**What time of the day do you prefer to attend Group Exercise classes?**

Early / mid morn / mid afternoon / evening

**How many group fitness classes do you attend on average per week?**0-2 / 2-4 / 4+

**What Group Exercise classes do you participate in? (Check all that apply)**

\*\*\*\* add checkboxes for list of all classes current running

**What is it about these classes that you like the most?**

**What types of classes would you like to see added to the schedule?**

\*\*\*\* add checkboxes for list of all classes considering

**When choosing a group exercise class which of the following factors is most important? Please rank 1-4 with 1 being the most important factor.  
T**ype Of Class  
Length Of Class  
Instructor   
Time And Day  
Virtual Or Live

**Please rate the overall appearance of the Group Exercise schedule.   
(Is it easy to read? Is it well organized?)**Very Difficult  
Somewhat Difficult  
OK But Could Be Better  
Quite Easy To Read  
Very Well Presented

**How happy are you with the current Group Fitness Timetable?**

Very happy

Happy

Satisfied

Not Satisfied

N/A I do not use Group Fitness

**What other Fitness/Wellness programs would you be interested in?**

#### ****Are there any classes you would like to see less of? If so please elaborate:****

**Are there any classes you have tried but didn’t enjoy?**

Y / N

**Please select the reasons for this-**  
Class content/ Timeslot/ Instructor/ Difficulty level/ Other

**From your participation in Group Exercise, do you feel you have improved your:**Self Confidence  
Concentration   
Emotional Wellbeing   
Physical Wellbeing  
Mental Wellbeing  
Stress Management  
Fitness Level  
Sleep pattern

**How often would you like to see some changes to classes on the TT?**Monthly / Quarterly / 6m/ Annually  
  
  
**Would you be interested in virtual Group Fitness classes?  
  
  
Is there anything you would like to raise about the group fitness timetable we have not covered in the questionnaire? If so, please write your comments in the space below:  
  
  
Whats the main service you use to workout in Fernwood?**Gym floor  
Group Fitness classes  
Fiit30 / Reformer   
Personal Training  
Hypoxi  
  
**What are your main motivations in working out? Please rank the following in order of importance with #1 being the most important**

For physical Benefit

For Mental Benefit

To meet friends

To feel healthy

Societal Pressure

Other

#### ****If you are not currently participating in Group Fitness classes please tell us what we could change that would make you decide to take part?****