3 Reasons To Save Money and Build Your Own Home Gym

Hello [[firstname]],

The average cost of a gym membership, for one person, is around $50 a month. This usually includes the gym use itself. It often does not include tanning, private coaching, or any extras that the gym may have. If you do get these extras, you could be paying as much as $100 a month. This can be very costly, especially if you find that you don't have the time to go to the gym or the motivation. If this sounds like your situation, you may want to consider a home gym. Here are some reasons to save money and build your own home gym today.

**Time Constraints**

There are an increasing number of gyms that are 24/7 operations. The issue with this is that these gyms may be farther away from your home than you want. The bigger issue is when time constraints feed into your local gym and their hours. If you can't get there within the gym hours, this leaves you having to drive to the 24/7 gym which may be more expensive. That's not even considering the gas costs. You can save money by building your own gym and avoiding the gas and hours issue that comes with outside more commercial gym options.

**Family Pricing**

When you go to a gym, you are not only paying for your own membership, you are paying for your family as well. In most cases, this may be just you and your spouse or significant other. The larger issues comes in when you are dealing with the cost for you, your spouse, and children. There are some gyms that will work with you on this, but some will have different fees for each member. This means you need to pay those fees each month. You can save all of that money, which can exceed $100 for larger families, by simply having your own home gym.

**Changing Routine**

When you start a routine at the gym, you will likely end up going at a specific time and maybe using specific equipment or a personal trainer. This means that you will pay for those extras in some cases. If you change your routine, then you may have to pay different or higher fees. For example, if you have a personal trainer that sees you afternoon, you may have to pay for a higher priced trainer for evenings, nights, or lunch hours. You can save these fees with a home gym and personal virtual trainers online streaming into your home gym area.

Home gyms can be very simple and very easy to conceal. You don't have to have a big home in order to have one, or even an extra room. Keep that in mind when you start to come up with ideas for your home gym before you become discouraged.

[sign off]