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## Powerhouse gym bayside membership

T T It The gym is in new ownership. it seems a dark-haired woman of advanced age and her wannabe fake juice head short stature husband, bought powerhouse as another investment/toy (apparently he also moonlights as a DJ in a bagel place.) the attitude and actions of the owners at the reception are extremely unprofessional. This is just one first in a series of problems that plague this once glorious Rocky or Meat Head gym. LET'S TALK ABOUT SAFETY! Most of the equipment (if not all) here has been broken for years and instead of hiring anorated gym professionals to fix the broken machines properly, they rent hacks that are unprofessional, unscrupulous friends of the owners for little or no money, hence the quality of the workmanship in which the machines are patched look terrible. I've watched staff gorilla glue stuff back together!!! Below includes, but not limited to - CARDIO MACHINES THE BIKES - WOBBLE and tilt, THE RESISTANCE IS BROKEN! could just as well sit on the couch at home if there is no resistance. )= THE TREADMILLS - The BELTS HAVE NO TREADS. Nothing!!! nothing is retained. big problems on most cardio devices here. LANGHANTELN EVERY SINGLE LANGHANTEL IS MADE!! It prevents proper or safe banking, dead lifting or squatting. Basically every exercise you need, a perfectly straight bar to achieve the perfect rep(s). This curved rod also prevents all rocky or meat head exercises from being carried out correctly. FREE WEIGHTS LAWL! SOME WEIGHTS ARE TOGETHER like the DUMBBELLS and the leg press safety button. SO NOT SURE. THE FLOORS IN THE ENTIRE GYM NEED TO CHANGE!!! The rubber mats are worn and uneven, which prevent proper squatting and deadlifting and all other rocking and meathead exercises STUFF AND BROKEN THINGS LIKE MIRRORS, LIGHTS. ARE NOT FIXED FOR 6-8 MONTHS IN A TIME. (if any) a fan has been broken and never replaced. THE MUSIC SELECTION is terrible, if you ask to change it, they will ignore you. Employees..... a great round nerd gentleman is highly unkind and unwilling. unless you are a hawt chick in this case he will try to give you a free protein shake. YOU ACCEPT silver sneakers NOW, so be prepared to train with Grandma. if you are looking for a hawt young solid person to see .... Look elsewhere my Brahs the energy in this place is at a snail's pace. literally brah. SO ALL in ALL everyone from the cardio queens to the biggest meat heads will have a problem with the equipment, or rather, the lack of care that is gym is used. The RATES used to be better and as soon as the new management took over the prices soared to 50 dollars and it did not go into the fitness equipment it seems PS .. NOOOO FREE WIFI!!! ASKED THE ROUND GUY IN FRONT HE SAID THEY DONT HAVE THE PASSWORD. BUT CLEARLY THEY DO BECAUSE ALL THEY PLAY ARE APPS ON THEIR IPHONE THE WHOLE TIME USING THE GYM WIFI .. ITS 2015 FREE WIFI IS DO YOU DO NOT WANT YOUR MEMBERS to use your gym wifi?? RY Ryan Forte The equipment is great and the gym itself is quite spacious. That being said, would it kill them to post their hours somewhere? In front of their business, online, even on a recorded automated voicemail system?! The only way to find out it's hours to call, and when they're closed, you won't get a response or you can leave a voicemail. On weekdays, the gym opens at 5a.M. and closes at midnight. So it seems that this gym is equipped according to the schedules of people with either a lot of leisure time or people with 9-5 jobs. This is not good for people with different working hours, especially on weekends, where I used to work and the gym opens later. An openly available gymnastics period would make planning much easier in advance, especially for newcomers. Wish it was 24 hours, but this seems to find rare apart from Planet Fitness. People are pretty friendly, they don't have an overset rule, so only basic gym etiquette is necessary, but there seem to be a lot of guys coming during the day who don't know gym etiquette. These guys will sit on a machine for half an hour, do a set or two then just sit on their phone for another 10 minutes before doing their second set. If you don't turn to these people, they will continue to do so. Either that or they actually start using the machines to train. The shakes are nice but expensive, so just make your own home. The bathrooms are clean, and the yoga room is ideal for pre-workout stretching. Membership prices may seem like a big leap when you come from Planet Fitness, but it's almost never overcrowded, and never to the extent of Planet Fitness. All in all, a pretty decent gym. Some quirks here and there, but these can be solved for the most part. EF effie safos DONT GET INVOLVE WITH THEM!!!!!!!! Me and my sister went to the gym last year. My sister moved to Greece for work and stopped at the Bayside site to cancel her membership. The person she spoke to told her that her account had been terminated. A few weeks later she received mail from the debt collection agency because they were not available to collect the money, my sister told them that her account was closed. My sister is already in Greece, so I called her again to try to close the account. The person who made my call tool had no idea about the politics, so he asked me to Call. what I did and they told me I had to call Bayside for cancellation. The account is not yet closed, about one and a half months later .. so hectic.. cannot wait for my contract to expire and never deal with them again. not sure what to do, need to close their account... BI Bill Lawson Need more squat racks. There is wasted space where the day care used to be, this can be a shelf. They have 6 preacher curls machines, which is also a waste. You can use this corner with 3 of those for a deadlift The floors are uneven, although they made the cellar again a few years ago. You have a new owner, a great guy, just clueless about certain things. There is even a lack of pins for all weight stacks in the gym. Almost every barbell is bent. Im pretty sure they're not sure which bar is which. You need to refill with Texas power bars or buy power bars for all benches, squatting rods for all racks and a deadlift bar for the above platform, which I recommend to buy them. They are also a kind of silver certified gym. Can't be hardcore in a place approved for my grandma. ED Edward Shim Clean, friendly, no frills gym with everything you need to get a good lifting/cardio session in. I always come here without mistakes when Im back in Bayside and it never lets me down. The staff is always very friendly and the members are mostly there to train and are also polite. The prices are also very reasonable. In any case, compared to places like Equinox in the city, this place is a great value for money and just as good for exercising. However, one thing I would recommend is a deadlift platform. I know that the gym offers a variety of people from different fitness levels, but even one would make a difference. Some of the treadmills are also in need of repair, but there are so many when I go that I never had to wait for one. Other organizations The Gym has two floors of equipment: Powerhouse Gym Bayside Prices: 2019 1 Month Membership - 60 USD \* Tax 3 Months Membership - 155 USD \* Tax 6 Months Membership - 239 USD \* Taxes 12 Months for 399.00 USD \* Taxes 1 Free Personal Training Session for All NEW MEMBERS We offer free: AEROBIC , ZUMBA & YOGA Courses . \*Tax did not include Tommy and the guys were a staple for me when it came to gyms. I moved, I was in other gyms and I can truthfully say THAT NOTHING is like Powerhouse. The environment and posture of the gym makes you want to push for your best. Everyone is the one for one thing, and that's to get a great workout without frills, honest prices that are affordable. Tommy really does his best by constantly updating his machines and the gym. People who work out in this gym have been working out here for more than 10 years. I have been going to the power station since 2001. This is devotion to your local gym! Keep it going Tommy! Tommy!

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