

Although I have a sweet tooth, exercise is an interest of mine. Even when I have those days where I just want to relax, there are other times when I want to get up, get a good workout, and stay in shape.

In real life, I go to a Gym around Liverpool, NY. I listen to music, burn calories, relieve stress, move around, and interact with other people. Sometimes I use weights and the elliptical. Other times I attend classes (i.e. Step, Zumba). On rare occasions, I receive personal training from one of the instructors.

At a gym, there are many members, trainers, and classes. Each member has an ID membership. Trainers sometimes teach more than one exercise class. When the trainers give personal training, they usually have more than one client.

Exercise helps me stay fit and active. Sometimes it is an opportunity to get out of the house.

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