

Joining a Gym On a Budget

A gym membership has many benefits. Working out with friends can boost your energy burned and adherence to a regular schedule. While some gyms can cost a lot of money check out these ways to save.

Always make sure you read the fine print when signing up for a membership. Look out for hidden fees.

YMCA

The YMCA has discounted memberships available for low income individuals, unemployed persons, or students. Typically, this rate can be obtained with a tax return, unemployment benefit summary, or student schedule. Check out their website for more info.



Park District

Many local park districts have gyms and memberships. Asking for financial assistance or a reduced rate can help lower the cost of an already economical option.



Health Insurance Discounts

Many people don't know that health insurance companies offer gym membership discounts. They know that investing in your health will keep you from costly chronic conditions. Contact your health insurance provider to learn more.



Student Discounts

With a student ID or schedule many commercial gyms offer discounts. Some gyms even have special rates for summer if you are home and looking to join a gym temporarily.



Discount Gyms

Some gyms advertise their cheap monthly rates. Gyms like Planet Fitness take pride in low prices. See what budget gyms are in your area



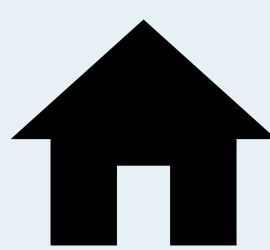
Family Plans and Group Discounts

If your whole family is looking to go to a gym, typically there are discounted family plans available. This also applies to many work places. If your coworkers are interested in joining collect names of those interested and contact the gym requesting a group rate. Gyms are more likely to give discounts to families or large groups.



Home Workouts

If all else fails, getting a group together to go running outside or do home workouts can be very beneficial for your health. Many workout videos exist on YouTube for free that show proper techniques. A simple run followed by sit-ups, burpees, or pushups can go along way in improving your health.



Source www.ymcatriangle.org/membership/financial-assistance-membership

For More Information www.mededmaterials.org

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