

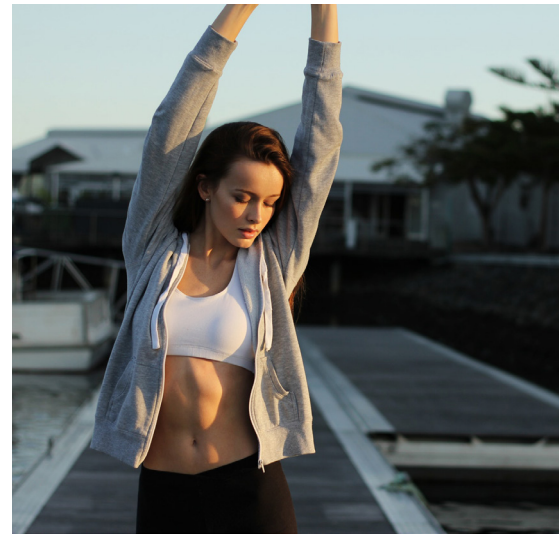
GIXO

BEST FITNESS APPS

VERONIQUE THOMAS

REVIEW: Gixo

Gixo is a workout app that you can use for daily workouts in your home, work, park or wherever for a \$20 per month or \$180 per year. Gixo has instructor-led classes that have been pre-recorded, but the best part about Gixo is the real-time classes where you can have actual dialogue with your instructor.



The Good

You get a great workout at your comfort level, at the time that you are available. You don't have to beat the traffic to rush to a class. Also, you can ask the instructors questions during the workout if you are having any challenges. You can also have accountability by building a network of your friends and have workouts together.

The Bad

I never saw where there was anything stated what would be needed for a class until the instructor stated what would be used for the workout. While you can interact with the instructor, you have to actually stop and type your questions. It would be easier if you can actually verbally ask the questions or concerns. I would have also liked if I could have used the app on my TV or computer and not just on my phone. Some of the exercise moves would have been easier to see.

No Ugly

I generally really like this app. I had some great workouts while away on a work trip in my hotel room. There is no harassment at a gym or confusion on what to do each day because there is a planned workout you can do every day of the week.