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## Do Equinox Gyms Have A Steam Room?



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The glass door swung open, and my exhausted legs carried me into the inviting mistiness of the Equinox steam room. I had made it at last!

**Of course, like any modern fitness club, Equinox clubs have steam rooms. They wouldn't be able to extract such a high membership fee from their members if they didn't offer the amenities we expect, like saunas, steam rooms, swimming pools, and jacuzzis. In some of their locations, they even have eucalyptus steam rooms, which sounds amazing! To be honest, some of their features make me not want to leave after my workouts.**



## **Should I Get Steamy Before Or After?**

After, definitely after. If you've just wrapped up a workout, you should hit the steam room and then have a shower afterward. After an intense gym session, the steam will help us relax, increase our circulation, and thus purge all of that lactic acid that built up while you were active.

## **What Else Do I Get From A Steam Room?**

To start with, the steam and humidity are great for your respiratory system, loosening any phlegm in your lungs and clearing your sinuses. It's also amazing for your circulation, because of the heat in the room, and that's going to speed up your recovery.

We know it's good for the muscles, but what about your skin? The moisture in the steam room will hydrate your skin, and you will emerge from the humid habitat feeling like you've had a spa treatment. The hot steam will cleanse and then moisturize your skin, while you sit and think about the day ahead.

The body detoxifies with sweat, and while you are in the steam room you will definitely be sweating. I recommend trying 15 minutes inside, but pay attention to how you are feeling and leave early if you get lightheaded.

## **Does Every Equinox Location Have A Steam Room?**

Almost every Equinox location has a steam room, and that's because Equinox understands how beneficial it can be for their members' post-workout routine. There are Equinox locations all over the place, 41 locations in New York for example, and 32 throughout California.

Almost every location has a steam room, but make sure you check before booking your first appointment.

## **Is The Steam Room Included With My Membership?**

Yes, there is no extra charge to use the steam room, and there will be lots of

other things included in your membership fee too. Some of the most exciting things that are included with your membership include streamed coaching lessons, in-person training, a complimentary personal training session, and a complimentary fitness assessment.

## Will The Steam Room Be Busy?

That totally depends on the time of day you are there, if you want some extra room and privacy, I would recommend going early in the morning or late at night. Around 5 PM-6 PM when everyone has just finished work, the steam rooms are likely to be full of humid humans enjoying that magical mist.



## Steam Room Etiquette 101

It's a place for relaxation and renewal, so make sure to keep your voice down, and definitely don't start playing Youtube videos in there, it's polite to space yourself out from other steam room users too. Just be respectful in there!

## How Is A Sauna Different?

Saunas offer dry heat, whereas steam rooms offer moist heat. Saunas usually generate that dry heat by using heated rocks, I personally love spending some time inside, but I know that a steam room is going to be much more beneficial.

Many Equinox locations have both steam rooms and saunas, but sometimes you won't see the sauna on the amenities list. Trust me, the steam room is going to do a lot more for your recovery and overall health anyway.



## Is There Anything Else To Do After The Steam Room?

There are plenty of things to do because Equinox is building its brand into an all-encompassing fitness club. They want to cater to any needs their members have, and I think they've done an outstanding job.

### Amenities I love at Equinox:

1. Steam rooms and saunas
2. Juice presses
3. Indoor cold and warm swimming pools
4. State-of-the-art spas
5. Kids Clubs

# Why Is Everyone Loving Equinox So Much?

Equinox is setting itself up as the go-to luxury fitness provider in America. I love how each location feels like it was designed uniquely and each one has its own style and atmosphere. Some plans start at \$260 a month, which actually isn't that bad compared to some of the other gym franchises.

People love that the gym feels tailor-made, with the aesthetics being just as important as the functionality of the space.

## How Can I Get Started?



Get in touch with Equinox via their website and work with their staff to find a location near you. Don't lose motivation after you buy your membership, get into one of these beautiful fitness clubs and start becoming the healthiest version of yourself!

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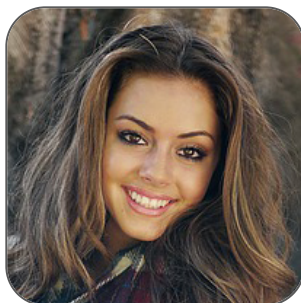
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