

Pros and cons of local gyms

Carson Lydon - elhstalon.net

May 28, 2014



A recent fad among teenagers in the last several years has been the popularity of gyms. Everybody seems to want to “get swole” these days. A lot of people have realized the importance of fitness, whether they get it from L.A. Fitness or just push ups and sit ups. Everybody seems to be finding a way.

Some people do it just for the looks and others do it for performance in their respective sports. One popular hub among athletes in the Tampa Bay Area is a gym called the Performance Compound or just The Compound for short. It is used by athletes of all ages from kids to professional athletes to older people

trying to make themselves healthier. One of the best features the Compound is the training staff. All of the trainers have a lot of experience in making people better athletes and making them healthier. The biggest downside for people in the East Lake area is that it is a half an hour away and it is a bit pricey.

Another popular gym is the YMCA; a lot of people from the Lansbrook neighborhood go there because it is right in the neighborhood. They have newer equipment and free classes. The only downside is the lack of equipment if there are a lot of people at the gym. Also there aren't very many experienced trainers, but if you know your stuff you will do just fine.