



# How to Start a Gym: Taking Steps Toward Business Ownership

*Albert Aaron*

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## **Fitness is booming! Start your own gym today and change lives tomorrow!**

This book contains proven steps and strategies on how to plan and prepare to own your own gym business.

This book will help you take the necessary steps in planning for gym ownership, but it can also be used to show you what it takes to own any business that you want. From the business plan, to the licensing requirements, hiring staff and more, you will find out what goes into owning your own business. It will also tell you about the benefits of buying into a franchise and finding a business mentor to guide you through the entire process.

Most people dream of being able to make a living by doing something they love, something about which they are passionate. If you are passionate about fitness and helping people get into better shape, your dream may be to open a gym. However, a lot of planning goes into running a business and it takes a lot of commitment in terms of hours and money to open and run their own business.

### **In this book you will learn:**

1. How to make your initial business decisions
2. Writing a business plan
3. Legal Matters
4. Lending Options
5. Equipping your gym
6. What staff you need
7. About business suppliers
8. How to attract clients

### **What others are saying:**

“I started off with a boot camp and in months my classes were sold out. I decided to open up a second location and within weeks my classes sold out again. I always wanted to own my own venue and thanks to the guidance of this book I can say I do. I was going to open up a third location but decided to open up a venue to operate out of. We are currently in construction but this book definitely helped make that happen!” - Barry Hairo

“I wasn’t sure what I wanted to do. I was always health conscious. When Instagram came out I randomly started getting followers. I am now at 100,000. I decided to team up with other Instagram famous trainers. With the guidance of this book it is a lot easier to do just that. We are in the progress of opening up a small 100 capacity venue. Great read for this getting into this business!” - Simone Panda

Tags: How to Open a Gym, how to start a gym, opening a gym, starting a business, starting a gym business, crossfit

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### **From reader reviews:**

#### **Gary Lewis:**

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#### **Blanche Dobos:**

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#### **Ronda Powers:**

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#### **Dianne Haire:**

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