



Tips To Make Your Tenant Only Fitness Center A First-Class Amenity



Hire a fitness consultant to help you design your fitness center.

Most landlords do not seek professional advice when they design their fitness center. This typically results in locker rooms that are too small, poorly designed fitness areas with improper flooring, lighting and HVAC systems and a poor selection of fitness equipment. Based on our experience, many architects don't really understand how large the various components in a fitness center need to be. This results in locker rooms with too few showers, exercise class rooms that are too small and a host of other issues that could have been avoided.

Hire a fitness management company to staff your center.

Having an unstaffed fitness center is like having an unstaffed cafeteria. Unstaffed fitness centers are unsafe and under-utilized. Almost all individuals need motivation to begin and stick with an exercise program. An unstaffed fitness center might attract the company jocks but it certainly won't be appealing to those people who hated gym class in high school. Having a fitness professional staff your fitness center will also ensure that your facility is being maintained properly, safe and used. A staffed fitness center will also allow you to charge a higher monthly membership fee which will offset your operating costs.

READY TO TAKE THE FIRST STEP?

To schedule a meeting to discuss your fitness center's management needs, contact:

**Gary Klencheski
President**

**gary@firstfitmgt.com
617 767-3100**

