



Take Care of YOU

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Is a gym membership right for you?

A Comparison of Gyms in Alaska

To help in your research and decision-making process of figuring out whether a gym membership fits your needs, we put together the following comparison guide featuring popular gyms in Alaska.

[Click here](#)

Comparison Guide to Popular Gyms in Alaska

Prices and additional services may change and may vary based on location, not available in several gyms to confirm.

Gym	Location	Hours	Cost	Personal Training	Group Classes	Sauna	Tanning	Sports Courts	Swimming	Other
Planet Fitness	Prudhoe Bay	24/7	\$10-\$20	✓	✓	✓	✓	✓	✓	✓
YMCA	Prudhoe Bay	24/7	\$10-\$20	✓	✓	✓	✓	✓	✓	✓
Body Access	Prudhoe Bay	24/7	\$10-\$20	✓	✓	✓	✓	✓	✓	✓
Orange Theory	Prudhoe Bay	24/7	\$10-\$20	✓	✓	✓	✓	✓	✓	✓
Alaska Fitness	Prudhoe Bay	24/7	\$10-\$20	✓	✓	✓	✓	✓	✓	✓
Anytime Fitness	Prudhoe Bay	24/7	\$10-\$20	✓	✓	✓	✓	✓	✓	✓
The Alaska Club	Prudhoe Bay	24/7	\$10-\$20	✓	✓	✓	✓	✓	✓	✓
The Fitness Place	Prudhoe Bay	24/7	\$10-\$20	✓	✓	✓	✓	✓	✓	✓
24x7x24 Fitness	Prudhoe Bay	24/7	\$10-\$20	✓	✓	✓	✓	✓	✓	✓
Madison Athletic Club	Prudhoe Bay	24/7	\$10-\$20	✓	✓	✓	✓	✓	✓	✓

Regular exercise offers whole-health benefits such as improved endurance, muscle tone, mental clarity, energy levels, weight management, and more. These benefits can be achieved at a gym, at home, outdoors, or through a variety of other alternatives (e.g. rock climbing, gymnastics, martial arts, yoga, etc.). But which exercise plan is right for you? When deciding whether or not to sign up for a gym membership, here are a few factors to consider.

Pros

Gyms offer a safe and well-maintained environment, plus accessible equipment, group classes, and personal training benefits. Many gyms also offer features such as saunas, tanning beds, and sports courts. Having a dedicated space in which to work out can motivate, build confidence, and give a sense of community. Gyms are not weather-dependent and offer consistency as well as variety to your workouts.

Cons

Memberships and additional services such as personal training can be expensive, and many gyms require lengthy contracts that lock you in regardless of how often you go. Working out in public can be anxiety-inducing for some, and a gym environment may not be beneficial depending on what life stage you're in. Including the time required for transportation, outfit changes, and showering, going to the gym can become a deterrent to exercising.

Ultimately, the decision to join a gym is dependent on your lifestyle, fitness goals, and budget. Do your research, consider your options, and make the decision that works best for you and your health journey.

Stay tuned for our next Wellness Bulletin for alternative ways to establishing or improving your health and fitness without a gym membership.