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**100% Effective Natural Hormone Treatment**  
**Menopause, Andropause And Other Hormone Imbalances**  
**Impair Healthy Healing In People Over The Age Of 30!**

**Review of 24 Hour Fitness**

**By Renee Kennedy**

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Overview: 24 Hour Fitness clubs are a national chain with over 300 locations most located in the West and Mid-Western United States. They have three types of clubs: fitness, sports and super-sport.

The "fitness clubs" are basic gyms with cardio and weight equipment and aerobic classes.

The "sport clubs" offer a bit more with swimming pool, sauna, basket ball court, kids club and more.

The "super-sport clubs" offer even more with squash courts, day spa, sun deck, raquetball and much more.

Goals of the Members: Goals can range from losing weight and getting fit to participating in sporting activities.

Cost: One good thing about the cost is that they do not have a yearly contract. So you can pay month by month. They have an enrollment fee from between \$99 – \$179, a \$79 processing fee and monthly dues between \$30 to \$45 depending on the club type and location. They also offer introductory rates.

Time Needed: The time that you put into it is up to you. But it is recommended for fitness to go at least 3 days per week for around 30 minutes to 1 hour.

## Review of 24 Hour Fitness

**Gender and Age Group:** Men, women and teenagers.  
This is one of the only fitness centers that we've reviewed that has special programs for teens from 12 – 18 years old.

**Motivation:** They offer a certified personal trainer to help you with individual needs to set personalized goals.

**Fitness Strategies:** Strength training, aerobics, cardio, team sports.

**Risk of Injury:** Limited risk of injury if you follow the instructions of the trainers.

**Nutritional Information:** They offer a complete personal

training program that takes into account nutritional information and will help you develop a diet plan.

**Contact Info:** To find a location nearest you, check out their web site at: <http://www.24hourfitness.com>

For more fitness center reviews go to:  
<http://www.nutricounter.com/news.htm#reviews>

Renee Kennedy is the editor of the monthly ezine NutriCounterUpdate. Come and visit the NutriCounter web site at <http://www.nutricounter.com/news.htm> for an extensive selection of articles on health, nutrition and exercise.

## **Review of Bally Total Fitness**

**By Renee Kennedy**

### **Review of Bally Total Fitness by Renee Kennedy**

**Overview:**

Bally is truly a total solution to getting healthy. They offer gyms with name brand fitness equipment, personal trainers, and exercise classes. They also help you understand nutrition and plan a healthy diet. They have tons of information available online including free fitness and diet planning tools.

**Goals of the Members:**

Any type of fitness goal will fit with Bally. Whether you aim to lose weight, tone up, or build muscle, Bally can help you.

## Review of 24 Hour Fitness

### Cost:

There is an up front fee and a monthly fee. The up front fee may be around \$100. The monthly fee is between \$40 to \$50. However, they are always running specials – you will need to check with your local center to discover what those specials are.

### Time Needed:

A minimum of three times per week around an 30 min. – 1 hour per session. You will develop a personalized schedule based on your goals.

### Gender and Age Group:

Age 13 and up, men and women.

### Motivation:

They offer a contest called The Bally® Rapid Results Challenge® that offers an exercise plan and a dieting plan including meal replacement products. They also offer a free fitness log. (Even if you aren't a member you can sign up online for this tool!)

### Fitness Strategies:

Stretching, Weights, Strength Training, and Aerobics.

### Risk of Injury:

Limited if you follow the directions of the trainers.

### Nutritional Information:

They provide nutritional information and they have experts to answer your questions on their site. At each facility they have personal trainers that will help you plan your diet. They also offer software that will help you manage your diet and exercise plans. They also sell a variety of "health" food products.

### Contact Info:

To find a location nearest you, check out their web site at:  
<http://www.BallyFitness.com>

For more fitness center reviews come to the NutriCounter web site at:

<http://www.nutricounter.com/news.htm#reviews>

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