

Group Exercise and Fitness Survey 2009

Please take a moment to help us improve your Group Exercise & Fitness experiences at the Pavilion. When you are done, please drop the questionnaire at the designated area by the front desk entrance or fax it to 703-589-1110. Submission deadline is *November 30, 2009.*

Group Exercise Classes & Fitness Program Quality

How often do you come to the Pavilion?

- Every day
- A few times a week
- Once or twice a week
- A few times a month

Which class formats do you typically attend?

- Cycle
- Strength Training
- Yoga/Pilates
- Step/Cardio
- Step/Cardio
- Aqua Exercise
- Fee Based (Belly, Reformer)
- Other _____

How would you rate the group exercise classes?

- Consistent high quality
- Generally good
- Needs improvement
- Poor quality

How would you rate the Fitness program?
(Personal Training, Fee Base Classes, Fitness Floor, etc.)

- Consistent high quality
- Generally good
- Needs improvement
- Poor quality

Service & Environment

What additional equipment should group exercise have to improve your experience?

- Body Bars
- Pilate Reformer
- Rack Weight System
- Reebok Step Risers
- Other _____

How would you rate the group exercise/fitness staff?

- Friendly, helpful and knowledgeable
- Average
- Varies on Visit
- Poor service

Additional Comments:

What group exercise formats or fitness programs would you prefer be implemented into our group exercise/fitness programs?

- More Yoga
- More Pilates
- More Strength Training Formats
- More BOSU or Cardio Formats
- More Personal Training
- More Fee Based (Tai Chi, Self Defense, etc.)
- Other _____

About You: (Optional)

Age: _____ Gender: _____

If you wish for someone to contact you regarding your comments, please leave your name & contact information.

Name: _____

Email: _____

Phone: _____

Is the group exercise studio & fitness area often clean and inviting?

- Yes
- No

Thank you for participating in this survey. We value your opinion to help us improve our services and offered programs.

