

HHR Fitness Survey

1. Are you aware of fitness classes that are held year-round? Yes No
2. Currently, the following classes are held:
Monday 9am Strength Training/10am Chair Cardio
Wednesday 9am PIYO/10am Chair Strength Training
Friday 9am Aerobics/10am Chair Stretch.
During the summer from May through September the 9am class moves to the pool.
Do you participate in any of them? Yes (skip to #4) No
3. If not, why not? Don't want to. Time of day does not work.
 Other _____ (Skip to 6#)
4. Are you happy with the day and time of these classes? Yes No. What changes would you like _____
5. Summer fitness schedule has been M/TH/F. Would you like this changed to M/W/F? Yes No.
6. If an evening class was offered, would you participate? Yes NO (skip to #8). What day of the week would be best? M T W TH F
7. What type of class would you like for the evening class? _____
8. Other than what is offered, what other type of class would you like to see during the day? _____
9. Would a once a month specialty class interest you? Yes No. What would it be? _____
10. Do you use the Fitness Room equipment on a regular basis? Yes No.
11. Would you be interested in a Fitness Room Circuit Class Yes No.
 Day Evening.

Thank you for participating in this survey.

Print Name

Sign

Date

Send electronically.