weight machines; therefore, being a member of the gym makes me feel like I get what I paid for. Moreover, the gym's staff is friendly and not imposing as well, the gym has tags users can place on machines to indicate that a machine is broken, which are then repaired within the shortest period possible. In addition, the gym has an award system where every time a member visits he or she gets a certain amount of points and when one accumulates many points, the members are able to exchange them for stuff sold in the gym (Describe your perfect gym).

In conclusion, my gym has adequate weight training equipment, adequate space and most of all, the place is kept clean and the various machines and equipments used in workout are frequently checked and kept in working condition. Moreover, the gym staff works well with the various members who subscribe to the gym's services and ensure that the locker rooms are kept clean and that adequate clean towels are available to members during workout.

Works cited

Mason, Chris. Describe the perfect gym. WannaBebig. com. n. d. Web. 26

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