

# When Should I Go to the Gym? An Empirical Analysis

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If hell is other people, as a famous economist once said, then the ninth circle surely must look something like the Berkeley RSF at peak hours.<sup>1</sup> Nothing is worse than having to *wait in line* to get into the gym,<sup>2</sup> a misfortune that can strike any poor soul without the ability to forecast perfectly hoi polloi's gym-going fancies.

So whether you're a good economist and understand congestion externalities, are productive enough to actually consider the value of your time, or are just generally misanthropic, you've probably asked yourself: When should I go to the gym?

I have taken it upon myself to address this question with a cursory look into entry data at the Berkeley RSF.<sup>3</sup> The results are summarized below. Should you have further questions, I would be happy to answer them over deadlifts.

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<sup>1</sup>Sarte was trained as a sociologist, which is close enough. Also, according to Wikipedia I am abusing the original intent of his famous line (L'enfer, c'est les autres), although the translation is literal. Whatever.

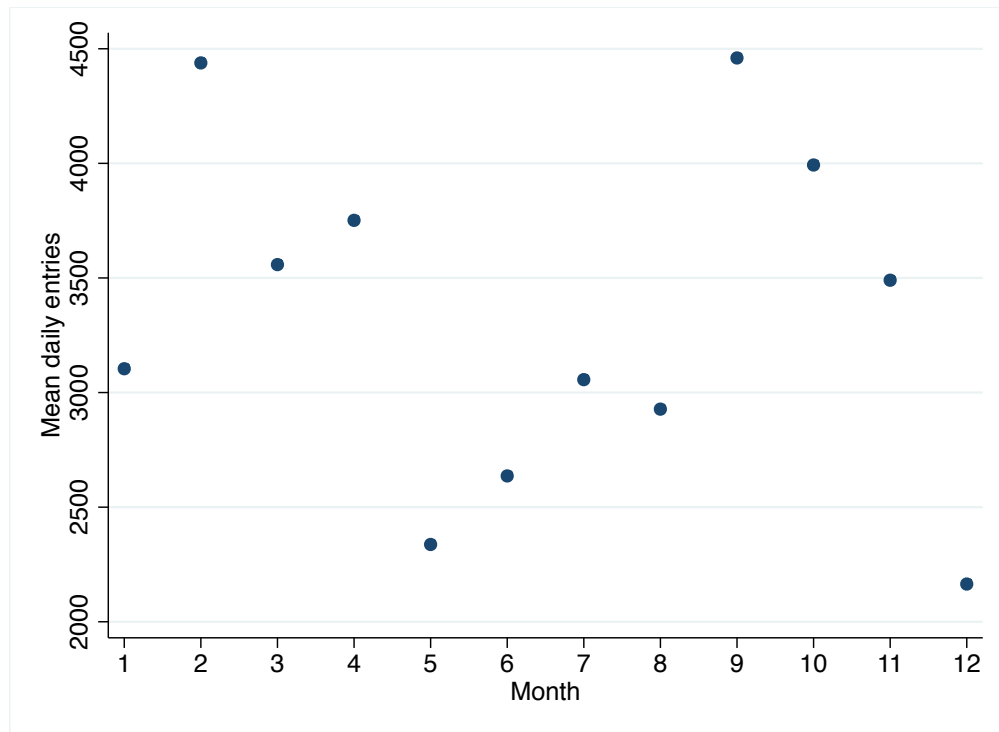
<sup>2</sup>This strikes me as entirely novel type of paying not to go to the gym.

<sup>3</sup>Data was generously provided by Berkeley Recreational Sports for 1/1/14 to 4/4/16. The data consist of total entry scans by hour and day. All analysis reflect my own opinions and mistakes.

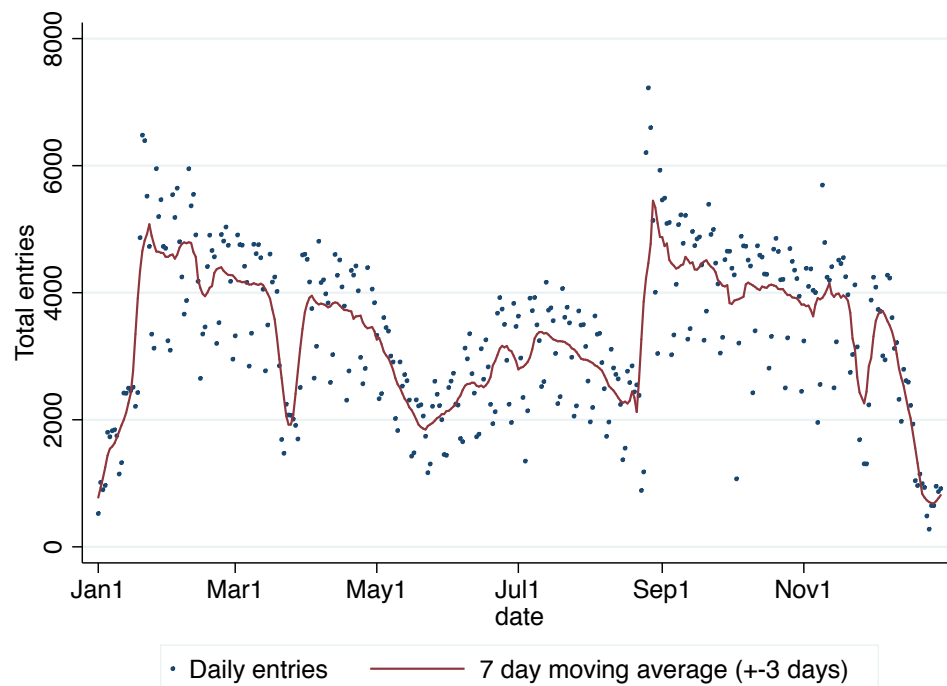
# Is it busier when school is in session?

Yes.

(a) Mean Daily Entry by Month



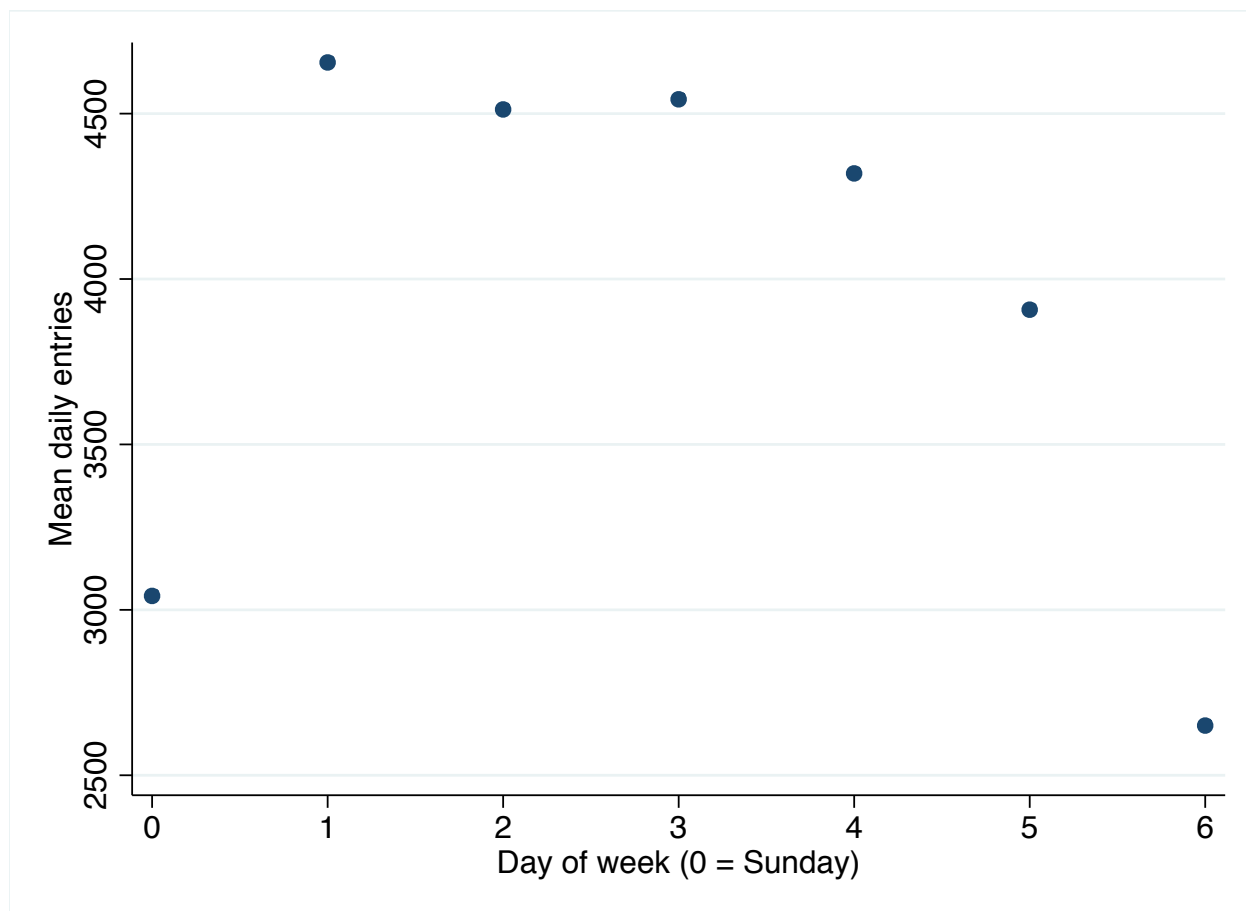
(b) Daily Entry Patterns for 2015



## What day of the week is best?

Friday-Sunday.<sup>4</sup>

Figure 2: Mean Total Entry by Day of Week



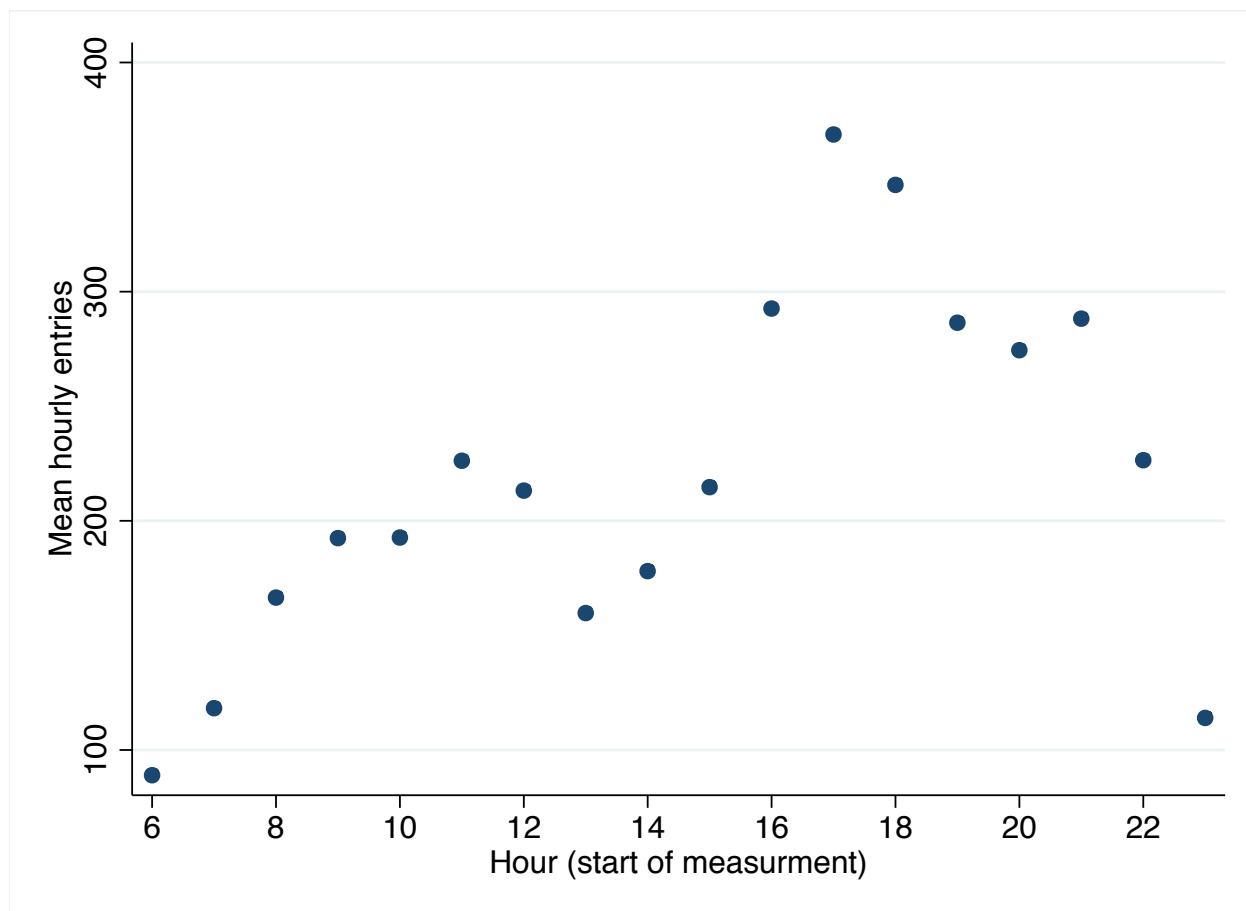
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<sup>4</sup>In what follows I include only school months: September-November and February-April (inclusive).

## Should I go before lunch or after?

Mornings and early afternoons are generally best.

Figure 3: Mean Total Entry by Hour



Hour refers to the start of the hour of measurement, so 6 refers to 6 to 7am, etc.

# What if it's the weekend?

Figure 4: Mean Total Entry by Day-of-Week and Hour

