

Monroe County YMCA



Group Exercise Program Evaluation

Evaluation Team:

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Executive Summary

The Monroe County YMCA entered into an agreement with the Indiana University Instructional Systems Technology graduate student team of Susan Loucks, Ling Qian, and Brett Gary to conduct an evaluation of the YMCA Group Exercise program. A proposal outlining the goals and evaluation methods was submitted and approved in March, 2017.

YMCA leadership evaluate their group exercise programs twice annually by surveying members and participants. Group exercise classes consist of land-based group exercise, aquatic group exercise, yoga, tai chi and pilates. The Adult Wellness Director, Gayle Ebel, desired to continue to use survey information to improve their group exercise classes, increase member engagement, and satisfaction. Since moving to an electronic survey format two years ago, the response rate dropped compared to previous years. In addition to improving their response rate, they also desired to share the survey results with their staff in a more efficient and organized manner.

As part of the evaluation project, the evaluators conducted a survey of YMCA Group Exercise participants and nonparticipants, conducted interviews with YMCA Group Exercise instructors, observed Group Exercise classes, and reviewed results of the Fall 2016 YMCA Group Exercise Survey. Based on the information collected, the evaluators developed results from the group exercise programs in the form of strengths and areas for improvement and developed a list of future considerations, aimed at improving the YMCA Group Exercise program. A summary of the results and considerations are presented below. The remainder of the report more thoroughly describes the evaluation methodology, provides support for the results from the data collection process, and outlines the future considerations.

In summary, the evaluation team found the following:

Strengths/Positives of Monroe County YMCA Group Exercise Program

- Group Exercise classes foster a community amongst YMCA participants
- YMCA leadership is actively engaged with the Group Exercise program
- YMCA leadership is supportive and responsive to Group Exercise program needs
- Group Exercise program offers diverse formats, something for everyone
- Group Exercise instructors are well prepared, motivating, and engaged
- Group Exercise instructors provide guidance and support to ensure proper techniques are followed and are adept at modifying formats to meet individual participant needs

Areas for Improvement with Monroe County YMCA Group Exercise Program

- Challenging for full-time workers to attend some group exercise classes
- Some of the more popular classes are crowded and more space may be required (Pilates, aquatic classes)
- Paying for classes in addition to membership fees is inconvenient
- Lack of male demographic participants in classes
- Northwest YMCA limited in class offerings by group exercise space available
- The group exercise water class equipment at Northwest YMCA is in need of attention
- Northwest YMCA does not offer as diverse classes as Southeast YMCA
- Paid classes are setup to charge participants by sessions, requiring participants to pay for classes they may not be able to attend
- Increase marketing of group exercise class formats

Based on the findings of the evaluation, the **future considerations** are:

- Increase course offerings to accommodate full-time employment participants
- Increase offerings of popular classes (Pilates, aquatics classes)
- Include more membership classes, less paid classes
- Market classes to male participants to increase their attendance
- Consider adding additional group exercise space at Northwest YMCA
- Northwest YMCA water equipment may need attention and should be inspected by fitness instructors to determine if repair or replacement is necessary
- Increase class variety at Northwest YMCA
- Consider changing format of paid classes to pay for each class individually, versus the current pay by session format
- Provide video links on website demonstrating the class formats offered

Acknowledgements

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- Gayle Ebel, Monroe County YMCA Adult Wellness Director, for allowing us to conduct this evaluation initiative, and for all the support and resources provided throughout the project.
- Lily Kleinlein, Monroe County YMCA Adult Wellness Team Leader, for the support and resources provided to us during this project.
- The many YMCA of Monroe County Group Exercise Instructors - who allowed us to observe their classes and took time away from their busy schedules to participate in the data collection process.
- Dr. Gamze Ozogul for her outstanding commitment providing guidance and feedback to our team during the project.

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1. Introduction

1.1 An evaluation project was conducted for the Monroe County YMCA Group Exercise Program to capture the perceptions of participants and nonparticipants regarding the group exercise classes offered. The scope of the evaluation assisted in determining satisfaction with the programs, strengths, and areas for potential improvement to include instructor quality and participant attainment of fitness goals. This report includes the results, the evaluation methodology, data analysis, and discussion of future considerations resulting from the evaluation process.

2. Purpose & Scope

2.1 The evaluation was conducted for Monroe County YMCA to accomplish two tasks:

- Determine satisfaction with the group exercise programs and instructor quality
- Develop recommendations that will improve the programs moving forward

3. Evaluation Methodology

3.1 Evaluation Project Process

In this evaluation project, a three-step process as depicted below was used by the evaluation team. The team used quantitative and qualitative data collection methods for this project. Multiple sources of data were collected in the attempt to triangulate the results of the group exercise program evaluation and develop helpful future considerations.

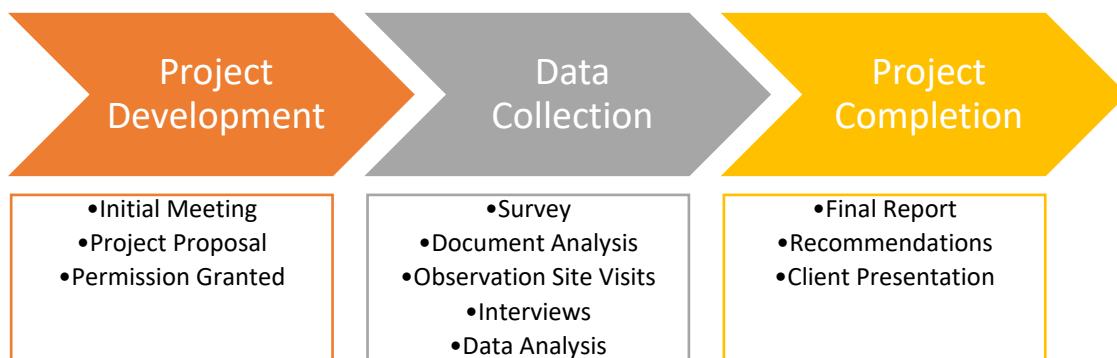


Figure 1: Project Methodology

3.2 Project Development

The project was initiated with a client meeting between the Monroe County YMCA Adult Wellness Director and the Indiana University Evaluation team. A set of goals and expectations were established, project scope was discussed, and the client supplied valuable background information and support for data collection.

3.3 Data Collection and Analysis

The process started with a review and analysis of the Fall 2016 Group Exercise Survey provided by the client as a reference and comparison tool for the 2017 evaluation. After determining the parameters of the Spring 2017 evaluation, a survey data collection instrument, interview protocol, and observation checklist were developed in an effort to triangulate the collection of data from multiple sources.

The interviews and observations were conducted at both Monroe County YMCA locations: Northwest and Southeast, from April 3rd to April 16th, 2017. The class observations included HIIT, Cycling, Zumba, BOSU Strength, P90X, Arthritis Aquatics Plus, Aquatic Fit Deepwater, and RIPPED.

Interviews: Nine instructor interviews were conducted between a member of the evaluation team and instructor using in-person and e-mail methods.

Observations: Eight on-site observations were conducted during the evaluation process. Each observation lasted the full duration of the class. An observations checklist (Appendix C) was used to guide the observers. It focused on observing the physical environment, instructors, and participants. In each observation, there were at least two observers from the evaluation team.

Qualitative analysis methods were used in analyzing the interviews and observations. The evaluation team summarized themes from the interviews and observations, and used quotes to support the themes. Comments from the surveys were also analyzed using qualitative methods. There were 194 responses to the online survey and descriptive statistics was used in analyzing the data. The team used the survey, interviews and observations to triangulate the data.

3.4 Project Completion

Using the results of the various analyses, the evaluation team developed a set of future considerations for our client in the form of this report and an in-person presentation.

3.5 Project Limitations

One of the major project limitations involved time available to complete the evaluation. The evaluation was constrained by the Indiana University semester schedule and was required to be completed between the dates of March 10th to May 4th, which limited the depth of data

that could be collected and analyzed. Another limitation occurred with survey distribution. The survey was promoted by the YMCA and its instructors through Facebook, however, initially the survey link was not compatible with mobile devices. This was discovered quickly and resolved. The survey link was sent to members by email later than originally planned which gave the participants less than one week to respond to the survey from the email link. The evaluation team initially recommended the survey be sent to members in a personalized email to help increase the response rate, but the link was sent by the YMCA Marketing Department as a part of an email newsletter to members. The email link was at the bottom of the newsletter so members had to scroll down through the newsletter to see the link. An additional limitation was that no budget was allocated for the evaluation, as it was conducted as an Indiana University graduate student project.

4. Results and Discussion

4.1 Survey Demographic Information

When asked which YMCA branch the survey participants visit, 83% of members (151) responded that they visit the Southeast branch and 17% (31) responded with the Northwest branch. The majority of the survey respondents identify themselves as female 89% (156) and 11% (20) as male. The age range of respondents was:

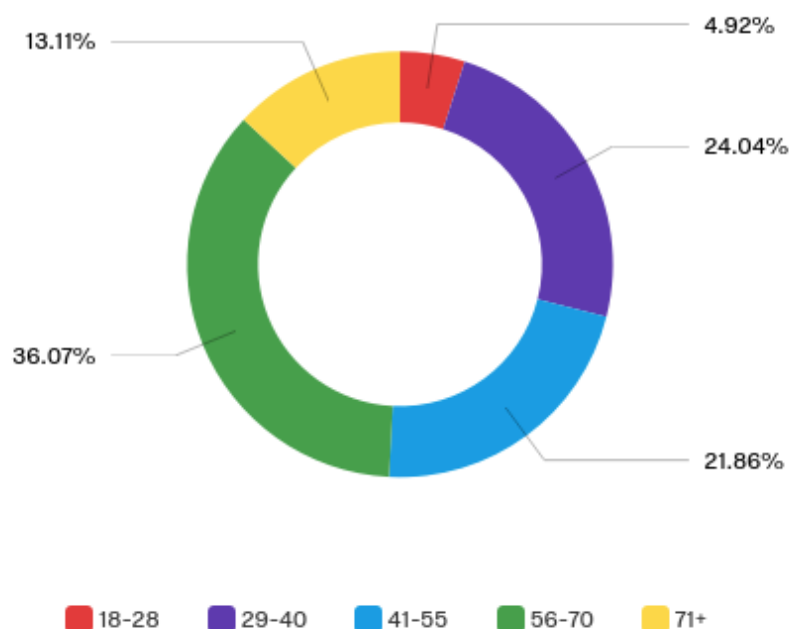


Figure 1: Age Range of Survey Participants

4.2 Non-Participant Members

When asked if they attend group exercise classes at the Y, 96% of survey participants (175) responded yes and 4% of survey participants (7) responded “no” to this question. If the survey participants responded “no” they were asked about their reasons for not attending. The responses for not attending reported by the participants were:

- Times do not align with schedule
- NW YMCA only caters to very specific demographic
- NW YMCA needs more class variety
- Some paid classes require payment of two classes per week, but members only able to attend one

4.3 Survey Results Per Class

This section of the report provides survey response information about each class. The responses are reported as the class average score, intensity level score, comments about the class from survey participants and comments about the instructor from survey participants.. The actual data tables used to calculate the class average are in Appendix E.

The class average score was calculated by summing the Likert scale scores from each of the 12 survey question categories that were asked specific to each class and then dividing the sum by 12. The Likert scale scores = Strongly Agree (5), Agree (4), Neither Agree nor Disagree (3), Disagree (2), Strongly Disagree (1). A comparison of average scores by class is shown in Figures 2, 3 and 4.

The class intensity level score illustrates the number of responses from survey participants (n) received for each of the classifications. The three classifications were “too intense”, “just right”, and “too easy.”

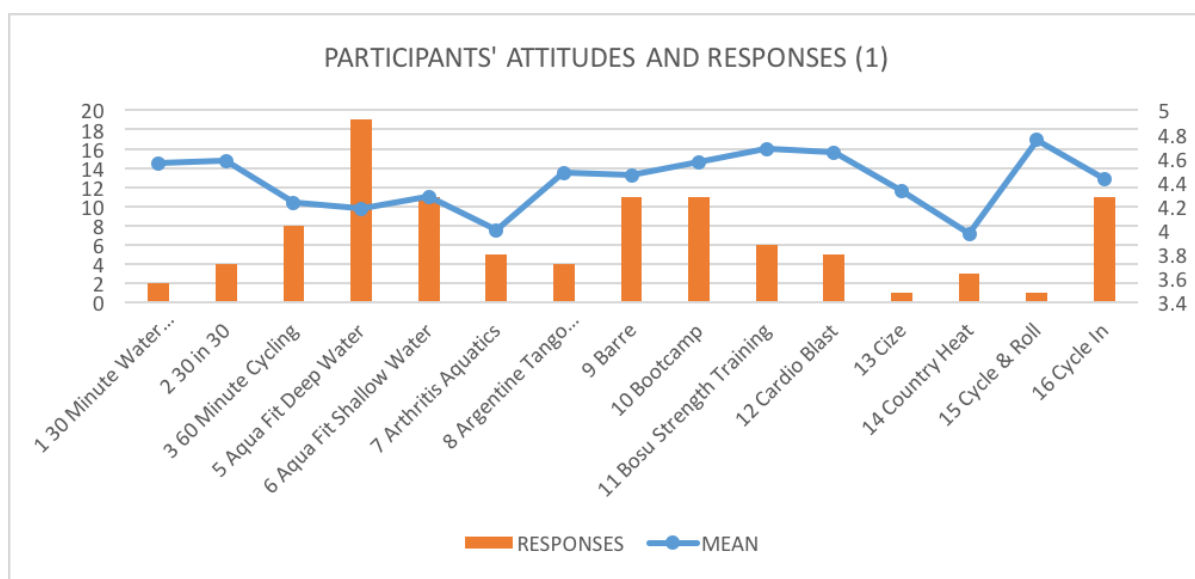


Figure 2: Comparison of Average Score Per Class

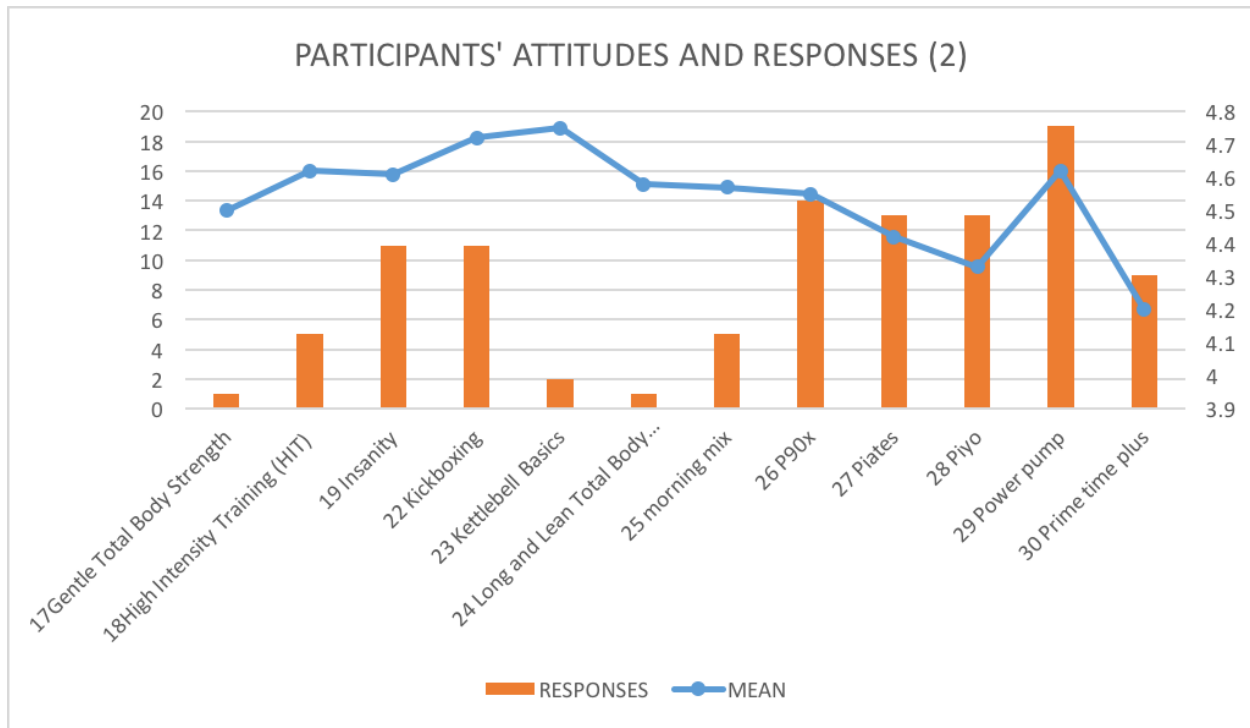


Figure 3: Comparison of Average Score Per Class

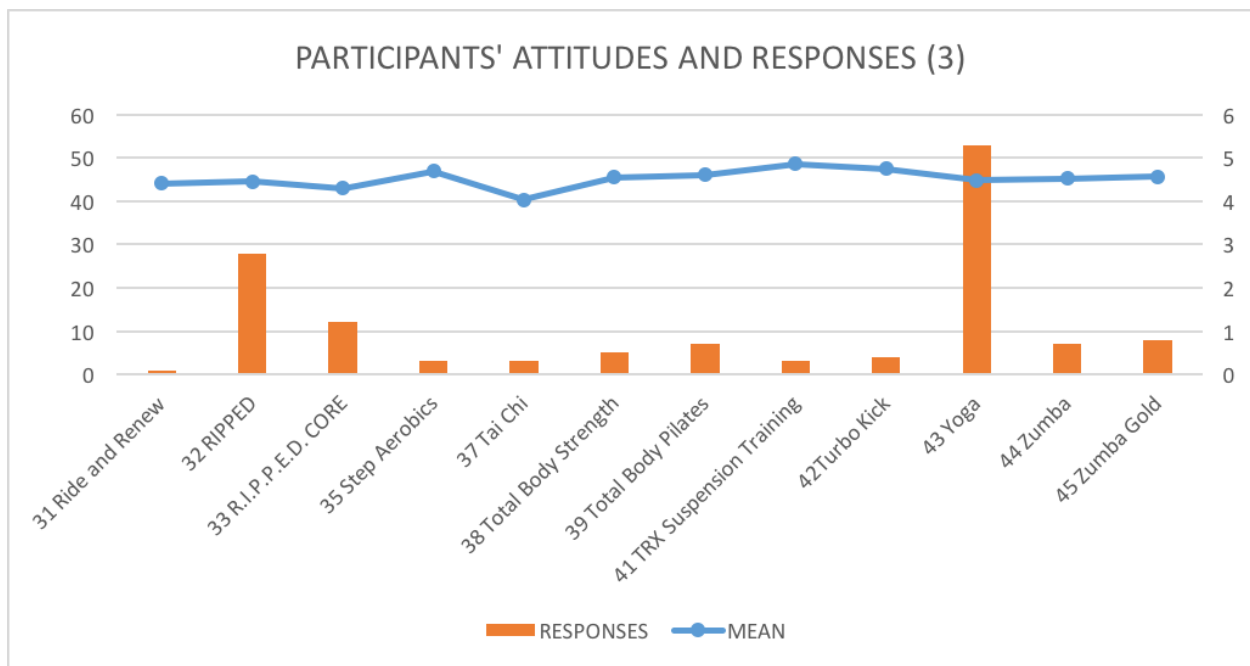


Figure 4: Comparison of Average Score Per Class

4.3.1 30 Minute Water Running:

Class Average Score	4.56	2 responses
Class Intensity	(1) just right	(1) too easy

Comments about the class:

- I have not been able to attend the class during this session because of other commitments, but I really enjoyed it when I last attended. Challenging, for me, but I certainly improved over the course of the class, with the assistance of the instructors and other class member.

Comments about the instructor:

- Jeannie and Shellie were fantastic!

4.3.2 30 in 30:

Class Average Score	4.58	4 responses
Class Intensity	(4) just right	

Comments about the class:

- I really enjoy this class and being able to get a good workout in just 30 minutes.
- I actually attend classes at both Southeast and Northwest, but the survey did not allow me to check both campuses. The 30 in 30 class with Jennifer Miller was at Northwest.
- Because of the time change, I no longer take this class. I wish it were offered earlier, and more often during the week as an alternative to the high intensity classes that are the only classes offered after work hours.

4.3.3 60 Minute Cycling:

Class Average Score	4.23	8 responses
Class Intensity	(7) just right*	

*Only 7 survey participants responded to the class intensity survey question, accounting for the disparity between class average score and class intensity responses.

Comments about the class:

- This class has been a great experience, year in and out.

Comments about the instructor:

- The instructor is top notch; well organized, very knowledgeable on scientific and

psychological aspects of performance, motivating and enthusiastic. She creates a unique environment and is very inspiring as well.

4.3.4 Aqua Fit Deep Water:

Class Average Score	4.18	19 responses
Class Intensity	(18) just right	(1) too easy

Comments about the class:

- The water belts we use at the NW facility are pathetic. I attended the SW building last week to make up a missed class and all belts were in great condition, or brand new!! The belts at the NW building have webbing that is stretched and continue to expand in water, have broken clasp or have side curves in construction that are painful in ribs as we work in the water. Now to be more positive the class activity is fantastic. Both the free class on Tuesday (this is greatly appreciated) and the Thursday class that we pay for are great exercises in keeping our muscles and cardio in great shape.
- Pool noodles don't age well. They start to look a little nasty when stained.
- Equipment: straps on the flotation belts need to be elastic rather than mesh. Need flexibility on them for better fit. They need to be maintained more frequently as well. Once in three years is too seldom!!
- I've heard that at least one person in the class has had an allergic reaction to the pool after it was shock treated during the winter break.
- I prefer a different instructor for every class. Three X a week class=three different instructors. Exercise is very routine but a new instructor adds a different perspective and different exercises to achieve the same goal. It takes a lot of the boredom out of the class. I'd like a flex pass to attend other deep water aqua aerobic classes.

Comments about the instructor:

- Barb and Gayle are great and very motivating. Sometimes Jenn is a bit hard to follow but her class is fine.
- I like the variety. I find Gayle and Jen provide most challenging workouts.
- Pam and Jen are terrific instructors. They are knowledgeable, likable, and try to keep talkative class on track! Lol
- All the instructors are great!
- A class taught by 2 different instructors. I like both. Jen earns my praise because she works hard to prepare tightly-timed, fast-moving routines. She wants us to get a good workout and reminds us to hold shoulders down, body upright, and so forth. A very good instructor!
- She is difficult to hear. A mike would be a great improvement.

4.3.5 Aqua Fit Shallow Water:

Class Average Score	4.28	11 responses
Class Intensity	(11) just right	

Comments about the class:

- I would like to see the low impact class be 60 minutes instead of 45. Also, I would like to see this class offered more than twice/week, preferably 5. That way if you cannot attend a class say Tuesday, you know you could attend an alternate day(s). Thanks.
- I prefer the deep water class which I did for years, but I work and can only attend the 6:15 class time and I have to attend the shallow, warm water class. I would be there for every class if my work/travel schedule allowed.
- Both instructors give modifications to make exercises less stressful or more challenging.
- I love this class. I have been attending for several years now. It was my first adventure into water fitness or any consistent exercise routine for that matter. I can't believe I keep coming. I cannot imagine another exercise program keeping me as motivated. I am sure a lot of my feelings have to do with Kathy, Kim, and my classmates. Thank you for continuing to offer this class every session.
- Well planned and organized.
- Add more stretching or offer a class with thorough stretching for us people over 50. We take classes cuz we won't do it at home. And stretching is pertinent to feeling better and avoiding all kinds of aches and damage to our aging bodies. Keeps it young.

Comments about the instructor:

- I like the mix of instructors with Jen and Claudia as they have different approaches so each class is different.
- Kathy and Kim are both very challenging and FUN!. Kim's music is more enjoyable. My classmates and I enjoy singing along. Kathy's music is used to keep the rhythm. It is not as enjoyable. But I believe each instructor is different and chooses music that they feel works well to help their students thrive. I am satisfied with Kathy's music and would not want her to change if she feels the music works for her.
- Jeanne is always fun while still making us work. Gayle is always challenging and changes it up from time to time. Sarah does a good workout, but it is boring.

4.3.6 Arthritis Aquatics:

Class Average Score	4.0	5 responses
Class Intensity	(4) just right	(1) too easy

Comments about the class:

- This is a free class and far too many people attend. I attend the MWF 12:05 classes.

Some people have such limitations it is difficult for others to work around them because it is too crowded. There needs to be another free water class on MWF. I would like to see another deep water arthritis class offered. The current one is full and deep water space is limited. Why can't there be a session in the main pool instead of the multipurpose pool?

- The workout is more strenuous than expected because it seems easy while in the water! It's good to have the instructor stress proper body positioning.

Comments about the instructor:

- Amiable and approachable. I've also had Barb as a sub & she is super strong on proper technique and body positioning/ wish she had more opportunity to do classes.

4.3.7 Argentine Tango Essentials:

Class Average Score	4.48	4 responses
Class Intensity	(4) just right	

Comments about the class:

- I wish more people were brave enough to try this class, not too hard but it's new to me so it is just right. And it is free!
- Fabulous! Thuy adjusts to the persons in the class, makes everyone feel welcome. Great mind/ body workout - coordination, balance, brain, human connection, laughter. Joy.
- It's a good introduction to the basic moves and music.
- The instructor brings lots of enthusiasm to her classes and is a great motivator. She knows tango so well that she can break it down into its component parts and have us do the appropriate warm ups. I have found my that my balance and movement have improved.

Comments about the instructor:

- Thuy does a fine job with the few people who show up, we are getting to know each other's strengths and style. Thuy is knowledgeable and brings humor to the class and the step combinations that are sometimes a challenge, have to be able to laugh. I look forward to Thursday evening tango!
- Such a motivator, friendly. Generous. Silly.
- Thuy is friendly, and fun, and her love of tango is evident. She makes everyone feel comfortable and capable of learning it for the joy of it.
- She is a terrific instructor.

4.3.8 Barre:

Class Average Score	4.46	11 responses
Class Intensity	(11) just right	

Comments about the class:

- The barre class can get busy. It would be nice if offered twice a week in the evening instead of just Tuesday.
- I love the class! It motivates me and pushes me. I look forward to it all week!
- At my age, I need this class for balance, flexibility and strength. I love this class and I know class members that feel the same way.
- I adore Mandy, but music is a very personal thing, and her musical tastes are quite different from mine, shall we say?

Comments about the instructor:

- Mandy is a wonderful Pilates instructor. She is extremely kind, personable, motivating, and challenging. She has helped me attain my fitness goals and kept me coming back to her classes.
- Mandy is a great instructor and always mixes up the routines of the class!
- Mandy is great! The intensity level of her class is perfect and she makes everyone feel comfortable and welcome!
- Mary Lou is an amazing instructor. She cares a great deal about motivating the class and causing us to feel relaxed & welcome in the class.
- Mandy is great. Her classes are well organized and very effective!

4.3.9 Bootcamp:

Class Average Score	4.57	11 responses
Class Intensity	(9) just right*	(1) too hard

* Only 10 survey participants responded to the class intensity survey question, accounting for the disparity between class average score and class intensity responses.

Comments about the class:

- Each instructor brings a different style. I like to be pushed because I honestly won't push myself enough. Shellie pushes hard but is always stressing keeping your core engaged and walks around helping us if necessary to correct bad form so we don't get injured. She does not push anytime past their limit and brings amazing energy to the class. She even noticed when I was battling a shoulder issue and gave me different exercises to do to avoid making it worse. Christie is so FULL of energy! Her enthusiasm is catchy and you just work off of that. Only thing I could say is sometimes too much down time between exercises. Priscilla brings her all every time. We feed off her energy and she walks to the class all the time. We just try to not catch her attention:) Mariluz is so kind and very welcoming. She pushes hard and I never leave disappointed. Chalane is a joy! She is really coming into her own. Her class is fun and hard. She pushes me just by her story and her care for others. I enjoy her class and working out with her in other classes as well. Allison is so sweet and when I leave her class I can't believe the time is over. She is soft spoken that you don't realize the workout you received until you leave.

- Sometimes music would be stopped for a while during the workouts, making it hard to keep the intensity of the exercises up!
- 6am boot camp can be too crowded.
- Shellie is awesome! Her class is by far one of the hardest I have taken at the Y (and I mean that in the best possible way). I love that she mixes things up and motivates us to work our hardest, I always feel Shellie's class for at least a day (if not longer!) after I go. I make a point of always trying to make this class.
- I have trouble doing some of the things they do in this class. It is designed for younger, fitter participants.

Comments about the instructor:

- Shellie does a great job, the class is hard but fun. She is a great motivator.
- Guess I did these backwards. My favorite class is Bootcamp. I love the format and the instructors are knowledgeable and really push us. My hate/love class is P90X. It's a great class, hard and pushes me. Sometimes I am amazed I finish getting class but I surprise myself how far I have come. RIPPED burns so many calories. I am not a coordinated person so I probably provide a good laugh but the class is so energized with the music and instructors.
- She does a good job of mixing up the routines every week so we can try new things.
- Thanks for being awesome, Shellie! Inside or outside, your class is my favorite and you are a natural and inspiring instructor!

4.3.10 BOSU Strength Training

Class Average Score	4.68	6 responses
Class Intensity	(6) just right	

Comments about the class:

- This class is way too crowded ever since it became free for members. Preferred when it was a paid class.

Comments about the instructor:

- Of the instructors I have experienced, I find Lily to be extremely effective on all levels as well as exceedingly personable and encouraging; her kinesiology training elevates this Yoga Fusion class in a way that I have really noticed.
- Kristy is great! Enthusiastic, motivating, and professional.

4.3.11 Cardio Blast:

Class Average Score	4.65	5 responses
Class Intensity	(4) just right	(1) too easy

Comments about the class:

- I like how she changes is up each week- it's similar but different- so not boring or repetitive.
- Awesome, very upbeat and motivating
- I love Cardio Blast. Shellie is a great instructor and she's the reason I keep coming back.
- Great class

Comments about the instructor:

- She always gives an alternative, gets to know her people in the class, is dynamic and motivated- she is a excellent role model and fitness example
- Great enthusiasm, meaningful cues and feedback
- Shellie is caring, motivating, FUN, and works hard to get to know her class participants.
- Great energy!

4.3.12 Cize:

Class Average Score	4.33	1 responses
Class Intensity	(1) just right	

Comments about the instructor:

- Love love love Erin and all her enthusiasm!

4.3.13 Country Heat:

Class Average Score	3.97	3 responses
Class Intensity	(3) just right	

Comments about the class:

- Class is a little tough for me, and for some of the older class members, but many members were doing just fine. The class is fun, and if you have a background in dance, aerobics, line dancing, etc., it helps. I gather that it is not possible to repeat the routines, because of the programmed nature of the class. I really love the music!

4.3.14 Cycle & Roll:

Class Average Score	4.75	1 response
Class Intensity	(1) just right	

Comments about the instructor:

- Great! Love the variety!

4.3.15 Cycle In:

Class Average Score	4.43	11 responses
Class Intensity	(10) just right	(1) too easy

Comments about the class:

- I like sitting near the front so I can hear and see the instructor
- Good class, wish it was longer
- Love this class
- Anything Kristy wants to try is good with me.

Comments about the instructor:

- Tatiana and Venus teach this class together. I have been taking this class for years and Tatiana is why I keep coming back. There's no one better when it comes to coaching a cycling class. With that said, we've had many great co-teachers over the years and Venus is doing a great job! She and Tatiana both create challenging workouts that keep me in good shape.
- Very good motivation
- Linda does a good job and represents the Y well
- Love this instructor!
- I think this is the right "Laurie". I thought she spelled her name "Lori", She teaches Tues/Thur 7am and is WONDERFUL!!! I have learned so much from her and have adjusted my individual workouts to incorporate the way she directs us in class.

4.3.16 Gentle Total Body Strength:

Class Average Score	4.5	1 response
Class Intensity	(1) just right	

Comments about the class:

- Good instruction careful attention to people's posture & form. A great class

Comments about the instructor:

- Always enjoy your class"

4.3.17 High Intensity Training (HIT):

Class Average Score	4.62	5 responses
Class Intensity	(5) just right	

Comments about the class:

- I wish HIIT was offered in the evening. I really enjoy the class when I can take it.
- One of my favorite classes

4.3.18 Insanity:

Class Average Score	4.62	11 responses
Class Intensity	(10) just right	(1) too hard; (1) too easy

Comments about the class:

- I don't think it's too much. I like that she pushes hard because I am. It good at pushing myself that hard. I don't want an easy workout where I can hold a conversation and not sweat. Shellie gets to know everyone and it amazes me how she pushes each one of us differently. She is very caring and emphasizes stretching to avoid injuries.

Comments about the instructor:

- Shellie is always positive and has great energy.
- Tracie is an amazing instructor! She always is upbeat and motivating everyone in the class and engages with everyone.

4.3.19 Kickboxing:

Class Average Score	4.72	10 responses
Class Intensity	(10) just right	

Comments about the class:

- It helps that we are now in a bigger room because the class was full and we didn't have as much space before! I loooooove this class! I never miss it.
- Offer more kickboxing classes--I will show up! Best class I've ever taken.

Comments about the instructor:

- Helen is my favorite! I feel so fit now that I take her classes. She is a true asset to the Y.
- Helen does a great job of offering levels of intensity so that each member can get the best work out for their fitness level. It is very motivating.
- Helen is very motivating and sets a great example.

4.3.20 Kettlebell Basics:

Class Average Score	4.75	2 responses
Class Intensity	(1) just right	(1) too hard

Comments about the class:

- I equally love this class! I feel so strong. Each class is super challenging, but it is totally adequate. It has made me very interested in weight lifting. Before this class, I didn't care.
- It's only too hard because I need to get stronger. It's still appropriately difficult.

Comments about the instructor:

- As stated, Helen is wonderful!!

4.3.21 Long and Lean Total Body Strength:

Class Average Score	4.58	1 response
Class Intensity	(1) just right	

4.3.22 Morning Mix:

Class Average Score	4.57	5 responses
Class Intensity	(5) just right	

Comments about the class:

- Really enjoy it; both give activity modifications for injury prevention

Comments about the instructor:

- Claudia and ?? Name on Monday and Friday are fantastic
- I attend this class on the south side, but could not select that in the beginning of the survey. I like the mix of both Susie and Claudia. They have different approaches but also coordinate so each session is different and results in a good balance
- Both Suzy and Claudia are fine.

4.3.23 P90X:

Class Average Score	4.55	14 responses
Class Intensity	(14) just right	

Comments about the class:

- Enjoy the outline of how the class is structured.
- Any class that Priscilla teaches is amazing! She is an amazing motivator and makes classes accessible to all and fun! She challenges everyone to achieve their personal best each time!
- Priscilla is great. Wish there were more classes with her as instructor. Wish instructors didn't switch each week and could stay with one instructor for more classes.

- This class is definitely the most difficult class I attend at the y, but its a great workout and a lot of fun!
- 1 hour is better than the 45 min

Comments about the instructor:

- Priscilla and now Mariluz Both are great and caring. They make the class enjoyable but a good workout still.
- She does a great job of motivating us to not lose momentum and to keep going
- Enjoy the class. Glad it is a Friday class
- Timing is off often, but she is motivating and has good energy. Maybe just needs more practice

4.3.24 Pilates:

Class Average Score	4.42	13 responses
Class Intensity	(13) just right	

Comments about the class:

- Great class I love both instructors
- The same class offered on Friday (as well as Monday and Wednesday) would be welcome
- I attend posture and balance on Monday mornings. The class is very popular, often full.

Comments about the instructor:

- Both instructors are wonderful. Attention is paid to each participant
- Both Mandy Yates and Mary Lou lauco-Bewley are excellent instructors
- Marylou is just great. My posture is better and I haven't fallen in a year. Knock on wood!
- Mandy & Mary Lou are both fabulous! They bring great energy and variety to the classes.
- You both are doing a great job.
- Would love to see more Pilates equipment like the gravity machines
- Both Marylou and Mandy are excellent instructors. Always prepared, encouraging and mindful of our form. Among the best instructors at the Southeast Y
- Rita is encouraging and provides sufficient variety to keep me interested

4.3.25 Piyo:

Class Average Score	4.33	13 responses
Class Intensity	(13) just right	

Comments about the class:

- I go to Piyo, but only because I want another day of working out. It is a fine class, but

I probably need something else. What I am seeking is something slower for a deeper stretch, so I can balance out the weight training

- This class challenges me and I love that. It's important to me to continue to make myself work harder. This class also allows me to modify if necessary
- Love that is low impact as well as challenging. Includes strength training, as well as cardio and improves flexibility. Love that I can get a good stretch and a good workout. great music and combination of moves

Comments about the instructor:

- Gloria does a great job teaching. She demonstrates the pose, doesn't just talk through it. She moves around the class correcting as needed. She is able to modify the pose based on student capability
- Jamie is a great instructor.
- Great energy, friendly, and motivating!
- Instructor is very energetic and motivating.
- Instructors cues wells, always smiling, and provides options (which is challenging with this format), and motivates

4.3.26 Power Pump:

Class Average Score	4.62	19 responses
Class Intensity	(19) just right	

Comments about the class:

- I only attend the Wednesday class to get in some strength training- kristy mixes up the class each week, hits all the muscles-I really think this class has added to my overall strength and balance
- Thorough workout of all parts of the body.
- I wish the music was a little more upbeat and motivating. Enjoy the structure of the classes and that they tend to work different muscle groups each week - 1 will be more focused on legs and then the next week will be arms
- I go to Pp in the eve in the school year and in the mornings during school breaks, so there are differences in my experiences. What I can say is I have been going to the classes for 5+ years, and Pp got me hooked on the Y. I love how people of all ages come to these classes for the workout and community. For beginners and long-time devotees, Pp is the one class to take
- Rita's approach is encouraging

Comments about the instructor:

- Always motivated and prepared, mixes it up, never boring- looks for new ideas , has great stories to keep us distracted on tough moves. Keeps up with fitness - is a great motivator and fitness example
- Walther is an excellent instructor! He explains the routines thoroughly and is well-prepared, organized, and welcoming
- Helen knows what she's talking about and forms a great class

- Well, Helen is great--lots of squats and lunges. The others are good, too (I always enjoy my workouts, I just don't know specifics about the instructors).
- Walter and Shellie ROCK

4.3.27 Prime Time Plus:

Class Average Score	4.2	9 responses
Class Intensity	(9) just right	

Comments about the class:

- We all get along! I look forward to catching up with everyone before & after class!
- I have been in the class for years as have a lot of the other attendees. Friendships created there are precious.
- It's varied, keeps us on our toes and keeps us interested.

Comments about the instructor:

- I really love this class, and I think the instructors are great! There is an age range of probably 30 years in the class, and the instructors do a good job of suggesting ways to make the routines easier or more challenging, depending of what one needs. It's great to have the class meet three days a week, because it really keeps you on the routine. Love this class
- I love all three! They're great
- They are all great instructors and personable.
- The instructors are all different, and all great. Heidi is the most athletic, and her routines reflect this. Jeannie is funny and keeps us on course, and Marie is practical, with great advice. They all have excellent moves and great music!
- All three work hard. I think Jeannie is a real gem.

4.3.28 Ride and Renew:

Class Average Score	4.41	1 response
Class Intensity	(1) just right	

4.3.29 RIPPED:

Class Average Score	4.45	28 responses
Class Intensity	(24) just right; 1= too hard	(2) too easy

Comments about the class:

- At times this class can be easy and other times this class can be too hard. I think it depends on the season or session of the class.

- Enjoy the music and fast pace of the class.
- RIPPED is quite a workout! I like the kickboxing portion the best. I wish there was a kickboxing RIPPED class.
- I love this class even though it is pretty hard
- I really appreciate the addition of the Thursday class, but I have stopped going because there is too much variability in the quality of the class based on the instructor. Having instructors rotate from week-to-week for the same class makes it very hard to stay on track. There's not a lot of consistency in how the class is taught or what season we do, which makes it hard to build up to the next level in the class. I would certainly appreciate consistency in who teaches the class each week, and of course would selfishly love for Priscilla to be teaching either 6am class regularly.
- Wish this format was offered in the mornings during the week. Great for all levels
- Difficult not knowing which instructor is teaching each week.
- I frequently need to modify, but that's okay.
- Best class at Y!
- This class is fun and the atmosphere is great!

Comments about the instructor:

- Chalane - her youth pushes me to work harder. She works hard and makes everyone feel welcomed and comfortable. Her class is great. Priscilla has been doing this class for so long and is full of energy.
- Priscilla is awesome
- I first started taking RIPPED because of Priscilla. She is incredible and hands down one of my favorite teachers at the Y. This is a very hard class to teach (fast moving choreography, hard work!) and she is so much fun to take a class with! I have attended both Tuesday and Thursday RIPPED, so I have also taken RIPPED with Allison, Chalene, and Mary Lou. Allison does a good job keeping people on track, I've had a harder time following Chalene and Mary Lou.
- Priscilla - amazing instructor. Cues well, explains moves well, provides plenty of modification and options and makes the class fun. Moises - great leader. cues well (accent can make it more challenging at times), makes the class fun, needs to work on providing more modifications
- Moises and Priscilla are wonderful.
- Priscilla, Nancy, and Erin are wonderful!!
- Always motivating- fun, knows fitness, is an excellent example of fitness- gives tips and alternative
- Hard to understand Mariluz
- High energy and motivating! She is one of the few instructors who will check and correct form and talk individually with class participants!
- She did a great job of motivating the class and making it fun, especially on a Saturday morning.
- Priscilla is loved by all for good reason. She is in great shape and so positive. She makes everyone feel welcome and gives the class a phenomenal workout.
- Priscilla Barnes, Mariliz Santa-Perry, and Erin McCormack are all excellent instructors. Sometimes I go to the NW Y for Erin's Class, though I usually attend the SE Y. It's great to have options!

- Priscilla is amazing! So motivating and fun! I really look forward to this class every week. It gives me a great overall workout.
- Hard to follow.
- Never, ever, ever, ever lose Priscilla! Do what you need to do to keep her!!!
- Best instructor at Y
- Priscilla keeps the energy going throughout the entire class and is highly motivating. You can tell she loves what she does.
- Because Erin does not have a solid background of the study of the body and exercise and is only a Group Ex instructor, I don't feel comfortable that she knows all the modifications that can be offered, nor does she truly understand form. Instructors need more training than they are given. People who don't know much about the body don't realize the damage they are doing when doing moves incorrectly.

4.3.30 R.I.P.P.E.D. CORE:

Class Average Score	4.3	12 responses
Class Intensity	(7) just right	

Comments about the class:

- I like this additional segment for ripped, after the 7:45 class; stellar idea. Others can come before their RIPPED class too!

4.3.31 Step Aerobics:

Class Average Score	4.69	3 responses
Class Intensity	(3) just right	

Comments about the class:

- Step is an excellent cardio class that is helping me stay active and get my heart rate up. I always feel that I have had a great workout. Since I can't run, this class helps my knees and muscles- I feel stronger and it makes me think which is good for aging.

Comments about the instructor:

- Excellent instructor - gives lots of alternative moves for newcomers and keeps regulars on task with new moves - I always feel that I have had a good workout- she is very motivating and great with her cues. It is a very hard class to teach when new people show up- she does her best to help them keep up. The detail and moves are right on- she exudes fitness and motivation. We are so lucky to have Heidi as an instructor- she keeps up and educates herself on the latest fitness. The class is fun, music great and never boring. She cares about fitness and teaching it right.

4.3.32 Tai Chi:

Class Average Score	4.03	3 responses
Class Intensity	(3) just right	

Comments about the class:

- Good atmosphere, fun, humor, trust...all good!
- I just went to try the class and was hooked from the start. Now I passed my 1st anniversary. Tai chi is very interesting, calming, balancing, challenging and particularly fun in a group. The classroom we use has mirrors which is helpful.

Comments about the instructor:

- Very nice person, great sense of humor, not too pushy, gentle corrections only, no harsh criticism... fun to be with!
- Madeleine is amazing with the way she teaches all levels in the same Tai Chi class. She has a way of making it work for everyone.
- Madeleine's deep love and respect for tai chi is infectious. She is a patient teacher and she helps us learn from each other, too. Her sense of humor keeps the class light. I look forward to this class and feel out of sorts when I have to miss it.

4.3.33 Total Body Strength:

Class Average Score	4.55	5 responses
Class Intensity	(6) just right	(1) too easy

Comments about the class:

- Great class. I love the Gravity machines
- Machine #3 needs to be fixed. The handles of the other machines are falling apart.

Comments about the instructor:

- I take total body with Walter and Maria and they are both FANTASTIC!!! I also take yoga with every yoga teacher on staff and they are all fantastic as well.
- Lily has done a great job this session teaching Total Body Strength. She put together great workouts and seemed very comfortable teaching on this equipment. I would love to take her class again in the future.
- The Y has amazing instructors in the classes I take.
- Sarah is one of the most motivating and engaging instructors (aside from Priscilla Barnes) that the YMCA has.

4.3.34 Total Body Pilates:

Class Average Score	4.6	7 responses
Class Intensity	(7) just right	

Comments about the class:

- The class was hard for me at first, which pushed me to a better level of fitness by the end of the session. Perfect!
- Cannot do the class because it is not offered after 4pm. Very frustrating for paying, working members!!!

Comments about the instructor:

- Mary Lou is great. She also provides fantastic subs if and when she can't be there.
- Mary Lou was great at giving me tips and alternate positions to accommodate my specific physical issues. She was patient, fun, knowledgeable and encouraging.
- Mandy keeps this class fun and challenging. She is able to make the class work for a variety of fitness levels. And she keeps the class interesting by changing up the routine and introducing new moves.
- See prior comments about Mandy and Marylou. Among my favorite instructors at the Southeast Y
- Mandy is great at making sure you are doing the exercises correctly.
- Cannot believe out of all of those instructors, you cannot get someone to teach this class after 4pm. Very frustrating!!!!
- Mandy is knowledgeable, positive and happy.

4.3.35 TRX Suspension Training:

Class Average Score	4.86	3 responses
Class Intensity	(3) just right	

Comments about the class:

- This class pushed me hard and help me see the improvement I was making. I became addicted to this class and wish it wasn't a paid class.
- Love this class - a TRX junkie

Comments about the instructor:

- Shellie - I just enjoy her style. She gets to know you and pushes you. You can tell she loves teaching fitness classes. She makes sure your moves are correct form to avoid injury and always leaves time to make sure we stretch. Allison - again she is so sweet and strong. You leave her class feeling good and getting a great workout.
- Walter is awesome!! Monday's are a way to remind myself to push myself when I do my TRX workout at home.
- Love Walter!!

4.3.36 Turbo Kick:

Class Average Score	4.75	4 responses
Class Intensity	(4) just right	

4.3.37 Yoga:

Class Average Score	4.48	53 responses
Class Intensity	(50) Just Right	(2) Too Easy

Comments about the class:

- Class is well balanced between rest, mental and body focus, breathing and proper standing, core building and most importantly continual improvement on balance and overall strength. The equipment for the class is in great shape.
- Yoga two is very helpful, sometimes I wish we did work harder, yet other times the pace is just right.
- Great class, very challenging. Like not having to haul out a bunch of props. I feel I get a total body experience in Donna's class.
- This class is really a yoga fusion class using the Bosu ball and other props to challenge our balance. As an older student this combination is very helpful for life outside class, balance and walking and standing awareness. A rug or mat in the room would be appreciated for wiping our street shoes on since this class has floor aspects and we are barefoot.
- I have tried a variety of yoga classes. Cannot seem to find the right class at the right time to fit with my schedule. Hated PIYO - too hard.
- I love my weekly routine of multiple Yoga classes at the YMCA. The classes help me to renew, recover, relax and get stronger.
- Shorter sessions mean we have to start from basics too frequently. That's the drawback of Yoga 1, but the shorter sessions make it more pronounced.
- I've only attended class once but intend to return on a weekly basis. I try to swim at the NW YMCA because it is less crowded and SO MUCH CLOSER. Why are there so few group classes, that are included in the membership, at the NW YMCA?
- I've been attending this class for several years now and enjoy it. It is just right for level 1. Lily is an excellent instructor, positive, up-beat and clear in her teaching. She is attentive to the needs of her students and accommodates our limitations. She never makes me (or others) feel shame if we can't keep up. (I'm nearly 80 so this is important to me.)
- Crowded, more times would be beneficial than just 10:45am
- I started out taking a yoga class with Jackie Watson and do still attend it but not as regularly as Thuy's class. In fact Jackie suggested that I should try Thuy's class. It was very challenging at first and still is a challenge but I have made steady progress and look forward to continuing for the foreseeable future.
- Good size. Excellent Instructor. My wife and I take the class together. Friendly people in class.
- Gloria is awesome. Finest yoga teacher in town. The floor in the multipurpose room

where we do yoga 3 on Tues. and Thurs. is usually filthy. It could use a damp mopping everyday.

- I do the free yoga classes- power flow, core flow and gentle. I rotate which classes and how often. I love the freedom to come and go that the free classes offers
- I feel that Yoga ! is a good fit for me at the moment. It challenges me to do more without hurting myself.
- Love it! Wish it were three times a week instead of two.
- Well organized. High quality learning and relaxation. Instructor is motivated and kind.
- Jackie teaches the class to new students. There are times she would do an entire class with little instruction and more flow.
- Great class and atmosphere.
- Class is exactly the same each time. No additional postures brought into the practice. I would had liked some balancing postures. We prefer to have a flex pass to attend any yoga class I desired on any given day.
- The Monday session of power flow is too short. 45 min is not enough!
- Yoga room is too cold.
- Lily's classes are challenging and fun. She always suggests alternatives and provides a great deal of variety. I will never be flexible but I am stronger and have better balance thanks to Lily.
- Thuy's yoga classes are wonderful. I enjoy going to them very much. She does not talk too much so all of us can concentrate on the poses we are doing. The class atmosphere is relaxing and yet she made us work (very) hard.
- I apologize if I got the name of the instructor wrong, it's the 1130 am power yoga class on Mondays. It's a great class. Would of course be awesome if it were in the yoga room (or at least if there were extra yoga equipment in the fitness room), but the class may be too big for the yoga room to be honest.
- Love that you offer Power Flow Yoga as a free class, it is challenging yoga class, yet doable for all. Great combination of stretch and strength moves. Wish music was a tad louder and more inspirational.
- Wish more classes were included with membership
- Very much focused on maintaining awareness, vs. competing in any way. Relaxing & meditative using basic poses. Slow, steady pace & suitable for all levels of ability. Good prompts for proper positioning so we don't harm ourselves. I feel s o good when I leave - relaxed, alert, energized.
- Sometimes the room is packed, so more space might be a good thing.
- Gloria doesn't play music, but there was no "N/A" category. I really enjoy the non-religious form of yoga at the YMCA; it is non-offensive, no matter what your religious tradition is.

Comments about the instructor:

- I generally go to gentle yoga and have liked the instructors Fifi and all of the yoga instructors are good
- Jackie, Thuy and Yulia are amazing instructors.
- Luanne is great.
- Tanja is extremely good teacher
- I love Lily's classes
- Lily is amazing at giving clear instructions and guided meditation, that includes

focused breathing, and core strengthening. I like the way she mixes us the classes with various types of equipment and movements. I feel like I'm floating to my car after class. I like her humor and the way she makes everyone feel comfortable with their body type, accepting of self, with creates a positive environment for learning.

- Lily is fantastic. Her ability to give clear, concise and guided instructions on each and every move is amazing. Her ability to take us through a focused exercise, stretch and strengthening activity is greatly appreciated. The class feels well balanced. At times I feel we could do more, yet on the other hand, I can come to class with a great deal of pain in a particular area and when I leave, it is completely gone. I'm grateful for her continued variety, humor and peaceful kind nature.
- Really like her. What we do is very predictable, but I like that!
- Another great class taught by Lily and at the NW facility, which is closer to home. I also like having background music in this class due to the lack of soundproofing of the room, but we usually turn our focus on Lily's instructions and the poses.
- Lily is a caring and knowledgeable yoga instructor, adjusting her class to those participating, many faithful students of varying ages. She always informs the class of upcoming workshops, which I really have enjoyed, and when to sign up for the next sessions. She is the reason I joined the Y.
- Thuy makes yoga accessible and fun! I wish more yoga teachers were as easy going yet as tough as her!
- I love Lily's classes. I have been a regular attendee for years and she continues to grow as an instructor and teach well-rounded classes that are rejuvenating and strengthening. Lily's style of teaching and style of Yoga have allowed me to achieve my fitness goals and continue to stay healthy in life. I greatly appreciate all that she does for her students and the YMCA.
- Deb is a treasure of a teacher. Her humanity and encouragement are appreciated greatly.
- Great balance of familiar poses and new/challenging ones.
- So kind!
- Excellent instructor for Wed 10:45 class
- The multiple instructors have all been good. Gentle Yoga is my favorite because it is good for reducing stress.
- Thuy is an excellent instructor. She's very involved in demonstrating the sometimes complicated poses. She's very motivating and challenging by pushing the class to go further while emphasizing safety. She offers many alternatives to adapt poses to fit each level. She also has a good sense of humor and plays a good mix of music which makes the class fun. Thuy is a first rate instructor because she's knowledgeable and really seems to enjoy teaching and care about the class.
- Very encouraging
- Gloria is such an inspiration. She knows how to motivate us to push ourselves and is very patient with us.
- Lily gives clear directions and guidance on how to avoid injury. She is especially good at offering options for different levels of strength, flexibility and not to overdo just to be competitive.
- Thuy is fantastic. Please give her a raise/give her more classes/give her all the dollars.
- Well prepared. Committed to each member of the class.

- I like that Lily gives us the more challenging poses for those of us who are ready for additional challenges, yet those who are not, do not feel left behind. Great class for all fitness levels.
- I appreciate the fact that there isn't a lot of chit chat about the postures and the class flows. Instructor should add some variety to her routine.
- Thuy is hard core but fun. I like that.
- Deb is a wonderful instructor. Routine is always varied with good description of what we need to do.
- She is articulate, knowledgeable.
- Wonderful instructor with a sense of humor
- I LOVE the instructor. She is fun and pushes us just the right amount. I am a runner and have had a lot of pain from running that the class remediated within just a few sessions. Hurrah! Love the energy and pace of the class. Wish I could go Wednesdays, but 1045 is too early for me to make.:(Would definitely take other classes with this instructor.
- Fun instructor. Very low key and relaxed. Seemed to be prepared for class. And like that she challenged us. great cuing and explaining of the poses.
- Gayle is a wonderful instructor. She helps us not only learn new positions, but does so in a very gentle way. I've learned so much from her.
- Yoga 1 and gentle yoga were extremely basic. Much more than anticipated for level 1.
- I adore Yulia! She is well-trained and a marvelous leader. She loves what she does! I've had Mary Yoke as a sub & she is also at the the list of my favorite instructors. Very much into working at your own level of ability...
- Thuy is a joy. She skillfully blends challenge and fun. I love her classes.
- Gloria is masterful. She has a way of making you feel that her entire class was planned around you, personally. I love the camaraderie that she has developed with the class participants.

4.3.38 Zumba:

Class Average Score	4.52	7 responses
Class Intensity	(6) just right	(1) too hard

Comments about the class:

- I'm new at Zumba, and I need time to figure out what's going on, so I don't blame the instructor for finding the class hard.
- Hannah does a great job for the routine and music. Super!

Comments about the instructor:

- Every instructor I have had for Zumba has been great. Each giving a totally new experience
- Love Cindy's class on Tuesday mornings. Other instructors are very good also. I just really like her (Cindy) enthusiasm and cueing during class.
- They're all great.

- I haven't attended Zumba this year. I attended almost every Friday afternoon last year at SE when Sarah was the instructor. (Not sure it's the Sarah listed in this survey.) She was awesome and I loved her as an instructor. I haven't gone much since I think she had to stop teaching that class? I stopped because there were a couple times that I tried with another instructor and wasn't getting as high intensity workout as I wanted to . . . Sarah was motivating plus her class could be modified for those that wanted less intense cardio and strength moves or elevated to get the high intensity workout. I would like to try it again. I am not very patient though for trying a class that is only a slight workout because my time is limited and I want to walk away feeling the class was definitely worth my time!
- All my Zumba teachers have been nice and fun. great individuals with lots of energy and positive vibes!
- Hannah is an amazing instructor! She's always prepared, pleasant, and motivating!

4.3.39 Zumba Gold:

Class Average Score	4.56	8 responses
Class Intensity	(8) just right	

Comments about the class:

- I enjoy the consistency of those who attend the class and getting to know others around my age who workout at the Y.
- I'm comfortable in either space, but some people preferred having it in Cardinal Court.
- Kim provides a perfect workout. It's so much fun, we never think of it as exercise. She changes the routine/music just often enough that it keeps the class fresh and challenging. Our class is largely regulars who never miss, and we've bonded like a family. That's 100% due to Kim and her devotion to teaching us 2x a week. She always asks for our input when songs should be replaced, and always offers multiple fitness levels so everyone can participate at their desired impact or difficulty level. Thank you for having her on your staff.
- The room is too small to hold all the people who come to the class
- The class is structured by Kim to allow the participants to work as hard as they want, modify or increase the intensity if we want. Her music is so motivating and fun! It's actually such a lift just to participate and feel the having such a good time. Plus it's a great workout. This particular class is growing and more than once, Kim has had to turn people away. We need a bigger fitness room!! It's too good of a class to turn people away. It's for all levels of fitness and truly enjoyable.
- I'm new to Zumba gold but find it fun although still a challenge. It is good to be able to just move to music again. Long time since I had a dance class. Had to take a break due to a foot issue but hope to be back soon.
- It can be made more intense and Kim does a great job giving "fitness options" to challenge yourself.

Comments about the instructor:

- Kim is great, very friendly and encouraging to everyone!

- Kim Denny is an outstanding instructor who thoughtfully prepares our workout routine. Her enthusiasm for Zumba Gold, and for her students, is evident in her smiling face. She is a gem!
- Kim does an amazing job of providing routines we love. She encourages us to interact with each other and with her. On the 3-4 days Kim has had a substitute over the last year, Zumba Gold was a totally different experience--nothing like our regular classes. She knows us and what we want, and she works like crazy to make it OUR class, not hers. She's amazing and puts so much into our class that I arrange my entire week around my Zumba Gold classes, literally having passed up opportunities out of town because I won't miss my dance hour!
- Like her a lot
- Kim is an amazing instructor. I've participated in various Zumba classes for over 12 years. She's a pro and knows her stuff. She cues very well and leads the class with a smile, good humor and an excellent choice of songs to keep people moving. I try to go to both the Monday and Thursday classes each week.
- Kim radiates joy and enthusiasm for Zumba. She is always smiling! I find her very patient when clarifying steps for me. She also offers alternatives that can be less strenuous. I'm happy I finally got up the nerve to try this class.

Of the 47 YMCA group exercise classes included in the survey, there were no survey responses for the following eight classes: Aqua AMP-IT, Iron Pump, Kettlebell/TRX Cardio Circuit, Indo-Row, Rowing/TRX, Strengthen and Cycle, Tred N Shred, Xtreme Sport Training.

4.4 Findings Summary for Group Ex Survey Data

Overall the survey results were very positive. All classes received an average score of 3.97 or above based on a Likert Scale from 5-1 (5 = Strongly Agree and 1= Strongly Disagree). There were many positive comments about the instructors and classes in the survey results. The positive comments about instructors mentioned that they were motivating and engaged with their participants. They commented about how well prepared the instructors were and about their ability to provide guidance and support in the instruction of proper exercise techniques along with providing modifications to accommodate all fitness levels. There were also many positive comments about the classes. The participants mentioned that classes were well planned and organized, motivating, challenging and enjoyable. Participants also commented on the strong sense of community formed amongst the group exercise participants.

However, there were a few areas of improvement that were mentioned by participants in their comments. There were several comments about class time conflicts and the suggestion that additional classes should be added to the schedule. Some participants commented about the poor condition of the exercise equipment (specifically water belts, pool noodles at the NW location and one of the gravity machines). Crowded classes was a complaint for some participants specifically the arthritis class, early morning bootcamp and the BOSU strength class. The other area for improvement according to participants is the

addition of more free membership classes and less paid classes.

4.5 Findings Summary for Instructor Interviews and Class Observations

Overall, the instructor interviews and class observations yielded a very positive outlook for the YMCA Group Exercise program. A summary of the results is provided below, highlighting the key findings from the interview questions asked of the instructors and class observation checklist used by the evaluation team.

4.5.1 Environment

The group exercise environment of the YMCA received positive results from instructor interviews and evaluation team observations. The instructors and class participants were satisfied with the overall environment for the classes. Each class had enough space and equipment for all participants, however, some classes were crowded and if additional participants join, alternate rooms with more space may need to be considered. The equipment in the classes was also found to be satisfactory, with the exception of the aquatics equipment at the Northwest YMCA. The cleanliness of the spaces appeared to be satisfactory and no issues were reported by instructors or found in the observations. The temperature in each class was satisfactory during observations and in most group exercise rooms there was a fan on to keep the air flowing.

4.5.2 Instructor Performance

Based on the class observations the instructors conducted themselves professionally and performed satisfactorily in their roles. Instructors were passionate and motivating, they offered a variety formats and modification options to tailor the workouts to participant fitness levels. Instructors provided instruction and support on using equipment and they provided direction and demonstrations of exercise techniques, giving feedback to each participant. They greeted new participants, giving positive compliments, and used participants' first names when interacting, which created a positive atmosphere.

4.5.3 Participants Perceptions

Based on the observations, most of the participants were engaged in the exercises and satisfied with the instructor and class. They also seemed to enjoy the interaction with their classmates. The participants were engaged, motivated, focused, and all remained in each class for the entire class time.

4.5.4 Leadership Support

Interviews with instructors yielded positive results regarding the leadership of YMCA, especially regarding support and responsiveness to needs. Instructors stated that leadership respected them as unique individuals and they show support, respect, and compassion to each instructor. They are also very accommodating when schedules change are requested.

4.5.5 Areas to Improve

Overall, the instructors are satisfied with the group exercise program. The biggest area of improvement that instructors mentioned in the interviews involved funding. Instructors mentioned that although they are satisfied with the current amount of funding, more funding would be helpful in supporting their training and professional development needs. Some of the training workshops are expensive and require the instructor to fund portions of the workshop on their own. Budgeting for increased group exercise program marketing efforts may also increase class participation rates and keep the YMCA competitive with local group exercise fitness organizations. One item specifically mentioned was more advanced monitoring technologies for the cycling classes.

4.6 Findings Summary for Comparison to 2016 Fall Survey Results

The 2016 YMCA Group Exercise Program survey was analyzed and compared with the results of the Spring 2017 survey data. Overall the survey responses yielded similar results, with a positive outlook on the program. In the 2016 survey, completed by 173 participants, the average score from respondent's overall satisfaction with group exercise classes was 4.79 and the 2017 survey, completed by 182 participants yielded an average class score of 4.48. In the 2016 survey data, the average score from respondents regarding group exercise classes helping with health and wellness goals was 4.73. This aligns with the 2017 survey data that the highest rated reason (46%) for participants attending group exercise classes was attainment of fitness goals. In the 2016 survey, the average score for satisfaction with the quality of instructor was 4.84. This data was consistent with the 2017 survey as there were many positive comments about the instructors and classes in the survey results. Some of the common trends in the comments sections of the 2016 and 2017 survey are below:

Strengths:

- Participants are satisfied with the group exercises classes primarily because of the formats, which target specific fitness goals, the community of the group environment, and the enthusiasm of instructors.
- Water classes highly revered.
- Group Exercise classes have inspired and created life changing transformations for participants

Areas for Improvement:

- More variation in group exercise class starting times, cater to working participants with offerings between 11:00AM to 2:00PM.
- Lack of classes offered at Northwest YMCA

5. Future Considerations

Based on the evaluation findings, the following nine recommendations are proposed for consideration in improving YMCA Group Exercise program.

5.1 Future Consideration 1: Increase course offerings to accommodate full-time employment participants.

- Data collected indicated that one of the primary reasons participants cannot attend group exercise classes was because classes are not offered at times convenient to their schedules.
 - The evaluation team provides the future consideration of adding classes to the early morning, mid-day, and evening times to accommodate working professionals.

5.2 Future Consideration 2: Increase offerings of popular classes (Pilates, aquatic classes)

- Data collected indicated that some of the more popular classes (Pilates, aquatic classes) are crowded and lack appropriate space for participants.
 - The evaluation team provides the future consideration of adding additional classes during the evenings and times that are near capacity with participants and/or move these classes to a space that can accommodate a larger group.

5.3 Future Consideration 3: Include more membership classes, less paid classes

- Data collected indicated that some of the YMCA members are reluctant to participate in paid classes in addition to the YMCA membership fees. Comments indicated participation may increase if the classes were included with the YMCA membership.
 - The evaluation team provides the future consideration of making paid classes a part of the YMCA membership.

5.4 Future Consideration 4: Market classes to male participants to increase attendance by the male demographic

- Data collected indicated that the male demographic has low group exercise participation rates.
 - The evaluation team provides the future consideration of developing Group

Exercise marketing to target this demographic and/or conduct an analysis to determine the reasoning behind the low participation rates.

5.5 Future Consideration 5: Consider adding additional group exercise space at Northwest YMCA

- Data collected indicated that the Northwest YMCA has space availability constraints regarding the number of classes offered.
 - The evaluation team provides the future consideration of dedicating additional space at the Northwest YMCA to the group exercise program and/or creating an additional group exercise room at the Northwest location.

5.6 Future Consideration 6: Northwest YMCA water equipment may need attention and should be inspected by fitness instructors to determine if repair or replacement is necessary

- Data collected indicated that the Northwest YMCA aquatics equipment may have exceeded its life expectancy and may need repair and/or replacing.
 - The evaluation team provides the future consideration of having aquatics instructors inspect this equipment and if necessary budget for replacement of the group exercise aquatics equipment at the Northwest YMCA.

5.7 Future Consideration 7: Increase class variety at Northwest YMCA

- Data collected indicated that the Northwest YMCA group exercise classes may target a specific demographic and lack variety compared to the Southeast YMCA.
 - The evaluation team provides the future consideration of adding additional group exercise classes at the Northwest YMCA which target all demographics.

○

5.8 Future Consideration 8: Consider changing format of paid classes to pay for each class individually, versus the current pay by session format

- Data collected indicated that participation may increase in paid classes if they were offered on a pay by class basis, versus grouped into a session fee. Participants were reluctant to pay for 2 classes when they are only able to attend one of the sessions.
 - The evaluation team provides the future consideration of changing the model for paid classes to pay for each class attended, versus sessions.

5.9 Future Consideration 9: Provide video links on website demonstrating the class formats offered

- Data collected indicated that increased marketing of the group exercise programs may improve participation rates. A suggestion included making videos available to YMCA members that demonstrate the various group exercise class formats.
 - The evaluation team provides the future consideration of creating links on the YMCA Group Exercise website tab that show videos of the various group exercise formats offered at the YMCA.

Appendix A: Proposal Letter



Monroe County YMCA Evaluation Project Proposal



Introduction:

This document is a proposal for an evaluation of the Monroe County YMCA group exercise program to be conducted by Brett Gary, Susan Loucks and Ling Qian graduate students in Instructional Systems Technology at the Indiana University School of Education. YMCA leadership evaluate their group exercise programs twice annually by surveying members and participants. Group exercise classes consist of land-based group exercise, aquatic group exercise, yoga, tai chi and pilates. The Adult Wellness Director, Gayle Ebel, would like to continue to use survey information to improve their group exercise classes, increase member engagement, and satisfaction. Since moving to an electronic survey format two years ago, the response rate has dropped compared to previous years. In addition to improving their response rate, they would also like to be able to share the survey results with their staff in a more efficient and organized manner. The last group exercise survey was conducted in October of 2016. The next survey is planned for March or April of 2017. This document contains a comprehensive evaluation plan for consideration, accompanied by a detailed timeline of deliverables.

Evaluation Plan:

The evaluation will be designed to capture the perceptions of participants and nonparticipants regarding the group exercise classes offered at the Monroe County YMCA. The scope of the evaluation will assist in determining satisfaction with the programs, strengths, and areas for potential improvement to include instructor quality and participant attainment of fitness goals. Specific evaluation procedures and data sources are outlined below.

Surveys: The attitudes and satisfaction of participants in these programs will be captured by surveys developed for each stakeholder group (fitness instructors and participants). An electronic survey will be developed for distribution to both groups. The YMCA will be responsible for assisting with survey distribution via e-mail.

Document Analysis: The evaluation team will analyze documents provided by the YMCA as part of an extant data review. These documents include results of the administered fall 2016 group exercise survey and review of group exercise class participation rates. This analysis will assist in determining previous perceptions of the group exercise classes to compare with data obtained from the newly administered survey and illustrate trends and/or anomalies in group exercise participation rates. Any documents that were unable to be made available electronically will be analyzed and reviewed during the site visit observations.

Observation Site Visits: The team will conduct two to three site visits to observe a random sampling of group exercise courses at the Monroe County YMCA. Additionally, these site visit will present the opportunity to administer surveys to instructors and participants unable to complete the electronic version. In class observations will occur to capture instructor/student relationships, participation levels, and satisfaction with the classes. An observation form will be prepared to record the observation data. Additionally, the evaluation team will analyze documents pertaining to the program that were unable to be made available electronically, if any.

Interviews: As part of the site visits, interviews will be conducted with a sample population of the group exercise instructors. An interview protocol will be developed to collect data regarding satisfaction with the program, expectations of students and attainment of fitness goals, support from leadership, resources available, and training levels.

Evaluation Task Schedule:

Task	Responsible Party	Deadline Date
1. Submit proposal to the YMCA leadership team for feedback and approval	Y Team & IU Evaluation Team	March 10, 2017
2. Submit data collection plan, survey instruments, interview protocol, and observation form to Y team for review.	IU Evaluation Team	March 24, 2017
3. Provide feedback on data collection plan and instruments.	Y Team	March 31, 2017
4. Revise data collection instruments as needed.	IU Evaluation Team	April 3, 2017
5. Collect data, review documents and complete observations and instructor interviews.	IU Evaluation Team	April 3 – 16, 2017
6. Analyze final data collected and incorporate into final report.	IU Evaluation Team	April 28, 2017
7. Submit final report to Y team and present evaluation findings.	Y Team & IU Evaluation Team	May 1-4, 2017

Appendix B: Group Exercise Instructor Interview Questions

Interview Protocol

As part of the site visits, interviews will be conducted with a sample population of the group exercise instructors. An interview protocol will be developed to collect data regarding satisfaction with the program, expectations of students and attainment of fitness goals, support from leadership, resources available, and training levels.

1. Could you briefly introduce yourself and tell us what classes you teach?
2. What are the strengths/benefits of each class you teach? Why?
3. What are the challenges associated with teaching this class?
4. How satisfied are you with the group exercise program? Why?
5. What suggestions do you have to improve the group exercise program?
6. What do you think participants' fitness goals are?
7. How realistic are participants' expectations regarding their fitness goals?
8. How adequately are you supported by leadership at the Y?
9. Do you utilize your allotted training dollars? If no, why not?
10. Are the training/resources you receive from the Y beneficial and adequate to meet your needs?
11. Do you have any additional suggestions for the Y regarding group exercise programs?

Appendix C: Group Exercise Class Observation Form

Observation Checklist

In class observations will occur to capture instructor/student relationships, participation levels, and satisfaction with the classes.

- ☐ The environment/space is adequate for the program.
- ☐ If equipment was used for the class, was there enough for all participants.
- ☐ If equipment was used for the class, did instructors provide support and instruction on use.
- ☐ The atmosphere is positive during the program.
- ☐ Participants were engaged in the class.
- ☐ The instructor corrected participants' form.
- ☐ Instructor was motivating and engaged.
- ☐ Participants remained for the entire duration of the class.

of participants who attended the class:

Appendix D: Group Exercise Survey Protocol

Monroe County YMCA Evaluation

Q1 Which YMCA branch do you visit?

- ☐ Southeast (1)
- ☐ Northwest (2)

Q2 What gender do you identify with:

- ☐ Male (1)
- ☐ Female (2)
- ☐ Other (3)

Q3 Age Range:

- ☐ 18-28 (1)
- ☐ 29-40 (2)
- ☐ 41-55 (3)
- ☐ 56-70 (4)
- ☐ 71+ (5)

Q4 Do you attend Group Exercise Classes at the YMCA?

- ☐ Yes (1)
- ☐ No (2)

Display This Question:

If Do you attend Group Exercise Classes at the YMCA? No Is Selected

Q4.a If No, please provide primary reason for not attending:

- ☐ 1. Not interested (1)
- ☐ 2. No time (2)
- ☐ 3. Times offered don't align with schedule (3)
- ☐ 4. Too intense (4)
- ☐ 5. Not intense enough (5)
- ☐ 6. Other (6) _____

Display This Question:

If Do you attend Group Exercise Classes at the YMCA?; No Is Selected

Q4.a.1 Do you have any additional feedback for the YMCA in regards to Group Exercise Classes?

Condition: Do you have any additional ... Is Displayed. Skip To: End of Survey.

Display This Question:

If Do you attend Group Exercise Classes at the YMCA? Yes Is Selected

Q4.b If yes, please provide primary reason for attending

- ☐ 1. Attainment of fitness goals (1)
- ☐ 2. Motivation of Group Accountability (2)
- ☐ 3. Motivation of instructor (3)
- ☐ 4. Push self more than non-group workout (4)
- ☐ 5. Social Aspect (5)
- ☐ 6. Other (6) _____

Q5 In which Group Exercise Sessions do you participate? Choose all that apply.

- ☐ 30 Minute Water Running (1)
- ☐ 30 in 30 (2)
- ☐ 60-minute cycling (3)
- ☐ Aqua AMP - IT (4)
- ☐ Aqua Fit Deep Water (5)
- ☐ Aqua Fit Shallow Water (6)
- ☐ Arthritis Aquatics (7)
- ☐ Argentine Tango Essentials (8)
- ☐ Barre (9)
- ☐ Bootcamp (10)
- ☐ BOSU Strength Training (11)
- ☐ Cardio Blast (12)
- ☐ Cize (13)
- ☐ Country Heat (14)
- ☐ Cycle and Roll (15)
- ☐ Cycle-In (16)
- ☐ Gentle Total Body Strength (17)
- ☐ High Intensity Training (HIT) (18)
- ☐ Insanity (19)
- ☐ Iron Pump (20)
- ☐ Kettlebell/TRX Cardio Circuit (21)
- ☐ Kickboxing (22)
- ☐ Kettlebell Basics (23)
- ☐ Indo-Row (24)
- ☐ Long and Lean Total Body Strength (25)
- ☐ Morning Mix (26)
- ☐ P90X (27)
- ☐ Pilates (28)
- ☐ Piyo (29)
- ☐ Power Circuit (30)
- ☐ Power Pump (31)
- ☐ Prime Time Plus (32)
- ☐ Ride and Renew (33)

- ☐ R.I.P.P.E.D (34)
- ☐ R.I.P.P.E.D Core (35)
- ☐ Rowing/TRX (36)
- ☐ Step Aerobics (37)
- ☐ Strengthen and Cycle (38)
- ☐ Tai Chi (39)
- ☐ Total Body Strength (40)
- ☐ Total Body Pilates (41)
- ☐ Tred N Shred (42)
- ☐ TRX Suspension Training (43)
- ☐ Turbo Kick (44)
- ☐ Yoga (45)
- ☐ Zumba (46)
- ☐ Zumba Gold (47)
- ☐ Xtreme-Sport Training (48)

Q6 How often do you attend classes at the Y?

- ☐ 5 or more times a week (1)
- ☐ 3-4 times per week (2)
- ☐ 1-2 times per week (3)
- ☐ Monthly (4)
- ☐ On occasion (5)

Q7 The instructor for my class is:

- ☐ Multiple Instructors (1)
- ☐ Don't Know (2)
- ☐ Adrienne Summerlot (3)
- ☐ Alison Miller (4)
- ☐ Amy Plunkett (5)
- ☐ Anne Kapper (6)
- ☐ Audra Miller (7)
- ☐ Barb Fischer (8)
- ☐ Bill Holladay (9)
- ☐ Candice Eno (10)
- ☐ Chalane Miller (11)
- ☐ Cheri Landrey (12)
- ☐ Chris Zonkel (13)
- ☐ Christy Dustin (14)
- ☐ Claudia Earnest (15)
- ☐ Cynthia Vaona (16)
- ☐ Diane Thayer (17)
- ☐ David Wright (18)
- ☐ Debbie Hackman (19)
- ☐ Donna Smith (20)

- Emily Conti (21)
- Erin McCormack (22)
- Fileve Palmer-Stahlman (23)
- Gayle Ebel (24)
- Gloria Estes (25)
- Hannah Crane (26)
- Heidi DeSalle (27)
- Helen Siek (28)
- Jacki Watson (29)
- Jamie Parsons (30)
- Janet DeLong (31)
- Jeannie Galbreath (32)
- Jeff Albertson (33)
- Jennifer Miller (34)
- Jennifer Runnebohm (35)
- JoAnne Audretsch (36)
- Kate Otto (37)
- Katie Dooley (38)
- Kathy Campen (39)
- Kathy Smith (40)
- Kim Denny (41)
- Kirsten Winkle (42)
- Kristy Nicola (43)
- Laurie Riggins (44)
- Libby Hogan (45)
- Lily Kleinlein (46)
- Linda Woods (47)
- Lisa Weidenbeiner (48)
- LuAnne Holladay (49)
- Madeleine Gonin (50)
- Maggie Sullivan (51)
- Maggie Upsall (52)
- Mandy Yates (53)
- Maria Hamilton (54)
- Marie Shakespeare (55)
- Mariluz Santana (56)
- Mary Yoke (57)
- Mary Lou Bewley (58)
- Megan Morseth (59)
- Michael Navarro (60)
- Moises Cruz-Perez (61)
- Monica Zerfas (62)
- Nancy Parker (63)
- Nancy Smithers (64)

- ☐ Pam Boswell-Dike (65)
- ☐ Pete DiPrimio (66)
- ☐ Priscilla Barnes (67)
- ☐ Rita Klingelhoffer (68)
- ☐ Sarah Trcka (69)
- ☐ Shellie Taylor (70)
- ☐ Shirley Johnson (71)
- ☐ Susy Meacham (72)
- ☐ Tanja Bisesi (73)
- ☐ Tatiana Kolovou (74)
- ☐ Terri Sterneman (75)
- ☐ Thuy Bogart (76)
- ☐ Tracie Algood (77)
- ☐ Venus Glasgow (78)
- ☐ Walter Kyles (79)
- ☐ Yulia Azriel (80)

Q8 Based on the class that you have selected, please indicate your level of agreement with the following statements.

	Strongly Agree (1)	Agree (2)	Neither Agree nor Disagree (3)	Disagree (4)	Strongly Disagree (6)
I am satisfied with this class (1)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
The class has helped me with attainment of my fitness goals. (2)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I am satisfied with the instructor of this class. (3)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
The instructor is motivating. (4)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
The session is well organized by the instructor. (5)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I feel comfortable asking this instructor questions. (6)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I am satisfied with the music played during the class. (7)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
If equipment is used, I am satisfied with the quality of the equipment. (8)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I am satisfied with the cleanliness of the space. (9)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

I enjoy trying new classes on a regular basis. (10)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I prefer to stick to a routine (same class all the time). (11)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I know in advance when new sessions begin or when the schedule is changing. (12)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Display This Question:

If The instructor for my class is: Multiple Instructors Is Selected

Q9 You have selected a class with multiple instructors. If you have feedback pertaining to one or more of the instructors please indicate the class and name of the instructor(s) and provide specific comments here:

Q10 The class intensity level is:

- ☐ Too hard (1)
- ☐ Just Right (2)
- ☐ Too Easy (3)

Q11 Please provide any additional feedback on the class:

Q12 Please provide any additional feedback on the instructor:

Appendix E: Survey Class Data Tables

30 Minute Water Running

#	Field	Strongly Agree	Agree	Neither Agree nor Disagree	Disagree	Strongly Disagree	Total
1	30 Minute Water Running - I am satisfied with this class	66.67% 2	0.00% 0	0.00% 0	0.00% 0	33.33% 1	3
2	30 Minute Water Running - The class has helped me with attainment of my fitness goals.	100.00% 2	0.00% 0	0.00% 0	0.00% 0	0.00% 0	2
3	30 Minute Water Running - I am satisfied with the instructor of this class.	100.00% 2	0.00% 0	0.00% 0	0.00% 0	0.00% 0	2
4	30 Minute Water Running - The instructor is motivating.	100.00% 2	0.00% 0	0.00% 0	0.00% 0	0.00% 0	2
5	30 Minute Water Running - The session is well organized by the instructor.	100.00% 2	0.00% 0	0.00% 0	0.00% 0	0.00% 0	2
6	30 Minute Water Running - I feel comfortable asking this instructor questions.	100.00% 2	0.00% 0	0.00% 0	0.00% 0	0.00% 0	2
7	30 Minute Water Running - I am satisfied with the music played during the class.	100.00% 2	0.00% 0	0.00% 0	0.00% 0	0.00% 0	2
8	30 Minute Water Running - If equipment is used, I am satisfied with the quality of the equipment.	50.00% 1	50.00% 1	0.00% 0	0.00% 0	0.00% 0	2
9	30 Minute Water Running - I am satisfied with the cleanliness of the space.	100.00% 2	0.00% 0	0.00% 0	0.00% 0	0.00% 0	2
10	30 Minute Water Running - I enjoy trying new classes on a regular basis.	50.00% 1	0.00% 0	50.00% 1	0.00% 0	0.00% 0	2
11	30 Minute Water Running - I prefer to stick to a routine (same class all the time).	0.00% 0	50.00% 1	0.00% 0	50.00% 1	0.00% 0	2
12	30 Minute Water Running - I know in advance when new sessions begin or when the schedule is changing.	50.00% 1	50.00% 1	0.00% 0	0.00% 0	0.00% 0	2

Showing Rows: 1 - 12 Of 12

30 in 30

#	Field	Strongly Agree	Agree	Neither Agree nor Disagree	Disagree	Strongly Disagree	Total
1	30 in 30 - I am satisfied with this class	50.00% 2	50.00% 2	0.00% 0	0.00% 0	0.00% 0	4
2	30 in 30 - The class has helped me with attainment of my fitness goals.	50.00% 2	50.00% 2	0.00% 0	0.00% 0	0.00% 0	4
3	30 in 30 - I am satisfied with the instructor of this class.	100.00% 3	0.00% 0	0.00% 0	0.00% 0	0.00% 0	3
4	30 in 30 - The instructor is motivating.	75.00% 3	25.00% 1	0.00% 0	0.00% 0	0.00% 0	4
5	30 in 30 - The session is well organized by the instructor.	75.00% 3	25.00% 1	0.00% 0	0.00% 0	0.00% 0	4
6	30 in 30 - I feel comfortable asking this instructor questions.	75.00% 3	25.00% 1	0.00% 0	0.00% 0	0.00% 0	4
7	30 in 30 - I am satisfied with the music played during the class.	75.00% 3	25.00% 1	0.00% 0	0.00% 0	0.00% 0	4
8	30 in 30 - If equipment is used, I am satisfied with the quality of the equipment.	75.00% 3	25.00% 1	0.00% 0	0.00% 0	0.00% 0	4
9	30 in 30 - I am satisfied with the cleanliness of the space.	75.00% 3	25.00% 1	0.00% 0	0.00% 0	0.00% 0	4
10	30 in 30 - I enjoy trying new classes on a regular basis.	50.00% 2	25.00% 1	25.00% 1	0.00% 0	0.00% 0	4
11	30 in 30 - I prefer to stick to a routine (same class all the time).	50.00% 2	25.00% 1	25.00% 1	0.00% 0	0.00% 0	4
12	30 in 30 - I know in advance when new sessions begin or when the schedule is changing.	50.00% 2	25.00% 1	0.00% 0	25.00% 1	0.00% 0	4

Showing Rows: 1 - 12 Of 12

60 Minute Cycling

#	Field	Strongly Agree	Agree	Neither Agree nor Disagree	Disagree	Strongly Disagree	Total
1	60-minute cycling - I am satisfied with this class	87.50% 7	0.00% 0	12.50% 1	0.00% 0	0.00% 0	8
2	60-minute cycling - The class has helped me with attainment of my fitness goals.	87.50% 7	0.00% 0	12.50% 1	0.00% 0	0.00% 0	8
3	60-minute cycling - I am satisfied with the instructor of this class.	87.50% 7	0.00% 0	12.50% 1	0.00% 0	0.00% 0	8
4	60-minute cycling - The instructor is motivating.	87.50% 7	0.00% 0	12.50% 1	0.00% 0	0.00% 0	8
5	60-minute cycling - The session is well organized by the instructor.	62.50% 5	25.00% 2	12.50% 1	0.00% 0	0.00% 0	8
6	60-minute cycling - I feel comfortable asking this instructor questions.	87.50% 7	0.00% 0	12.50% 1	0.00% 0	0.00% 0	8
7	60-minute cycling - I am satisfied with the music played during the class.	75.00% 6	12.50% 1	12.50% 1	0.00% 0	0.00% 0	8
8	60-minute cycling - If equipment is used, I am satisfied with the quality of the equipment.	25.00% 2	50.00% 4	12.50% 1	12.50% 1	0.00% 0	8
9	60-minute cycling - I am satisfied with the cleanliness of the space.	37.50% 3	62.50% 5	0.00% 0	0.00% 0	0.00% 0	8
10	60-minute cycling - I enjoy trying new classes on a regular basis.	25.00% 2	0.00% 0	62.50% 5	0.00% 0	12.50% 1	8
11	60-minute cycling - I prefer to stick to a routine (same class all the time).	12.50% 1	25.00% 2	37.50% 3	25.00% 2	0.00% 0	8
12	60-minute cycling - I know in advance when new sessions begin or when the schedule is changing.	37.50% 3	0.00% 0	12.50% 1	50.00% 4	0.00% 0	8

Showing Rows: 1 - 12 Of 12

Aqua Fit Deep Water

#	Field	Strongly Agree	Agree	Neither Agree nor Disagree	Disagree	Strongly Disagree	Total
1	Aqua Fit Deep Water - I am satisfied with this class	63.16% 12	36.84% 7	0.00% 0	0.00% 0	0.00% 0	19
2	Aqua Fit Deep Water - The class has helped me with attainment of my fitness goals.	63.16% 12	31.58% 6	5.26% 1	0.00% 0	0.00% 0	19
3	Aqua Fit Deep Water - I am satisfied with the instructor of this class.	63.16% 12	21.05% 4	15.79% 3	0.00% 0	0.00% 0	19
4	Aqua Fit Deep Water - The instructor is motivating.	63.16% 12	21.05% 4	15.79% 3	0.00% 0	0.00% 0	19
5	Aqua Fit Deep Water - The session is well organized by the instructor.	63.16% 12	26.32% 5	10.53% 2	0.00% 0	0.00% 0	19
6	Aqua Fit Deep Water - I feel comfortable asking this instructor questions.	73.68% 14	21.05% 4	5.26% 1	0.00% 0	0.00% 0	19
7	Aqua Fit Deep Water - I am satisfied with the music played during the class.	31.58% 6	31.58% 6	26.32% 5	10.53% 2	0.00% 0	19
8	Aqua Fit Deep Water - If equipment is used, I am satisfied with the quality of the equipment.	26.32% 5	47.37% 9	10.53% 2	15.79% 3	0.00% 0	19
9	Aqua Fit Deep Water - I am satisfied with the cleanliness of the space.	36.84% 7	42.11% 8	15.79% 3	5.26% 1	0.00% 0	19
10	Aqua Fit Deep Water - I enjoy trying new classes on a regular basis.	11.11% 2	16.67% 3	44.44% 8	11.11% 2	16.67% 3	18
11	Aqua Fit Deep Water - I prefer to stick to a routine (same class all the time).	36.84% 7	26.32% 5	31.58% 6	0.00% 0	5.26% 1	19
12	Aqua Fit Deep Water - I know in advance when new sessions begin or when the schedule is changing.	47.37% 9	42.11% 8	5.26% 1	0.00% 0	5.26% 1	19

Showing Rows: 1 - 12 Of 12

Aqua Fit Shallow Water

#	Field	Strongly Agree	Agree	Neither Agree nor Disagree	Disagree	Strongly Disagree	Total
1	Aqua Fit Shallow Water - I am satisfied with this class	54.55% 6	45.45% 5	0.00% 0	0.00% 0	0.00% 0	11
2	Aqua Fit Shallow Water - The class has helped me with attainment of my fitness goals.	45.45% 5	45.45% 5	9.09% 1	0.00% 0	0.00% 0	11
3	Aqua Fit Shallow Water - I am satisfied with the instructor of this class.	72.73% 8	27.27% 3	0.00% 0	0.00% 0	0.00% 0	11
4	Aqua Fit Shallow Water - The instructor is motivating.	54.55% 6	45.45% 5	0.00% 0	0.00% 0	0.00% 0	11
5	Aqua Fit Shallow Water - The session is well organized by the instructor.	63.64% 7	36.36% 4	0.00% 0	0.00% 0	0.00% 0	11
6	Aqua Fit Shallow Water - I feel comfortable asking this instructor questions.	72.73% 8	18.18% 2	9.09% 1	0.00% 0	0.00% 0	11
7	Aqua Fit Shallow Water - I am satisfied with the music played during the class.	36.36% 4	54.55% 6	9.09% 1	0.00% 0	0.00% 0	11
8	Aqua Fit Shallow Water - If equipment is used, I am satisfied with the quality of the equipment.	54.55% 6	27.27% 3	18.18% 2	0.00% 0	0.00% 0	11
9	Aqua Fit Shallow Water - I am satisfied with the cleanliness of the space.	54.55% 6	36.36% 4	0.00% 0	9.09% 1	0.00% 0	11
10	Aqua Fit Shallow Water - I enjoy trying new classes on a regular basis.	0.00% 0	9.09% 1	54.55% 6	27.27% 3	9.09% 1	11
11	Aqua Fit Shallow Water - I prefer to stick to a routine (same class all the time).	45.45% 5	36.36% 4	0.00% 0	18.18% 2	0.00% 0	11
12	Aqua Fit Shallow Water - I know in advance when new sessions begin or when the schedule is changing.	50.00% 5	50.00% 5	0.00% 0	0.00% 0	0.00% 0	10

Showing Rows: 1 - 12 Of 12

Arthritis Aquatics

#	Field	Strongly Agree	Agree	Neither Agree nor Disagree	Disagree	Strongly Disagree	Total
1	Arthritis Aquatics - I am satisfied with this class	40.00% 2	60.00% 3	0.00% 0	0.00% 0	0.00% 0	5
2	Arthritis Aquatics - The class has helped me with attainment of my fitness goals.	40.00% 2	60.00% 3	0.00% 0	0.00% 0	0.00% 0	5
3	Arthritis Aquatics - I am satisfied with the instructor of this class.	60.00% 3	40.00% 2	0.00% 0	0.00% 0	0.00% 0	5
4	Arthritis Aquatics - The instructor is motivating.	60.00% 3	20.00% 1	20.00% 1	0.00% 0	0.00% 0	5
5	Arthritis Aquatics - The session is well organized by the instructor.	60.00% 3	20.00% 1	20.00% 1	0.00% 0	0.00% 0	5
6	Arthritis Aquatics - I feel comfortable asking this instructor questions.	80.00% 4	20.00% 1	0.00% 0	0.00% 0	0.00% 0	5
7	Arthritis Aquatics - I am satisfied with the music played during the class.	0.00% 0	20.00% 1	80.00% 4	0.00% 0	0.00% 0	5
8	Arthritis Aquatics - If equipment is used, I am satisfied with the quality of the equipment.	0.00% 0	80.00% 4	20.00% 1	0.00% 0	0.00% 0	5
9	Arthritis Aquatics - I am satisfied with the cleanliness of the space.	20.00% 1	60.00% 3	0.00% 0	20.00% 1	0.00% 0	5
10	Arthritis Aquatics - I enjoy trying new classes on a regular basis.	20.00% 1	20.00% 1	60.00% 3	0.00% 0	0.00% 0	5
11	Arthritis Aquatics - I prefer to stick to a routine (same class all the time).	25.00% 1	25.00% 1	50.00% 2	0.00% 0	0.00% 0	4
12	Arthritis Aquatics - I know in advance when new sessions begin or when the schedule is changing.	20.00% 1	40.00% 2	20.00% 1	0.00% 0	20.00% 1	5

Showing Rows: 1 - 12 Of 12

Argentine Tango Essentials

#	Field	Strongly Agree	Agree	Neither Agree nor Disagree	Disagree	Strongly Disagree	Total
1	Arthritis Aquatics - I am satisfied with this class	40.00% 2	60.00% 3	0.00% 0	0.00% 0	0.00% 0	5
2	Arthritis Aquatics - The class has helped me with attainment of my fitness goals.	40.00% 2	60.00% 3	0.00% 0	0.00% 0	0.00% 0	5
3	Arthritis Aquatics - I am satisfied with the instructor of this class.	60.00% 3	40.00% 2	0.00% 0	0.00% 0	0.00% 0	5
4	Arthritis Aquatics - The instructor is motivating.	60.00% 3	20.00% 1	20.00% 1	0.00% 0	0.00% 0	5
5	Arthritis Aquatics - The session is well organized by the instructor.	60.00% 3	20.00% 1	20.00% 1	0.00% 0	0.00% 0	5
6	Arthritis Aquatics - I feel comfortable asking this instructor questions.	80.00% 4	20.00% 1	0.00% 0	0.00% 0	0.00% 0	5
7	Arthritis Aquatics - I am satisfied with the music played during the class.	0.00% 0	20.00% 1	80.00% 4	0.00% 0	0.00% 0	5
8	Arthritis Aquatics - If equipment is used, I am satisfied with the quality of the equipment.	0.00% 0	80.00% 4	20.00% 1	0.00% 0	0.00% 0	5
9	Arthritis Aquatics - I am satisfied with the cleanliness of the space.	20.00% 1	60.00% 3	0.00% 0	20.00% 1	0.00% 0	5
10	Arthritis Aquatics - I enjoy trying new classes on a regular basis.	20.00% 1	20.00% 1	60.00% 3	0.00% 0	0.00% 0	5
11	Arthritis Aquatics - I prefer to stick to a routine (same class all the time).	25.00% 1	25.00% 1	50.00% 2	0.00% 0	0.00% 0	4
12	Arthritis Aquatics - I know in advance when new sessions begin or when the schedule is changing.	20.00% 1	40.00% 2	20.00% 1	0.00% 0	20.00% 1	5

Showing Rows: 1 - 12 Of 12

Barre

#	Field	Strongly Agree	Agree	Neither Agree nor Disagree	Disagree	Strongly Disagree	Total
1	Barre - I am satisfied with this class	63.64% 7	36.36% 4	0.00% 0	0.00% 0	0.00% 0	11
2	Barre - The class has helped me with attainment of my fitness goals.	63.64% 7	36.36% 4	0.00% 0	0.00% 0	0.00% 0	11
3	Barre - I am satisfied with the instructor of this class.	81.82% 9	18.18% 2	0.00% 0	0.00% 0	0.00% 0	11
4	Barre - The instructor is motivating.	63.64% 7	36.36% 4	0.00% 0	0.00% 0	0.00% 0	11
5	Barre - The session is well organized by the instructor.	72.73% 8	27.27% 3	0.00% 0	0.00% 0	0.00% 0	11
6	Barre - I feel comfortable asking this instructor questions.	81.82% 9	18.18% 2	0.00% 0	0.00% 0	0.00% 0	11
7	Barre - I am satisfied with the music played during the class.	63.64% 7	18.18% 2	9.09% 1	0.00% 0	9.09% 1	11
8	Barre - If equipment is used, I am satisfied with the quality of the equipment.	72.73% 8	18.18% 2	9.09% 1	0.00% 0	0.00% 0	11
9	Barre - I am satisfied with the cleanliness of the space.	72.73% 8	18.18% 2	9.09% 1	0.00% 0	0.00% 0	11
10	Barre - I enjoy trying new classes on a regular basis.	36.36% 4	36.36% 4	27.27% 3	0.00% 0	0.00% 0	11
11	Barre - I prefer to stick to a routine (same class all the time).	18.18% 2	27.27% 3	18.18% 2	27.27% 3	9.09% 1	11
12	Barre - I know in advance when new sessions begin or when the schedule is changing.	54.55% 6	27.27% 3	18.18% 2	0.00% 0	0.00% 0	11

Showing Rows: 1 - 12 Of 12

Bootcamp

#	Field	Strongly Agree	Agree	Neither Agree nor Disagree	Disagree	Strongly Disagree	Total
1	Bootcamp - I am satisfied with this class	72.73% 8	27.27% 3	0.00% 0	0.00% 0	0.00% 0	11
2	Bootcamp - The class has helped me with attainment of my fitness goals.	72.73% 8	18.18% 2	9.09% 1	0.00% 0	0.00% 0	11
3	Bootcamp - I am satisfied with the instructor of this class.	81.82% 9	18.18% 2	0.00% 0	0.00% 0	0.00% 0	11
4	Bootcamp - The instructor is motivating.	81.82% 9	18.18% 2	0.00% 0	0.00% 0	0.00% 0	11
5	Bootcamp - The session is well organized by the instructor.	100.00% 11	0.00% 0	0.00% 0	0.00% 0	0.00% 0	11
6	Bootcamp - I feel comfortable asking this instructor questions.	81.82% 9	18.18% 2	0.00% 0	0.00% 0	0.00% 0	11
7	Bootcamp - I am satisfied with the music played during the class.	81.82% 9	9.09% 1	9.09% 1	0.00% 0	0.00% 0	11
8	Bootcamp - If equipment is used, I am satisfied with the quality of the equipment.	72.73% 8	27.27% 3	0.00% 0	0.00% 0	0.00% 0	11
9	Bootcamp - I am satisfied with the cleanliness of the space.	54.55% 6	45.45% 5	0.00% 0	0.00% 0	0.00% 0	11
10	Bootcamp - I enjoy trying new classes on a regular basis.	27.27% 3	54.55% 6	18.18% 2	0.00% 0	0.00% 0	11
11	Bootcamp - I prefer to stick to a routine (same class all the time).	36.36% 4	27.27% 3	36.36% 4	0.00% 0	0.00% 0	11
12	Bootcamp - I know in advance when new sessions begin or when the schedule is changing.	27.27% 3	45.45% 5	18.18% 2	9.09% 1	0.00% 0	11

Showing Rows: 1 - 12 Of 12

BOSU Strength Training

#	Field	Strongly Agree	Agree	Neither Agree nor Disagree	Disagree	Strongly Disagree	Total
1	BOSU Strength Training - I am satisfied with this class	83.33% 5	0.00% 0	16.67% 1	0.00% 0	0.00% 0	6
2	BOSU Strength Training - The class has helped me with attainment of my fitness goals.	83.33% 5	16.67% 1	0.00% 0	0.00% 0	0.00% 0	6
3	BOSU Strength Training - I am satisfied with the instructor of this class.	100.00% 6	0.00% 0	0.00% 0	0.00% 0	0.00% 0	6
4	BOSU Strength Training - The instructor is motivating.	100.00% 6	0.00% 0	0.00% 0	0.00% 0	0.00% 0	6
5	BOSU Strength Training - The session is well organized by the instructor.	100.00% 6	0.00% 0	0.00% 0	0.00% 0	0.00% 0	6
6	BOSU Strength Training - I feel comfortable asking this instructor questions.	100.00% 6	0.00% 0	0.00% 0	0.00% 0	0.00% 0	6
7	BOSU Strength Training - I am satisfied with the music played during the class.	100.00% 6	0.00% 0	0.00% 0	0.00% 0	0.00% 0	6
8	BOSU Strength Training - If equipment is used, I am satisfied with the quality of the equipment.	83.33% 5	16.67% 1	0.00% 0	0.00% 0	0.00% 0	6
9	BOSU Strength Training - I am satisfied with the cleanliness of the space.	83.33% 5	16.67% 1	0.00% 0	0.00% 0	0.00% 0	6
10	BOSU Strength Training - I enjoy trying new classes on a regular basis.	50.00% 3	33.33% 2	16.67% 1	0.00% 0	0.00% 0	6
11	BOSU Strength Training - I prefer to stick to a routine (same class all the time).	16.67% 1	16.67% 1	16.67% 1	33.33% 2	16.67% 1	6
12	BOSU Strength Training - I know in advance when new sessions begin or when the schedule is changing.	83.33% 5	16.67% 1	0.00% 0	0.00% 0	0.00% 0	6

Showing Rows: 1 - 12 Of 12

Cardio Blast

#	Field	Strongly Agree	Agree	Neither Agree nor Disagree	Disagree	Strongly Disagree	Total
1	Cardio Blast - I am satisfied with this class	60.00% 3	40.00% 2	0.00% 0	0.00% 0	0.00% 0	5
2	Cardio Blast - The class has helped me with attainment of my fitness goals.	80.00% 4	20.00% 1	0.00% 0	0.00% 0	0.00% 0	5
3	Cardio Blast - I am satisfied with the instructor of this class.	100.00% 5	0.00% 0	0.00% 0	0.00% 0	0.00% 0	5
4	Cardio Blast - The instructor is motivating.	100.00% 5	0.00% 0	0.00% 0	0.00% 0	0.00% 0	5
5	Cardio Blast - The session is well organized by the instructor.	100.00% 5	0.00% 0	0.00% 0	0.00% 0	0.00% 0	5
6	Cardio Blast - I feel comfortable asking this instructor questions.	100.00% 5	0.00% 0	0.00% 0	0.00% 0	0.00% 0	5
7	Cardio Blast - I am satisfied with the music played during the class.	100.00% 5	0.00% 0	0.00% 0	0.00% 0	0.00% 0	5
8	Cardio Blast - If equipment is used, I am satisfied with the quality of the equipment.	80.00% 4	20.00% 1	0.00% 0	0.00% 0	0.00% 0	5
9	Cardio Blast - I am satisfied with the cleanliness of the space.	40.00% 2	20.00% 1	40.00% 2	0.00% 0	0.00% 0	5
10	Cardio Blast - I enjoy trying new classes on a regular basis.	60.00% 3	40.00% 2	0.00% 0	0.00% 0	0.00% 0	5
11	Cardio Blast - I prefer to stick to a routine (same class all the time).	40.00% 2	0.00% 0	60.00% 3	0.00% 0	0.00% 0	5
12	Cardio Blast - I know in advance when new sessions begin or when the schedule is changing.	40.00% 2	40.00% 2	20.00% 1	0.00% 0	0.00% 0	5

Showing Rows: 1 - 12 Of 12

Cize

#	Field	Strongly Agree	Agree	Neither Agree nor Disagree	Disagree	Strongly Disagree	Total
1	Cize - I am satisfied with this class	100.00% 1	0.00% 0	0.00% 0	0.00% 0	0.00% 0	1
2	Cize - The class has helped me with attainment of my fitness goals.	0.00% 0	100.00% 1	0.00% 0	0.00% 0	0.00% 0	1
3	Cize - I am satisfied with the instructor of this class.	100.00% 1	0.00% 0	0.00% 0	0.00% 0	0.00% 0	1
4	Cize - The instructor is motivating.	100.00% 1	0.00% 0	0.00% 0	0.00% 0	0.00% 0	1
5	Cize - The session is well organized by the instructor.	100.00% 1	0.00% 0	0.00% 0	0.00% 0	0.00% 0	1
6	Cize - I feel comfortable asking this instructor questions.	100.00% 1	0.00% 0	0.00% 0	0.00% 0	0.00% 0	1
7	Cize - I am satisfied with the music played during the class.	100.00% 1	0.00% 0	0.00% 0	0.00% 0	0.00% 0	1
8	Cize - If equipment is used, I am satisfied with the quality of the equipment.	100.00% 1	0.00% 0	0.00% 0	0.00% 0	0.00% 0	1
9	Cize - I am satisfied with the cleanliness of the space.	0.00% 0	0.00% 0	0.00% 0	100.00% 1	0.00% 0	1
10	Cize - I enjoy trying new classes on a regular basis.	100.00% 1	0.00% 0	0.00% 0	0.00% 0	0.00% 0	1
11	Cize - I prefer to stick to a routine (same class all the time).	0.00% 0	100.00% 1	0.00% 0	0.00% 0	0.00% 0	1
12	Cize - I know in advance when new sessions begin or when the schedule is changing.	0.00% 0	0.00% 0	0.00% 0	100.00% 1	0.00% 0	1

Showing Rows: 1 - 12 Of 12

Country Heat

#	Field	Strongly Agree	Agree	Neither Agree nor Disagree	Disagree	Strongly Disagree	Total
1	Country Heat - I am satisfied with this class	33.33% 1	66.67% 2	0.00% 0	0.00% 0	0.00% 0	3
2	Country Heat - The class has helped me with attainment of my fitness goals.	33.33% 1	33.33% 1	33.33% 1	0.00% 0	0.00% 0	3
3	Country Heat - I am satisfied with the instructor of this class.	33.33% 1	66.67% 2	0.00% 0	0.00% 0	0.00% 0	3
4	Country Heat - The instructor is motivating.	33.33% 1	66.67% 2	0.00% 0	0.00% 0	0.00% 0	3
5	Country Heat - The session is well organized by the instructor.	33.33% 1	66.67% 2	0.00% 0	0.00% 0	0.00% 0	3
6	Country Heat - I feel comfortable asking this instructor questions.	33.33% 1	33.33% 1	33.33% 1	0.00% 0	0.00% 0	3
7	Country Heat - I am satisfied with the music played during the class.	66.67% 2	33.33% 1	0.00% 0	0.00% 0	0.00% 0	3
8	Country Heat - If equipment is used, I am satisfied with the quality of the equipment.	0.00% 0	33.33% 1	66.67% 2	0.00% 0	0.00% 0	3
9	Country Heat - I am satisfied with the cleanliness of the space.	0.00% 0	100.00% 3	0.00% 0	0.00% 0	0.00% 0	3
10	Country Heat - I enjoy trying new classes on a regular basis.	0.00% 0	66.67% 2	33.33% 1	0.00% 0	0.00% 0	3
11	Country Heat - I prefer to stick to a routine (same class all the time).	0.00% 0	0.00% 0	100.00% 3	0.00% 0	0.00% 0	3
12	Country Heat - I know in advance when new sessions begin or when the schedule is changing.	0.00% 0	66.67% 2	33.33% 1	0.00% 0	0.00% 0	3

Showing Rows: 1 - 12 Of 12

Cycle and Roll

#	Field	Strongly Agree	Agree	Neither Agree nor Disagree	Disagree	Strongly Disagree	Total
1	Cycle and Roll - I am satisfied with this class	100.00% 1	0.00% 0	0.00% 0	0.00% 0	0.00% 0	1
2	Cycle and Roll - The class has helped me with attainment of my fitness goals.	100.00% 1	0.00% 0	0.00% 0	0.00% 0	0.00% 0	1
3	Cycle and Roll - I am satisfied with the instructor of this class.	100.00% 1	0.00% 0	0.00% 0	0.00% 0	0.00% 0	1
4	Cycle and Roll - The instructor is motivating.	100.00% 1	0.00% 0	0.00% 0	0.00% 0	0.00% 0	1
5	Cycle and Roll - The session is well organized by the instructor.	100.00% 1	0.00% 0	0.00% 0	0.00% 0	0.00% 0	1
6	Cycle and Roll - I feel comfortable asking this instructor questions.	100.00% 1	0.00% 0	0.00% 0	0.00% 0	0.00% 0	1
7	Cycle and Roll - I am satisfied with the music played during the class.	100.00% 1	0.00% 0	0.00% 0	0.00% 0	0.00% 0	1
8	Cycle and Roll - If equipment is used, I am satisfied with the quality of the equipment.	100.00% 1	0.00% 0	0.00% 0	0.00% 0	0.00% 0	1
9	Cycle and Roll - I am satisfied with the cleanliness of the space.	100.00% 1	0.00% 0	0.00% 0	0.00% 0	0.00% 0	1
10	Cycle and Roll - I enjoy trying new classes on a regular basis.	100.00% 1	0.00% 0	0.00% 0	0.00% 0	0.00% 0	1
11	Cycle and Roll - I prefer to stick to a routine (same class all the time).	0.00% 0	0.00% 0	100.00% 1	0.00% 0	0.00% 0	1
12	Cycle and Roll - I know in advance when new sessions begin or when the schedule is changing.	0.00% 0	100.00% 1	0.00% 0	0.00% 0	0.00% 0	1

Showing Rows: 1 - 12 Of 12

Cycle In

#	Field	Strongly Agree	Agree	Neither Agree nor Disagree	Disagree	Strongly Disagree	Total
1	Cycle-In - I am satisfied with this class	54.55% 6	36.36% 4	0.00% 0	9.09% 1	0.00% 0	11
2	Cycle-In - The class has helped me with attainment of my fitness goals.	72.73% 8	18.18% 2	9.09% 1	0.00% 0	0.00% 0	11
3	Cycle-In - I am satisfied with the instructor of this class.	72.73% 8	18.18% 2	9.09% 1	0.00% 0	0.00% 0	11
4	Cycle-In - The instructor is motivating.	54.55% 6	36.36% 4	9.09% 1	0.00% 0	0.00% 0	11
5	Cycle-In - The session is well organized by the instructor.	72.73% 8	18.18% 2	9.09% 1	0.00% 0	0.00% 0	11
6	Cycle-In - I feel comfortable asking this instructor questions.	81.82% 9	18.18% 2	0.00% 0	0.00% 0	0.00% 0	11
7	Cycle-In - I am satisfied with the music played during the class.	81.82% 9	9.09% 1	0.00% 0	0.00% 0	9.09% 1	11
8	Cycle-In - If equipment is used, I am satisfied with the quality of the equipment.	72.73% 8	27.27% 3	0.00% 0	0.00% 0	0.00% 0	11
9	Cycle-In - I am satisfied with the cleanliness of the space.	72.73% 8	27.27% 3	0.00% 0	0.00% 0	0.00% 0	11
10	Cycle-In - I enjoy trying new classes on a regular basis.	9.09% 1	27.27% 3	45.45% 5	18.18% 2	0.00% 0	11
11	Cycle-In - I prefer to stick to a routine (same class all the time).	45.45% 5	36.36% 4	18.18% 2	0.00% 0	0.00% 0	11
12	Cycle-In - I know in advance when new sessions begin or when the schedule is changing.	36.36% 4	27.27% 3	36.36% 4	0.00% 0	0.00% 0	11

Showing Rows: 1 - 12 Of 12

Gentle Total Body Strength

#	Field	Strongly Agree		Agree		Neither Agree nor Disagree		Disagree		Strongly Disagree		Total
1	Gentle Total Body Strength - I am satisfied with this class	100.00%	1	0.00%	0	0.00%	0	0.00%	0	0.00%	0	1
2	Gentle Total Body Strength - The class has helped me with attainment of my fitness goals.	100.00%	1	0.00%	0	0.00%	0	0.00%	0	0.00%	0	1
3	Gentle Total Body Strength - I am satisfied with the instructor of this class.	100.00%	1	0.00%	0	0.00%	0	0.00%	0	0.00%	0	1
4	Gentle Total Body Strength - The instructor is motivating.	100.00%	1	0.00%	0	0.00%	0	0.00%	0	0.00%	0	1
5	Gentle Total Body Strength - The session is well organized by the instructor.	100.00%	1	0.00%	0	0.00%	0	0.00%	0	0.00%	0	1
6	Gentle Total Body Strength - I feel comfortable asking this instructor questions.	100.00%	1	0.00%	0	0.00%	0	0.00%	0	0.00%	0	1
7	Gentle Total Body Strength - I am satisfied with the music played during the class.	0.00%	0	100.00%	1	0.00%	0	0.00%	0	0.00%	0	1
8	Gentle Total Body Strength - If equipment is used, I am satisfied with the quality of the equipment.	0.00%	0	100.00%	1	0.00%	0	0.00%	0	0.00%	0	1
9	Gentle Total Body Strength - I am satisfied with the cleanliness of the space.	100.00%	1	0.00%	0	0.00%	0	0.00%	0	0.00%	0	1
10	Gentle Total Body Strength - I enjoy trying new classes on a regular basis.	100.00%	1	0.00%	0	0.00%	0	0.00%	0	0.00%	0	1
11	Gentle Total Body Strength - I prefer to stick to a routine (same class all the time).	0.00%	0	0.00%	0	0.00%	0	0.00%	0	100.00%	1	1
12	Gentle Total Body Strength - I know in advance when new sessions begin or when the schedule is changing.	100.00%	1	0.00%	0	0.00%	0	0.00%	0	0.00%	0	1

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High Intensity Training (HIT)

#	Field	Strongly Agree		Agree		Neither Agree nor Disagree		Disagree		Strongly Disagree		Total
1	High Intensity Training (HIT) - I am satisfied with this class	100.00%	5	0.00%	0	0.00%	0	0.00%	0	0.00%	0	5
2	High Intensity Training (HIT) - The class has helped me with attainment of my fitness goals.	80.00%	4	20.00%	1	0.00%	0	0.00%	0	0.00%	0	5
3	High Intensity Training (HIT) - I am satisfied with the instructor of this class.	100.00%	5	0.00%	0	0.00%	0	0.00%	0	0.00%	0	5
4	High Intensity Training (HIT) - The instructor is motivating.	100.00%	5	0.00%	0	0.00%	0	0.00%	0	0.00%	0	5
5	High Intensity Training (HIT) - The session is well organized by the instructor.	100.00%	5	0.00%	0	0.00%	0	0.00%	0	0.00%	0	5
6	High Intensity Training (HIT) - I feel comfortable asking this instructor questions.	100.00%	5	0.00%	0	0.00%	0	0.00%	0	0.00%	0	5
7	High Intensity Training (HIT) - I am satisfied with the music played during the class.	100.00%	5	0.00%	0	0.00%	0	0.00%	0	0.00%	0	5
8	High Intensity Training (HIT) - If equipment is used, I am satisfied with the quality of the equipment.	100.00%	5	0.00%	0	0.00%	0	0.00%	0	0.00%	0	5
9	High Intensity Training (HIT) - I am satisfied with the cleanliness of the space.	60.00%	3	20.00%	1	0.00%	0	0.00%	0	20.00%	1	5
10	High Intensity Training (HIT) - I enjoy trying new classes on a regular basis.	60.00%	3	20.00%	1	20.00%	1	0.00%	0	0.00%	0	5
11	High Intensity Training (HIT) - I prefer to stick to a routine (same class all the time).	50.00%	2	25.00%	1	0.00%	0	25.00%	1	0.00%	0	4
12	High Intensity Training (HIT) - I know in advance when new sessions begin or when the schedule is changing.	60.00%	3	0.00%	0	20.00%	1	20.00%	1	0.00%	0	5

Showing Rows: 1 - 12 Of 12

Insanity

#	Field	Strongly Agree	Agree	Neither Agree nor Disagree	Disagree	Strongly Disagree	Total
1	Insanity - I am satisfied with this class	81.82% 9	18.18% 2	0.00% 0	0.00% 0	0.00% 0	11
2	Insanity - The class has helped me with attainment of my fitness goals.	72.73% 8	27.27% 3	0.00% 0	0.00% 0	0.00% 0	11
3	Insanity - I am satisfied with the instructor of this class.	90.91% 10	9.09% 1	0.00% 0	0.00% 0	0.00% 0	11
4	Insanity - The instructor is motivating.	90.91% 10	9.09% 1	0.00% 0	0.00% 0	0.00% 0	11
5	Insanity - The session is well organized by the instructor.	90.91% 10	9.09% 1	0.00% 0	0.00% 0	0.00% 0	11
6	Insanity - I feel comfortable asking this instructor questions.	90.91% 10	9.09% 1	0.00% 0	0.00% 0	0.00% 0	11
7	Insanity - I am satisfied with the music played during the class.	81.82% 9	18.18% 2	0.00% 0	0.00% 0	0.00% 0	11
8	Insanity - If equipment is used, I am satisfied with the quality of the equipment.	81.82% 9	18.18% 2	0.00% 0	0.00% 0	0.00% 0	11
9	Insanity - I am satisfied with the cleanliness of the space.	72.73% 8	18.18% 2	0.00% 0	0.00% 0	9.09% 1	11
10	Insanity - I enjoy trying new classes on a regular basis.	36.36% 4	36.36% 4	27.27% 3	0.00% 0	0.00% 0	11
11	Insanity - I prefer to stick to a routine (same class all the time).	18.18% 2	54.55% 6	18.18% 2	9.09% 1	0.00% 0	11
12	Insanity - I know in advance when new sessions begin or when the schedule is changing.	54.55% 6	18.18% 2	18.18% 2	9.09% 1	0.00% 0	11

Showing Rows: 1 - 12 Of 12

Kickboxing

#	Field	Strongly Agree	Agree	Neither Agree nor Disagree	Disagree	Strongly Disagree	Total
1	Kickboxing - I am satisfied with this class	63.64% 7	36.36% 4	0.00% 0	0.00% 0	0.00% 0	11
2	Kickboxing - The class has helped me with attainment of my fitness goals.	70.00% 7	30.00% 3	0.00% 0	0.00% 0	0.00% 0	10
3	Kickboxing - I am satisfied with the instructor of this class.	63.64% 7	36.36% 4	0.00% 0	0.00% 0	0.00% 0	11
4	Kickboxing - The instructor is motivating.	70.00% 7	30.00% 3	0.00% 0	0.00% 0	0.00% 0	10
5	Kickboxing - The session is well organized by the instructor.	60.00% 6	40.00% 4	0.00% 0	0.00% 0	0.00% 0	10
6	Kickboxing - I feel comfortable asking this instructor questions.	81.82% 9	9.09% 1	9.09% 1	0.00% 0	0.00% 0	11
7	Kickboxing - I am satisfied with the music played during the class.	54.55% 6	36.36% 4	9.09% 1	0.00% 0	0.00% 0	11
8	Kickboxing - If equipment is used, I am satisfied with the quality of the equipment.	50.00% 5	30.00% 3	20.00% 2	0.00% 0	0.00% 0	10
9	Kickboxing - I am satisfied with the cleanliness of the space.	54.55% 6	36.36% 4	0.00% 0	0.00% 0	9.09% 1	11
10	Kickboxing - I enjoy trying new classes on a regular basis.	36.36% 4	36.36% 4	27.27% 3	0.00% 0	0.00% 0	11
11	Kickboxing - I prefer to stick to a routine (same class all the time).	36.36% 4	36.36% 4	27.27% 3	0.00% 0	0.00% 0	11
12	Kickboxing - I know in advance when new sessions begin or when the schedule is changing.	45.45% 5	27.27% 3	9.09% 1	18.18% 2	0.00% 0	11

Showing Rows: 1 - 12 Of 12

Kettlebell Basics

#	Field	Strongly Agree	Agree	Neither Agree nor Disagree	Disagree	Strongly Disagree	Total
1	Kettlebell Basics - I am satisfied with this class	50.00% 1	50.00% 1	0.00% 0	0.00% 0	0.00% 0	2
2	Kettlebell Basics - The class has helped me with attainment of my fitness goals.	100.00% 2	0.00% 0	0.00% 0	0.00% 0	0.00% 0	2
3	Kettlebell Basics - I am satisfied with the instructor of this class.	50.00% 1	50.00% 1	0.00% 0	0.00% 0	0.00% 0	2
4	Kettlebell Basics - The instructor is motivating.	50.00% 1	50.00% 1	0.00% 0	0.00% 0	0.00% 0	2
5	Kettlebell Basics - The session is well organized by the instructor.	100.00% 2	0.00% 0	0.00% 0	0.00% 0	0.00% 0	2
6	Kettlebell Basics - I feel comfortable asking this instructor questions.	100.00% 2	0.00% 0	0.00% 0	0.00% 0	0.00% 0	2
7	Kettlebell Basics - I am satisfied with the music played during the class.	100.00% 2	0.00% 0	0.00% 0	0.00% 0	0.00% 0	2
8	Kettlebell Basics - If equipment is used, I am satisfied with the quality of the equipment.	100.00% 2	0.00% 0	0.00% 0	0.00% 0	0.00% 0	2
9	Kettlebell Basics - I am satisfied with the cleanliness of the space.	50.00% 1	50.00% 1	0.00% 0	0.00% 0	0.00% 0	2
10	Kettlebell Basics - I enjoy trying new classes on a regular basis.	100.00% 2	0.00% 0	0.00% 0	0.00% 0	0.00% 0	2
11	Kettlebell Basics - I prefer to stick to a routine (same class all the time).	50.00% 1	0.00% 0	50.00% 1	0.00% 0	0.00% 0	2
12	Kettlebell Basics - I know in advance when new sessions begin or when the schedule is changing.	100.00% 2	0.00% 0	0.00% 0	0.00% 0	0.00% 0	2

Showing Rows: 1 - 12 Of 12

Long and Lean Total Body Strength

#	Field	Strongly Agree	Agree	Neither Agree nor Disagree	Disagree	Strongly Disagree	Total
1	Long and Lean Total Body Strength - I am satisfied with this class	100.00% 1	0.00% 0	0.00% 0	0.00% 0	0.00% 0	1
2	Long and Lean Total Body Strength - The class has helped me with attainment of my fitness goals.	100.00% 1	0.00% 0	0.00% 0	0.00% 0	0.00% 0	1
3	Long and Lean Total Body Strength - I am satisfied with the instructor of this class.	100.00% 1	0.00% 0	0.00% 0	0.00% 0	0.00% 0	1
4	Long and Lean Total Body Strength - The instructor is motivating.	100.00% 1	0.00% 0	0.00% 0	0.00% 0	0.00% 0	1
5	Long and Lean Total Body Strength - The session is well organized by the instructor.	100.00% 1	0.00% 0	0.00% 0	0.00% 0	0.00% 0	1
6	Long and Lean Total Body Strength - I feel comfortable asking this instructor questions.	100.00% 1	0.00% 0	0.00% 0	0.00% 0	0.00% 0	1
7	Long and Lean Total Body Strength - I am satisfied with the music played during the class.	0.00% 0	0.00% 0	100.00% 1	0.00% 0	0.00% 0	1
8	Long and Lean Total Body Strength - If equipment is used, I am satisfied with the quality of the equipment.	100.00% 1	0.00% 0	0.00% 0	0.00% 0	0.00% 0	1
9	Long and Lean Total Body Strength - I am satisfied with the cleanliness of the space.	100.00% 1	0.00% 0	0.00% 0	0.00% 0	0.00% 0	1
10	Long and Lean Total Body Strength - I enjoy trying new classes on a regular basis.	0.00% 0	0.00% 0	0.00% 0	100.00% 1	0.00% 0	1
11	Long and Lean Total Body Strength - I prefer to stick to a routine (same class all the time).	100.00% 1	0.00% 0	0.00% 0	0.00% 0	0.00% 0	1
12	Long and Lean Total Body Strength - I know in advance when new sessions begin or when the schedule is changing.	100.00% 1	0.00% 0	0.00% 0	0.00% 0	0.00% 0	1

Showing Rows: 1 - 12 Of 12

Morning Mix

#	Field	Strongly Agree	Agree	Neither Agree nor Disagree	Disagree	Strongly Disagree	Total
1	Morning Mix - I am satisfied with this class	100.00% 5	0.00% 0	0.00% 0	0.00% 0	0.00% 0	5
2	Morning Mix - The class has helped me with attainment of my fitness goals.	100.00% 5	0.00% 0	0.00% 0	0.00% 0	0.00% 0	5
3	Morning Mix - I am satisfied with the instructor of this class.	100.00% 5	0.00% 0	0.00% 0	0.00% 0	0.00% 0	5
4	Morning Mix - The instructor is motivating.	100.00% 5	0.00% 0	0.00% 0	0.00% 0	0.00% 0	5
5	Morning Mix - The session is well organized by the instructor.	100.00% 4	0.00% 0	0.00% 0	0.00% 0	0.00% 0	4
6	Morning Mix - I feel comfortable asking this instructor questions.	100.00% 5	0.00% 0	0.00% 0	0.00% 0	0.00% 0	5
7	Morning Mix - I am satisfied with the music played during the class.	100.00% 5	0.00% 0	0.00% 0	0.00% 0	0.00% 0	5
8	Morning Mix - If equipment is used, I am satisfied with the quality of the equipment.	100.00% 5	0.00% 0	0.00% 0	0.00% 0	0.00% 0	5
9	Morning Mix - I am satisfied with the cleanliness of the space.	40.00% 2	20.00% 1	20.00% 1	0.00% 0	20.00% 1	5
10	Morning Mix - I enjoy trying new classes on a regular basis.	60.00% 3	0.00% 0	20.00% 1	0.00% 0	20.00% 1	5
11	Morning Mix - I prefer to stick to a routine (same class all the time).	40.00% 2	20.00% 1	40.00% 2	0.00% 0	0.00% 0	5
12	Morning Mix - I know in advance when new sessions begin or when the schedule is changing.	80.00% 4	0.00% 0	0.00% 0	20.00% 1	0.00% 0	5

Showing Rows: 1 - 12 Of 12

P90X

#	Field	Strongly Agree		Agree		Neither Agree nor Disagree		Disagree		Strongly Disagree		Total
1	P90X - I am satisfied with this class	71.43%	10	28.57%	4	0.00%	0	0.00%	0	0.00%	0	14
2	P90X - The class has helped me with attainment of my fitness goals.	71.43%	10	28.57%	4	0.00%	0	0.00%	0	0.00%	0	14
3	P90X - I am satisfied with the instructor of this class.	78.57%	11	21.43%	3	0.00%	0	0.00%	0	0.00%	0	14
4	P90X - The instructor is motivating.	78.57%	11	21.43%	3	0.00%	0	0.00%	0	0.00%	0	14
5	P90X - The session is well organized by the instructor.	78.57%	11	21.43%	3	0.00%	0	0.00%	0	0.00%	0	14
6	P90X - I feel comfortable asking this instructor questions.	85.71%	12	14.29%	2	0.00%	0	0.00%	0	0.00%	0	14
7	P90X - I am satisfied with the music played during the class.	78.57%	11	14.29%	2	7.14%	1	0.00%	0	0.00%	0	14
8	P90X - If equipment is used, I am satisfied with the quality of the equipment.	78.57%	11	21.43%	3	0.00%	0	0.00%	0	0.00%	0	14
9	P90X - I am satisfied with the cleanliness of the space.	35.71%	5	50.00%	7	7.14%	1	0.00%	0	7.14%	1	14
10	P90X - I enjoy trying new classes on a regular basis.	57.14%	8	21.43%	3	21.43%	3	0.00%	0	0.00%	0	14
11	P90X - I prefer to stick to a routine (same class all the time).	38.46%	5	38.46%	5	7.69%	1	15.38%	2	0.00%	0	13
12	P90X - I know in advance when new sessions begin or when the schedule is changing.	50.00%	7	35.71%	5	7.14%	1	7.14%	1	0.00%	0	14

Showing Rows: 1 - 12 Of 12

Pilates

#	Field	Strongly Agree	Agree	Neither Agree nor Disagree	Disagree	Strongly Disagree	Total
1	Pilates - I am satisfied with this class	69.23% 9	30.77% 4	0.00% 0	0.00% 0	0.00% 0	13
2	Pilates - The class has helped me with attainment of my fitness goals.	61.54% 8	38.46% 5	0.00% 0	0.00% 0	0.00% 0	13
3	Pilates - I am satisfied with the instructor of this class.	76.92% 10	23.08% 3	0.00% 0	0.00% 0	0.00% 0	13
4	Pilates - The instructor is motivating.	84.62% 11	15.38% 2	0.00% 0	0.00% 0	0.00% 0	13
5	Pilates - The session is well organized by the instructor.	84.62% 11	15.38% 2	0.00% 0	0.00% 0	0.00% 0	13
6	Pilates - I feel comfortable asking this instructor questions.	84.62% 11	15.38% 2	0.00% 0	0.00% 0	0.00% 0	13
7	Pilates - I am satisfied with the music played during the class.	66.67% 8	8.33% 1	16.67% 2	8.33% 1	0.00% 0	12
8	Pilates - If equipment is used, I am satisfied with the quality of the equipment.	53.85% 7	46.15% 6	0.00% 0	0.00% 0	0.00% 0	13
9	Pilates - I am satisfied with the cleanliness of the space.	53.85% 7	30.77% 4	7.69% 1	7.69% 1	0.00% 0	13
10	Pilates - I enjoy trying new classes on a regular basis.	33.33% 4	16.67% 2	41.67% 5	8.33% 1	0.00% 0	12
11	Pilates - I prefer to stick to a routine (same class all the time).	30.77% 4	38.46% 5	15.38% 2	7.69% 1	7.69% 1	13
12	Pilates - I know in advance when new sessions begin or when the schedule is changing.	46.15% 6	38.46% 5	15.38% 2	0.00% 0	0.00% 0	13

Showing Rows: 1 - 12 Of 12

Piyo

# ▼	Field	Strongly Agree	Agree	Neither Agree nor Disagree	Disagree	Strongly Disagree	Total
1	Piyo - I am satisfied with this class	61.54% 8	30.77% 4	7.69% 1	0.00% 0	0.00% 0	13
2	Piyo - The class has helped me with attainment of my fitness goals.	46.15% 6	38.46% 5	15.38% 2	0.00% 0	0.00% 0	13
3	Piyo - I am satisfied with the instructor of this class.	76.92% 10	23.08% 3	0.00% 0	0.00% 0	0.00% 0	13
4	Piyo - The instructor is motivating.	69.23% 9	30.77% 4	0.00% 0	0.00% 0	0.00% 0	13
5	Piyo - The session is well organized by the instructor.	76.92% 10	23.08% 3	0.00% 0	0.00% 0	0.00% 0	13
6	Piyo - I feel comfortable asking this instructor questions.	69.23% 9	23.08% 3	7.69% 1	0.00% 0	0.00% 0	13
7	Piyo - I am satisfied with the music played during the class.	61.54% 8	23.08% 3	15.38% 2	0.00% 0	0.00% 0	13
8	Piyo - If equipment is used, I am satisfied with the quality of the equipment.	30.77% 4	38.46% 5	23.08% 3	7.69% 1	0.00% 0	13
9	Piyo - I am satisfied with the cleanliness of the space.	53.85% 7	38.46% 5	0.00% 0	0.00% 0	7.69% 1	13
10	Piyo - I enjoy trying new classes on a regular basis.	30.77% 4	46.15% 6	23.08% 3	0.00% 0	0.00% 0	13
11	Piyo - I prefer to stick to a routine (same class all the time).	15.38% 2	46.15% 6	30.77% 4	7.69% 1	0.00% 0	13
12	Piyo - I know in advance when new sessions begin or when the schedule is changing.	46.15% 6	23.08% 3	15.38% 2	15.38% 2	0.00% 0	13

Showing Rows: 1 - 12 Of 12

Power Circuit

# ▼	Field	Strongly Agree	Agree	Neither Agree nor Disagree	Disagree	Strongly Disagree	Total
1	Power Circuit - I am satisfied with this class	0.00% 0	0.00% 0	0.00% 0	0.00% 0	0.00% 0	0
2	Power Circuit - The class has helped me with attainment of my fitness goals.	0.00% 0	0.00% 0	0.00% 0	0.00% 0	0.00% 0	0
3	Power Circuit - I am satisfied with the instructor of this class.	0.00% 0	0.00% 0	0.00% 0	0.00% 0	0.00% 0	0
4	Power Circuit - The instructor is motivating.	0.00% 0	0.00% 0	0.00% 0	0.00% 0	0.00% 0	0
5	Power Circuit - The session is well organized by the instructor.	0.00% 0	0.00% 0	0.00% 0	0.00% 0	0.00% 0	0
6	Power Circuit - I feel comfortable asking this instructor questions.	0.00% 0	0.00% 0	0.00% 0	0.00% 0	0.00% 0	0
7	Power Circuit - I am satisfied with the music played during the class.	0.00% 0	0.00% 0	0.00% 0	0.00% 0	0.00% 0	0
8	Power Circuit - If equipment is used, I am satisfied with the quality of the equipment.	0.00% 0	0.00% 0	0.00% 0	0.00% 0	0.00% 0	0
9	Power Circuit - I am satisfied with the cleanliness of the space.	0.00% 0	0.00% 0	0.00% 0	0.00% 0	0.00% 0	0
10	Power Circuit - I enjoy trying new classes on a regular basis.	0.00% 0	0.00% 0	0.00% 0	0.00% 0	0.00% 0	0
11	Power Circuit - I prefer to stick to a routine (same class all the time).	0.00% 0	0.00% 0	0.00% 0	0.00% 0	0.00% 0	0
12	Power Circuit - I know in advance when new sessions begin or when the schedule is changing.	0.00% 0	0.00% 0	0.00% 0	0.00% 0	0.00% 0	0

Showing Rows: 1 - 12 Of 12

Power Pump

#	Field	Strongly Agree	Agree	Neither Agree nor Disagree	Disagree	Strongly Disagree	Total
1	Power Pump - I am satisfied with this class	94.74% 18	5.26% 1	0.00% 0	0.00% 0	0.00% 0	19
2	Power Pump - The class has helped me with attainment of my fitness goals.	68.42% 13	26.32% 5	5.26% 1	0.00% 0	0.00% 0	19
3	Power Pump - I am satisfied with the instructor of this class.	94.74% 18	5.26% 1	0.00% 0	0.00% 0	0.00% 0	19
4	Power Pump - The instructor is motivating.	94.74% 18	5.26% 1	0.00% 0	0.00% 0	0.00% 0	19
5	Power Pump - The session is well organized by the instructor.	100.00% 19	0.00% 0	0.00% 0	0.00% 0	0.00% 0	19
6	Power Pump - I feel comfortable asking this instructor questions.	94.74% 18	5.26% 1	0.00% 0	0.00% 0	0.00% 0	19
7	Power Pump - I am satisfied with the music played during the class.	89.47% 17	5.26% 1	5.26% 1	0.00% 0	0.00% 0	19
8	Power Pump - If equipment is used, I am satisfied with the quality of the equipment.	78.95% 15	21.05% 4	0.00% 0	0.00% 0	0.00% 0	19
9	Power Pump - I am satisfied with the cleanliness of the space.	47.37% 9	42.11% 8	5.26% 1	0.00% 0	5.26% 1	19
10	Power Pump - I enjoy trying new classes on a regular basis.	52.63% 10	15.79% 3	21.05% 4	10.53% 2	0.00% 0	19
11	Power Pump - I prefer to stick to a routine (same class all the time).	50.00% 9	22.22% 4	5.56% 1	11.11% 2	11.11% 2	18
12	Power Pump - I know in advance when new sessions begin or when the schedule is changing.	57.89% 11	26.32% 5	5.26% 1	10.53% 2	0.00% 0	19

Showing Rows: 1 - 12 Of 12

Prime Time Plus

#	Field	Strongly Agree	Agree	Neither Agree nor Disagree	Disagree	Strongly Disagree	Total
1	Prime Time Plus - I am satisfied with this class	66.67% 6	33.33% 3	0.00% 0	0.00% 0	0.00% 0	9
2	Prime Time Plus - The class has helped me with attainment of my fitness goals.	66.67% 6	33.33% 3	0.00% 0	0.00% 0	0.00% 0	9
3	Prime Time Plus - I am satisfied with the instructor of this class.	77.78% 7	22.22% 2	0.00% 0	0.00% 0	0.00% 0	9
4	Prime Time Plus - The instructor is motivating.	77.78% 7	11.11% 1	11.11% 1	0.00% 0	0.00% 0	9
5	Prime Time Plus - The session is well organized by the instructor.	66.67% 6	22.22% 2	11.11% 1	0.00% 0	0.00% 0	9
6	Prime Time Plus - I feel comfortable asking this instructor questions.	66.67% 6	33.33% 3	0.00% 0	0.00% 0	0.00% 0	9
7	Prime Time Plus - I am satisfied with the music played during the class.	33.33% 3	22.22% 2	44.44% 4	0.00% 0	0.00% 0	9
8	Prime Time Plus - If equipment is used, I am satisfied with the quality of the equipment.	11.11% 1	66.67% 6	22.22% 2	0.00% 0	0.00% 0	9
9	Prime Time Plus - I am satisfied with the cleanliness of the space.	11.11% 1	55.56% 5	0.00% 0	33.33% 3	0.00% 0	9
10	Prime Time Plus - I enjoy trying new classes on a regular basis.	0.00% 0	22.22% 2	44.44% 4	33.33% 3	0.00% 0	9
11	Prime Time Plus - I prefer to stick to a routine (same class all the time).	44.44% 4	33.33% 3	11.11% 1	11.11% 1	0.00% 0	9
12	Prime Time Plus - I know in advance when new sessions begin or when the schedule is changing.	33.33% 3	55.56% 5	11.11% 1	0.00% 0	0.00% 0	9

Showing Rows: 1 - 12 Of 12

Ride and Renew

#	Field	Strongly Agree	Agree	Neither Agree nor Disagree	Disagree	Strongly Disagree	Total
1	Ride and Renew - I am satisfied with this class	100.00% 1	0.00% 0	0.00% 0	0.00% 0	0.00% 0	1
2	Ride and Renew - The class has helped me with attainment of my fitness goals.	0.00% 0	100.00% 1	0.00% 0	0.00% 0	0.00% 0	1
3	Ride and Renew - I am satisfied with the instructor of this class.	0.00% 0	100.00% 1	0.00% 0	0.00% 0	0.00% 0	1
4	Ride and Renew - The instructor is motivating.	0.00% 0	100.00% 1	0.00% 0	0.00% 0	0.00% 0	1
5	Ride and Renew - The session is well organized by the instructor.	100.00% 1	0.00% 0	0.00% 0	0.00% 0	0.00% 0	1
6	Ride and Renew - I feel comfortable asking this instructor questions.	100.00% 1	0.00% 0	0.00% 0	0.00% 0	0.00% 0	1
7	Ride and Renew - I am satisfied with the music played during the class.	0.00% 0	0.00% 0	100.00% 1	0.00% 0	0.00% 0	1
8	Ride and Renew - If equipment is used, I am satisfied with the quality of the equipment.	100.00% 1	0.00% 0	0.00% 0	0.00% 0	0.00% 0	1
9	Ride and Renew - I am satisfied with the cleanliness of the space.	100.00% 1	0.00% 0	0.00% 0	0.00% 0	0.00% 0	1
10	Ride and Renew - I enjoy trying new classes on a regular basis.	0.00% 0	0.00% 0	100.00% 1	0.00% 0	0.00% 0	1
11	Ride and Renew - I prefer to stick to a routine (same class all the time).	100.00% 1	0.00% 0	0.00% 0	0.00% 0	0.00% 0	1
12	Ride and Renew - I know in advance when new sessions begin or when the schedule is changing.	100.00% 1	0.00% 0	0.00% 0	0.00% 0	0.00% 0	1

Showing Rows: 1 - 12 Of 12

RIPPED

#	Field	Strongly Agree	Agree	Neither Agree nor Disagree	Disagree	Strongly Disagree	Total
1	R.I.P.P.E.D - I am satisfied with this class	71.43% 20	17.86% 5	0.00% 0	10.71% 3	0.00% 0	28
2	R.I.P.P.E.D - The class has helped me with attainment of my fitness goals.	71.43% 20	17.86% 5	7.14% 2	3.57% 1	0.00% 0	28
3	R.I.P.P.E.D - I am satisfied with the instructor of this class.	67.86% 19	17.86% 5	7.14% 2	7.14% 2	0.00% 0	28
4	R.I.P.P.E.D - The instructor is motivating.	71.43% 20	17.86% 5	10.71% 3	0.00% 0	0.00% 0	28
5	R.I.P.P.E.D - The session is well organized by the instructor.	78.57% 22	17.86% 5	3.57% 1	0.00% 0	0.00% 0	28
6	R.I.P.P.E.D - I feel comfortable asking this instructor questions.	71.43% 20	21.43% 6	3.57% 1	3.57% 1	0.00% 0	28
7	R.I.P.P.E.D - I am satisfied with the music played during the class.	75.00% 21	25.00% 7	0.00% 0	0.00% 0	0.00% 0	28
8	R.I.P.P.E.D - If equipment is used, I am satisfied with the quality of the equipment.	64.29% 18	28.57% 8	7.14% 2	0.00% 0	0.00% 0	28
9	R.I.P.P.E.D - I am satisfied with the cleanliness of the space.	50.00% 14	39.29% 11	7.14% 2	0.00% 0	3.57% 1	28
10	R.I.P.P.E.D - I enjoy trying new classes on a regular basis.	46.43% 13	32.14% 9	17.86% 5	3.57% 1	0.00% 0	28
11	R.I.P.P.E.D - I prefer to stick to a routine (same class all the time).	25.00% 7	46.43% 13	25.00% 7	3.57% 1	0.00% 0	28
12	R.I.P.P.E.D - I know in advance when new sessions begin or when the schedule is changing.	46.43% 13	28.57% 8	17.86% 5	7.14% 2	0.00% 0	28

Showing Rows: 1 - 12 Of 12

RIPPED Core

#	Field	Strongly Agree	Agree	Neither Agree nor Disagree	Disagree	Strongly Disagree	Total
1	R.I.P.P.E.D Core - I am satisfied with this class	83.33% 5	0.00% 0	0.00% 0	16.67% 1	0.00% 0	6
2	R.I.P.P.E.D Core - The class has helped me with attainment of my fitness goals.	66.67% 4	16.67% 1	16.67% 1	0.00% 0	0.00% 0	6
3	R.I.P.P.E.D Core - I am satisfied with the instructor of this class.	66.67% 4	16.67% 1	0.00% 0	16.67% 1	0.00% 0	6
4	R.I.P.P.E.D Core - The instructor is motivating.	66.67% 4	16.67% 1	16.67% 1	0.00% 0	0.00% 0	6
5	R.I.P.P.E.D Core - The session is well organized by the instructor.	66.67% 4	16.67% 1	16.67% 1	0.00% 0	0.00% 0	6
6	R.I.P.P.E.D Core - I feel comfortable asking this instructor questions.	66.67% 4	0.00% 0	16.67% 1	16.67% 1	0.00% 0	6
7	R.I.P.P.E.D Core - I am satisfied with the music played during the class.	66.67% 4	16.67% 1	16.67% 1	0.00% 0	0.00% 0	6
8	R.I.P.P.E.D Core - If equipment is used, I am satisfied with the quality of the equipment.	50.00% 3	50.00% 3	0.00% 0	0.00% 0	0.00% 0	6
9	R.I.P.P.E.D Core - I am satisfied with the cleanliness of the space.	33.33% 2	33.33% 2	33.33% 2	0.00% 0	0.00% 0	6
10	R.I.P.P.E.D Core - I enjoy trying new classes on a regular basis.	66.67% 4	0.00% 0	16.67% 1	16.67% 1	0.00% 0	6
11	R.I.P.P.E.D Core - I prefer to stick to a routine (same class all the time).	33.33% 2	33.33% 2	33.33% 2	0.00% 0	0.00% 0	6
12	R.I.P.P.E.D Core - I know in advance when new sessions begin or when the schedule is changing.	50.00% 3	16.67% 1	33.33% 2	0.00% 0	0.00% 0	6

Showing Rows: 1 - 12 Of 12

Step Aerobics

#	Field	Strongly Agree	Agree	Neither Agree nor Disagree	Disagree	Strongly Disagree	Total
1	Step Aerobics - I am satisfied with this class	100.00% 3	0.00% 0	0.00% 0	0.00% 0	0.00% 0	3
2	Step Aerobics - The class has helped me with attainment of my fitness goals.	100.00% 3	0.00% 0	0.00% 0	0.00% 0	0.00% 0	3
3	Step Aerobics - I am satisfied with the instructor of this class.	100.00% 3	0.00% 0	0.00% 0	0.00% 0	0.00% 0	3
4	Step Aerobics - The instructor is motivating.	100.00% 3	0.00% 0	0.00% 0	0.00% 0	0.00% 0	3
5	Step Aerobics - The session is well organized by the instructor.	100.00% 3	0.00% 0	0.00% 0	0.00% 0	0.00% 0	3
6	Step Aerobics - I feel comfortable asking this instructor questions.	100.00% 3	0.00% 0	0.00% 0	0.00% 0	0.00% 0	3
7	Step Aerobics - I am satisfied with the music played during the class.	100.00% 3	0.00% 0	0.00% 0	0.00% 0	0.00% 0	3
8	Step Aerobics - If equipment is used, I am satisfied with the quality of the equipment.	66.67% 2	33.33% 1	0.00% 0	0.00% 0	0.00% 0	3
9	Step Aerobics - I am satisfied with the cleanliness of the space.	33.33% 1	66.67% 2	0.00% 0	0.00% 0	0.00% 0	3
10	Step Aerobics - I enjoy trying new classes on a regular basis.	33.33% 1	33.33% 1	0.00% 0	33.33% 1	0.00% 0	3
11	Step Aerobics - I prefer to stick to a routine (same class all the time).	66.67% 2	0.00% 0	0.00% 0	0.00% 0	33.33% 1	3
12	Step Aerobics - I know in advance when new sessions begin or when the schedule is changing.	100.00% 3	0.00% 0	0.00% 0	0.00% 0	0.00% 0	3

Showing Rows: 1 - 12 Of 12

Tai Chi

#	Field	Strongly Agree	Agree	Neither Agree nor Disagree	Disagree	Strongly Disagree	Total
1	Tai Chi - I am satisfied with this class	66.67% 2	33.33% 1	0.00% 0	0.00% 0	0.00% 0	3
2	Tai Chi - The class has helped me with attainment of my fitness goals.	100.00% 3	0.00% 0	0.00% 0	0.00% 0	0.00% 0	3
3	Tai Chi - I am satisfied with the instructor of this class.	100.00% 3	0.00% 0	0.00% 0	0.00% 0	0.00% 0	3
4	Tai Chi - The instructor is motivating.	100.00% 3	0.00% 0	0.00% 0	0.00% 0	0.00% 0	3
5	Tai Chi - The session is well organized by the instructor.	66.67% 2	33.33% 1	0.00% 0	0.00% 0	0.00% 0	3
6	Tai Chi - I feel comfortable asking this instructor questions.	100.00% 3	0.00% 0	0.00% 0	0.00% 0	0.00% 0	3
7	Tai Chi - I am satisfied with the music played during the class.	66.67% 2	33.33% 1	0.00% 0	0.00% 0	0.00% 0	3
8	Tai Chi - If equipment is used, I am satisfied with the quality of the equipment.	0.00% 0	100.00% 1	0.00% 0	0.00% 0	0.00% 0	1
9	Tai Chi - I am satisfied with the cleanliness of the space.	33.33% 1	33.33% 1	33.33% 1	0.00% 0	0.00% 0	3
10	Tai Chi - I enjoy trying new classes on a regular basis.	0.00% 0	33.33% 1	0.00% 0	66.67% 2	0.00% 0	3
11	Tai Chi - I prefer to stick to a routine (same class all the time).	0.00% 0	100.00% 2	0.00% 0	0.00% 0	0.00% 0	2
12	Tai Chi - I know in advance when new sessions begin or when the schedule is changing.	33.33% 1	33.33% 1	0.00% 0	33.33% 1	0.00% 0	3

Showing Rows: 1 - 12 Of 12

Total Body Strength

#	Field	Strongly Agree	Agree	Neither Agree nor Disagree	Disagree	Strongly Disagree	Total
1	Total Body Strength - I am satisfied with this class	80.00% 4	20.00% 1	0.00% 0	0.00% 0	0.00% 0	5
2	Total Body Strength - The class has helped me with attainment of my fitness goals.	80.00% 4	20.00% 1	0.00% 0	0.00% 0	0.00% 0	5
3	Total Body Strength - I am satisfied with the instructor of this class.	80.00% 4	20.00% 1	0.00% 0	0.00% 0	0.00% 0	5
4	Total Body Strength - The instructor is motivating.	80.00% 4	20.00% 1	0.00% 0	0.00% 0	0.00% 0	5
5	Total Body Strength - The session is well organized by the instructor.	80.00% 4	20.00% 1	0.00% 0	0.00% 0	0.00% 0	5
6	Total Body Strength - I feel comfortable asking this instructor questions.	80.00% 4	20.00% 1	0.00% 0	0.00% 0	0.00% 0	5
7	Total Body Strength - I am satisfied with the music played during the class.	80.00% 4	0.00% 0	20.00% 1	0.00% 0	0.00% 0	5
8	Total Body Strength - If equipment is used, I am satisfied with the quality of the equipment.	60.00% 3	20.00% 1	0.00% 0	20.00% 1	0.00% 0	5
9	Total Body Strength - I am satisfied with the cleanliness of the space.	60.00% 3	40.00% 2	0.00% 0	0.00% 0	0.00% 0	5
10	Total Body Strength - I enjoy trying new classes on a regular basis.	20.00% 1	20.00% 1	20.00% 1	40.00% 2	0.00% 0	5
11	Total Body Strength - I prefer to stick to a routine (same class all the time).	60.00% 3	40.00% 2	0.00% 0	0.00% 0	0.00% 0	5
12	Total Body Strength - I know in advance when new sessions begin or when the schedule is changing.	60.00% 3	40.00% 2	0.00% 0	0.00% 0	0.00% 0	5

Showing Rows: 1 - 12 Of 12

Total Body Pilates

#	Field	Strongly Agree	Agree	Neither Agree nor Disagree	Disagree	Strongly Disagree	Total
1	Total Body Pilates - I am satisfied with this class	85.71% 6	14.29% 1	0.00% 0	0.00% 0	0.00% 0	7
2	Total Body Pilates - The class has helped me with attainment of my fitness goals.	71.43% 5	28.57% 2	0.00% 0	0.00% 0	0.00% 0	7
3	Total Body Pilates - I am satisfied with the instructor of this class.	100.00% 7	0.00% 0	0.00% 0	0.00% 0	0.00% 0	7
4	Total Body Pilates - The instructor is motivating.	100.00% 7	0.00% 0	0.00% 0	0.00% 0	0.00% 0	7
5	Total Body Pilates - The session is well organized by the instructor.	100.00% 7	0.00% 0	0.00% 0	0.00% 0	0.00% 0	7
6	Total Body Pilates - I feel comfortable asking this instructor questions.	100.00% 7	0.00% 0	0.00% 0	0.00% 0	0.00% 0	7
7	Total Body Pilates - I am satisfied with the music played during the class.	57.14% 4	14.29% 1	28.57% 2	0.00% 0	0.00% 0	7
8	Total Body Pilates - If equipment is used, I am satisfied with the quality of the equipment.	57.14% 4	42.86% 3	0.00% 0	0.00% 0	0.00% 0	7
9	Total Body Pilates - I am satisfied with the cleanliness of the space.	57.14% 4	28.57% 2	14.29% 1	0.00% 0	0.00% 0	7
10	Total Body Pilates - I enjoy trying new classes on a regular basis.	14.29% 1	42.86% 3	28.57% 2	14.29% 1	0.00% 0	7
11	Total Body Pilates - I prefer to stick to a routine (same class all the time).	28.57% 2	42.86% 3	14.29% 1	14.29% 1	0.00% 0	7
12	Total Body Pilates - I know in advance when new sessions begin or when the schedule is changing.	71.43% 5	14.29% 1	14.29% 1	0.00% 0	0.00% 0	7

Showing Rows: 1 - 12 Of 12

TRX Suspension Training

#	Field	Strongly Agree	Agree	Neither Agree nor Disagree	Disagree	Strongly Disagree	Total
1	TRX Suspension Training - I am satisfied with this class	100.00% 3	0.00% 0	0.00% 0	0.00% 0	0.00% 0	3
2	TRX Suspension Training - The class has helped me with attainment of my fitness goals.	100.00% 3	0.00% 0	0.00% 0	0.00% 0	0.00% 0	3
3	TRX Suspension Training - I am satisfied with the instructor of this class.	100.00% 3	0.00% 0	0.00% 0	0.00% 0	0.00% 0	3
4	TRX Suspension Training - The instructor is motivating.	100.00% 3	0.00% 0	0.00% 0	0.00% 0	0.00% 0	3
5	TRX Suspension Training - The session is well organized by the instructor.	100.00% 3	0.00% 0	0.00% 0	0.00% 0	0.00% 0	3
6	TRX Suspension Training - I feel comfortable asking this instructor questions.	100.00% 3	0.00% 0	0.00% 0	0.00% 0	0.00% 0	3
7	TRX Suspension Training - I am satisfied with the music played during the class.	100.00% 3	0.00% 0	0.00% 0	0.00% 0	0.00% 0	3
8	TRX Suspension Training - If equipment is used, I am satisfied with the quality of the equipment.	100.00% 3	0.00% 0	0.00% 0	0.00% 0	0.00% 0	3
9	TRX Suspension Training - I am satisfied with the cleanliness of the space.	66.67% 2	33.33% 1	0.00% 0	0.00% 0	0.00% 0	3
10	TRX Suspension Training - I enjoy trying new classes on a regular basis.	66.67% 2	33.33% 1	0.00% 0	0.00% 0	0.00% 0	3
11	TRX Suspension Training - I prefer to stick to a routine (same class all the time).	66.67% 2	0.00% 0	33.33% 1	0.00% 0	0.00% 0	3
12	TRX Suspension Training - I know in advance when new sessions begin or when the schedule is changing.	66.67% 2	33.33% 1	0.00% 0	0.00% 0	0.00% 0	3

Showing Rows: 1 - 12 Of 12

Turbo Kick

#	Field	Strongly Agree	Agree	Neither Agree nor Disagree	Disagree	Strongly Disagree	Total
1	Turbo Kick - I am satisfied with this class	100.00% 4	0.00% 0	0.00% 0	0.00% 0	0.00% 0	4
2	Turbo Kick - The class has helped me with attainment of my fitness goals.	100.00% 4	0.00% 0	0.00% 0	0.00% 0	0.00% 0	4
3	Turbo Kick - I am satisfied with the instructor of this class.	100.00% 4	0.00% 0	0.00% 0	0.00% 0	0.00% 0	4
4	Turbo Kick - The instructor is motivating.	100.00% 4	0.00% 0	0.00% 0	0.00% 0	0.00% 0	4
5	Turbo Kick - The session is well organized by the instructor.	100.00% 4	0.00% 0	0.00% 0	0.00% 0	0.00% 0	4
6	Turbo Kick - I feel comfortable asking this instructor questions.	100.00% 4	0.00% 0	0.00% 0	0.00% 0	0.00% 0	4
7	Turbo Kick - I am satisfied with the music played during the class.	100.00% 4	0.00% 0	0.00% 0	0.00% 0	0.00% 0	4
8	Turbo Kick - If equipment is used, I am satisfied with the quality of the equipment.	100.00% 4	0.00% 0	0.00% 0	0.00% 0	0.00% 0	4
9	Turbo Kick - I am satisfied with the cleanliness of the space.	75.00% 3	0.00% 0	0.00% 0	0.00% 0	25.00% 1	4
10	Turbo Kick - I enjoy trying new classes on a regular basis.	75.00% 3	25.00% 1	0.00% 0	0.00% 0	0.00% 0	4
11	Turbo Kick - I prefer to stick to a routine (same class all the time).	25.00% 1	50.00% 2	25.00% 1	0.00% 0	0.00% 0	4
12	Turbo Kick - I know in advance when new sessions begin or when the schedule is changing.	75.00% 3	0.00% 0	0.00% 0	25.00% 1	0.00% 0	4

Showing Rows: 1 - 12 Of 12

Yoga

#	Field	Strongly Agree	Agree	Neither Agree nor Disagree	Disagree	Strongly Disagree	Total
1	Yoga - I am satisfied with this class	84.91% 45	13.21% 7	0.00% 0	1.89% 1	0.00% 0	53
2	Yoga - The class has helped me with attainment of my fitness goals.	73.58% 39	22.64% 12	3.77% 2	0.00% 0	0.00% 0	53
3	Yoga - I am satisfied with the instructor of this class.	84.91% 45	9.43% 5	5.66% 3	0.00% 0	0.00% 0	53
4	Yoga - The instructor is motivating.	81.13% 43	13.21% 7	5.66% 3	0.00% 0	0.00% 0	53
5	Yoga - The session is well organized by the instructor.	79.25% 42	15.09% 8	3.77% 2	1.89% 1	0.00% 0	53
6	Yoga - I feel comfortable asking this instructor questions.	81.13% 43	16.98% 9	1.89% 1	0.00% 0	0.00% 0	53
7	Yoga - I am satisfied with the music played during the class.	68.00% 34	16.00% 8	14.00% 7	2.00% 1	0.00% 0	50
8	Yoga - If equipment is used, I am satisfied with the quality of the equipment.	69.81% 37	26.42% 14	3.77% 2	0.00% 0	0.00% 0	53
9	Yoga - I am satisfied with the cleanliness of the space.	54.72% 29	43.40% 23	0.00% 0	0.00% 0	1.89% 1	53
10	Yoga - I enjoy trying new classes on a regular basis.	25.00% 13	30.77% 16	36.54% 19	7.69% 4	0.00% 0	52
11	Yoga - I prefer to stick to a routine (same class all the time).	36.54% 19	32.69% 17	25.00% 13	5.77% 3	0.00% 0	52
12	Yoga - I know in advance when new sessions begin or when the schedule is changing.	46.15% 24	38.46% 20	13.46% 7	1.92% 1	0.00% 0	52

Showing Rows: 1 - 12 Of 12

Zumba

#	Field	Strongly Agree	Agree	Neither Agree nor Disagree	Disagree	Strongly Disagree	Total
1	Zumba - I am satisfied with this class	85.71% 6	14.29% 1	0.00% 0	0.00% 0	0.00% 0	7
2	Zumba - The class has helped me with attainment of my fitness goals.	42.86% 3	28.57% 2	28.57% 2	0.00% 0	0.00% 0	7
3	Zumba - I am satisfied with the instructor of this class.	85.71% 6	14.29% 1	0.00% 0	0.00% 0	0.00% 0	7
4	Zumba - The instructor is motivating.	100.00% 7	0.00% 0	0.00% 0	0.00% 0	0.00% 0	7
5	Zumba - The session is well organized by the instructor.	100.00% 7	0.00% 0	0.00% 0	0.00% 0	0.00% 0	7
6	Zumba - I feel comfortable asking this instructor questions.	85.71% 6	14.29% 1	0.00% 0	0.00% 0	0.00% 0	7
7	Zumba - I am satisfied with the music played during the class.	100.00% 7	0.00% 0	0.00% 0	0.00% 0	0.00% 0	7
8	Zumba - If equipment is used, I am satisfied with the quality of the equipment.	57.14% 4	14.29% 1	28.57% 2	0.00% 0	0.00% 0	7
9	Zumba - I am satisfied with the cleanliness of the space.	71.43% 5	14.29% 1	14.29% 1	0.00% 0	0.00% 0	7
10	Zumba - I enjoy trying new classes on a regular basis.	28.57% 2	42.86% 3	14.29% 1	14.29% 1	0.00% 0	7
11	Zumba - I prefer to stick to a routine (same class all the time).	14.29% 1	42.86% 3	42.86% 3	0.00% 0	0.00% 0	7
12	Zumba - I know in advance when new sessions begin or when the schedule is changing.	57.14% 4	14.29% 1	14.29% 1	14.29% 1	0.00% 0	7

Showing Rows: 1 - 12 Of 12

Zumba Gold

#	Field	Strongly Agree	Agree	Neither Agree nor Disagree	Disagree	Strongly Disagree	Total
1	Zumba Gold - I am satisfied with this class	100.00% 8	0.00% 0	0.00% 0	0.00% 0	0.00% 0	8
2	Zumba Gold - The class has helped me with attainment of my fitness goals.	62.50% 5	25.00% 2	12.50% 1	0.00% 0	0.00% 0	8
3	Zumba Gold - I am satisfied with the instructor of this class.	100.00% 8	0.00% 0	0.00% 0	0.00% 0	0.00% 0	8
4	Zumba Gold - The instructor is motivating.	100.00% 8	0.00% 0	0.00% 0	0.00% 0	0.00% 0	8
5	Zumba Gold - The session is well organized by the instructor.	100.00% 8	0.00% 0	0.00% 0	0.00% 0	0.00% 0	8
6	Zumba Gold - I feel comfortable asking this instructor questions.	87.50% 7	12.50% 1	0.00% 0	0.00% 0	0.00% 0	8
7	Zumba Gold - I am satisfied with the music played during the class.	100.00% 8	0.00% 0	0.00% 0	0.00% 0	0.00% 0	8
8	Zumba Gold - If equipment is used, I am satisfied with the quality of the equipment.	50.00% 3	0.00% 0	50.00% 3	0.00% 0	0.00% 0	6
9	Zumba Gold - I am satisfied with the cleanliness of the space.	62.50% 5	25.00% 2	12.50% 1	0.00% 0	0.00% 0	8
10	Zumba Gold - I enjoy trying new classes on a regular basis.	25.00% 2	0.00% 0	75.00% 6	0.00% 0	0.00% 0	8
11	Zumba Gold - I prefer to stick to a routine (same class all the time).	37.50% 3	25.00% 2	37.50% 3	0.00% 0	0.00% 0	8
12	Zumba Gold - I know in advance when new sessions begin or when the schedule is changing.	50.00% 4	37.50% 3	12.50% 1	0.00% 0	0.00% 0	8

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