



# BROOKLYN\_BORN

 Change Banner Image

**154,981**  
SparkPoints



-  Info
-  Photos
-  Feed
-  Blogs
-  Awards
- More 

## Fan Wars – one workout environment does not fit all.

Wednesday, February 20, 2013

This is a tale of two gyms. Usually I visit my little gym with limited equipment and fans that serve one or two machines. If I get there first, I turn on the fan. If there's someone next to me working out already, I ask if they mind if I turn on the fan and abide by their wishes. When they leave, I turn MY fan on.

Then there's the large gym in town that I visit occasionally. It has a lot of equipment and fans in the ceiling all on the same circuit. That is an unfortunately poor design.

The weather was extremely cold so I arrived at the big gym determined to duplicate my planned outdoor 5 miles. All was going well. I was working hard but eventually it became labored. I was extremely hot and very, very sweaty. Was I having a cardiac event? Fortunately not. The fans had been turned off. There was literally NO air circulation.

When I inquired about the reason, I was told that a woman had requested it. The woman had just begun walking on the treadmill right next to me. I asked her if she would mind if the fans remained on for another 15 minutes until I finished running. Yes, she did mind since she didn't like to walk in a "draft."

Did she have a jacket or sweatshirt with her? No.

I'm not a regular at that gym so I assumed that her preference trumped mine and I didn't make an issue of it. I just stripped off my shirt and ran in my bra, ignoring her disapproving glances. Not a perfect solution, but it got the job done.

[Edit Blog Entry](#) | [Delete Blog Entry](#)

Share This Post With Others

[Report Inappropriate Blog](#)

 [Add a Blog Entry](#)

See Today's Featured Member Blog Posts

### More Blogs by BROOKLYN\_BORN

[Now I can add one more event to my "Anniversary Dates" to forget - 6/7/2021](#)

[Avoiding Our Wedding Anniversary - 6/4/2021](#)

[Multitasking for Safety – Plus Remembrance and Reflection - 6/1/2021](#)

[Taps Across America – The National Moment of Remembrance - Monday 5/31/21 3PM - 5/30/2021](#)

[View All >](#)

## Member Comments About This Blog Post



**NASFKAB**  
great job way to go what was the colour of the bra?  
3031 days ago



**WILSONWR**  
What a unique way of getting your point across (ha!). I've GOT to have some air movement when I'm working out...  
3033 days ago





**DEBBY4576**

Haha. Good for you. Good grief, what the hey. When you first go into any gym, I'm usually freezing my arse off. I don't complain, because I know I am going to be warm and glad for the cold very soon. I've never heard of a gym catering to someone that is too cold before they even work out. Let alone, pay any attention to one person. Oh well, good thing you use the little gym most of the time. Did you wanna slug her?  
3035 days ago



**WINDSURFNERD**

I love your solution!! the YMCA near me used to have treadmills that had fans in the console, I thought that was GREAT! When they "modernized" the cardio equipment and replaced those treadmills with a model that did not have fans, I was bummed! Then again, I prefer to run outside so my vote shouldn't count for much.  
Naomi  
3036 days ago

Comment edited on: 2/20/2013 3:58:48 PM



**CD12629461**

Good for you. You didn't give up that last 15 minutes. You made the best of a bad situation, pushed on and managed to aggravate someone all at the same time.



Sounds like a great time to me.  
3036 days ago



**DONNA5281**

  
3036 days ago



**SUZYMOBILE**

Good for you!  
3036 days ago



**CELIAMINER**

Ugh, we have a man like that at my gym at work. When I do choose to use the treadmill instead of walking outside, I pick the one in the back corner and turn on the fan in that corner. The man walks in to ride the recumbent bike in the far diagonal corner, but stops to turn off my fan without asking and then changes the channel on one of the TVs without bothering to ask if anyone is watching that program. He is one reason I try to walk outside even if it means the 2-mile parking garage circuit.  
3036 days ago



**DR1939**

We had similar issues at the cardiac rehab I attended after my stents. There were only three of us but we had to share fans. We worked it out so that the two who liked fans worked out in the same area at the same time. That's much easier to do when you know the people well.

Forty years ago I had neck surgery and was in a hospital for two weeks. It was the hottest two weeks of the year in Cleveland--in the upper 90s. The rooms had individual air conditioners, no fans, and I was in a double room. The woman by the window had arthritis and would not turn on the air conditioner. I was in a neck brace. The nurses finally found a fan to blow directly on me. She was not too happy about that because the air movement disturbed her. The day she left was a day of rejoicing.  
3036 days ago



**BOILHAM**

So, um. What color was the bra? Just askin'  
3036 days ago



**COCK-ROBIN**

LOL  
3036 days ago



**HAYBURNER1969**

It seems to me that the person who is cold can always put on another layer. There is a limit to what you can take off.

Only at the Y have I ever encountered this problem. At my old gym, never. Maybe there were fewer old people. It's usually the elderly who are moving (but not breaking a sweat) who want the fans off.  
3036 days ago



CD11026554

v

That is so frustrating! I despise "over hot" gyms. I admire your solution!  
3036 days ago



### Add Your Comment to the Blog Post

Leave encouragement, a question, or anything else relevant to this post. All blog comments must abide by SparkPeople's [Community Guidelines](#).

Subscribe to this blog

ADD AN EMOTICON

SPELL CHECK

**Post Comment**

Disclaimer: Weight loss results will vary from person to person. No individual result should be seen as a typical result of following the SparkPeople program.