

RFC COMMUNITY NEEDS ASSESSMENT SURVEY

Prepared for the Regional Fitness Center Board

Authors: Tsz Hong Lau and Ai Sano

CONTENTS

Background 1

Executive summary..... 1

 Community needs for a fitness center: Facility spaces 1

 Community needs for a fitness center: Equipment 1

 Community needs for a fitness center: Programs and services 2

 Regional fitness center funding..... 2

Survey findings 3

 Profile of respondents 3

 Current usage of the regional fitness center 4

 Community needs for a fitness center: Facility spaces 6

 Community needs for a fitness center: Equipment 7

 Community needs for a fitness center: Programs and services 10

 Regional fitness center funding..... 10

Appendix A – Survey..... 12

Appendix B – Written Comments..... 16

BACKGROUND

The University of Minnesota, Morris, Center for Small Towns worked with the Regional Fitness Center (RFC) to develop and distribute a survey to learn about the community's recreation and fitness priorities and their support for the expansion and renovation of the RFC.

The survey was distributed in two formats — paper and online. Paper copies of the survey were distributed by mail to households in the City of Morris and the six surrounding townships (Morris, Framnas, Hodges, Darnen, Scott, and Pepperton) in April, 2017. They were also available at the RFC and handed out to students at Morris Area Elementary School and High School. The online survey was distributed by email to the RFC members and students at the University of Minnesota, Morris. In total, 860 responses were collected.

EXECUTIVE SUMMARY

COMMUNITY NEEDS FOR A FITNESS CENTER: FACILITY SPACES

- Overall, respondents ranked the following facility spaces to be of highest in importance;
 - group fitness rooms,
 - 24/7 fitness room, and
 - multi-activity gym court.
- Overall, respondents ranked the following facility spaces as the lowest priority;
 - sauna space,
 - racquetball court, and
 - socializing space with amenities.
- Student respondents were more likely to rank hot tub and sauna space as important than non-student respondents.
- Women were more likely than men to identify group fitness rooms to be important.
- Younger respondents (12-17 years old) ranked fitness workout space for youth, outdoor pool, and climbing/bouldering wall as more important than older respondents (18 years old or above).
- Non-member respondents ranked an entrance closer to the parking area as more important than member respondents.

COMMUNITY NEEDS FOR A FITNESS CENTER: EQUIPMENT

Gym equipment

- Overall, respondents would like to have equipment related to the following activities in a fitness center;
 - basketball, and
 - volleyball.
- There was also wide support for a kids-indoor jungle gym.
 - There was very strong support for a kids-indoor jungle gym from respondents who fall within the age range 25 to 39 and/or women.

Fitness room equipment

- Overall, respondents would like to have the following fitness room equipment in a fitness room;
 - cardio,
 - free-weight, and
 - weight machines.
- Younger respondents (12-17 years old) were more likely to want to have youth specialized equipment in a fitness room than older respondents (18 years old or above).
- Older respondents (60+ years old) were more likely to want to have senior-friendly equipment in a fitness room than younger respondents (59 years old or below).

Aquatic equipment

- Overall, respondents would like to have the following aquatic equipment in an aquatic area;
 - water slide, and
 - pool climbing wall.

Outdoor rental equipment

- Respondents would like to have watercraft available to rent.

COMMUNITY NEEDS FOR A FITNESS CENTER: PROGRAMS AND SERVICES

- Respondents ranked group fitness classes to be of highest in importance.
- Women were more likely than men to identify group fitness classes to be important.
- Member respondents were more likely than non-member respondents to identify group fitness classes to be important.
- Older respondents were more likely than younger respondents to identify senior classes to be important.

REGIONAL FITNESS CENTER FUNDING

- 56% of respondents reported that they would support a community referendum while 35% were not sure yet. Only 9% said they would not.
- 41% of respondents reported that they would support the RFC expansion and renovation through a donation. 44% said they were not sure while 15% reported that they would not provide a donation to the RFC.
- 8% of respondents reported that they would support the RFC expansion and renovation with an estate gift/naming gift. 32% said they were not sure and 59% reported that they would not support it with an estate gift/naming gift.

SURVEY FINDINGS

PROFILE OF RESPONDENTS

As indicated in Figure 1, 78% were not UMM students, 21% were full-time UMM students, and 1% were part-time UMM students.

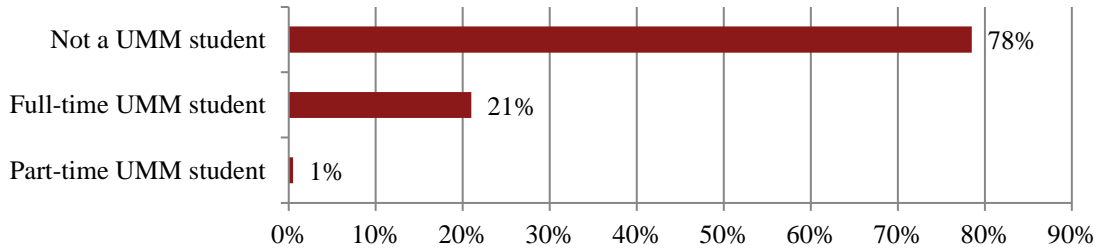


FIGURE 1: % OF RESPONDENTS BY UMM STUDENT STATUS (N=781)

The majority of respondents (67%) were women; 31% were men; 2% were other, which included transgender, gender non-confirming, and gender fluid (Figure 2). As for age distribution, respondents were evenly distributed among 18-24 years old, 25-39 years old, and 40-59 years old, all of which floated around 23% (Figure 3). Those 12-17 years old and 60+ years old composed 11% and 19% of respondents respectively.

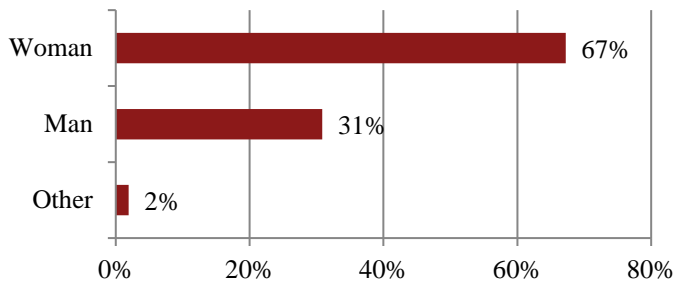


FIGURE 2: % OF RESPONDENTS BY GENDER IDENTITY (N=775)

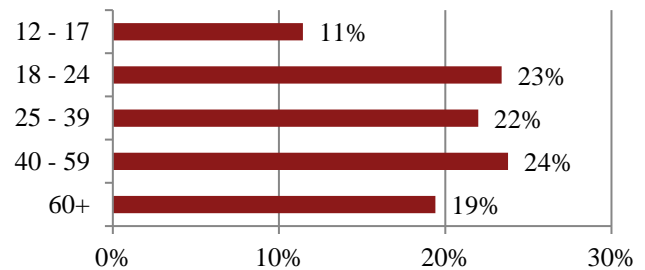


FIGURE 3: % OF RESPONDENTS BY AGE (N=778)

Categorized by race, the vast majority of respondents were white (92%) (Figure 4). American Indian or Alaska Native, Asian, Black or African American, and Native Hawaiian or other Pacific Islander composed very small proportions of respondents. As for ethnicity, 96% of respondents were non-Hispanic or non-Latino (Figure 5).

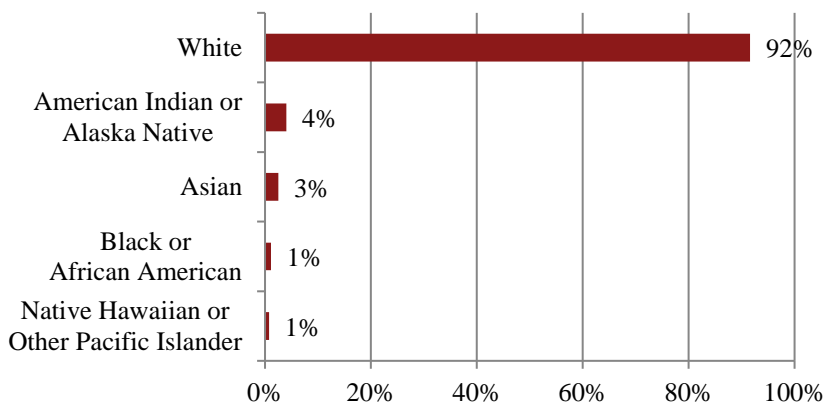


FIGURE 4: % OF RESPONDENTS BY RACE (N=757)

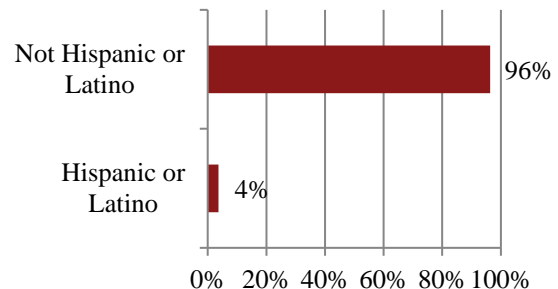


FIGURE 5: % OF RESPONDENTS BY ETHNICITY (N=704)

CURRENT USAGE OF THE REGIONAL FITNESS CENTER

Of survey respondents, 60% were RFC members at the time they took the survey; 40% were non-members (Figure 6).

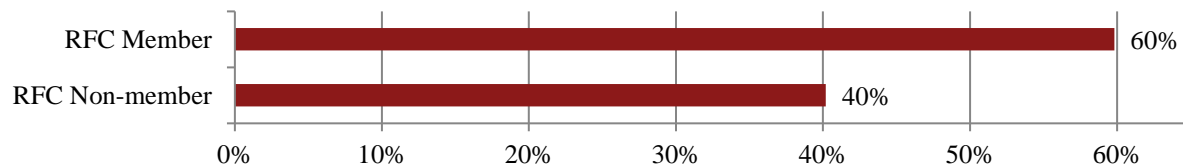


FIGURE 6: % OF RESPONDENTS BY RFC MEMBER STATUS (N=846)

Respondents who reported not being a member of the RFC were asked to indicate the reasons why they were not a member of the RFC. The most frequently chosen reason was “the membership fee is too expensive” (49%), followed by “I don’t have time to exercise/workout” (20%) and “the hours of operation are not convenient” (20%) (Figure 7). The lack of childcare/daycare and parking lot far from the entrance were specified as “other reasons” not to join the RFC by 5% and 3% of respondents respectively (Appendix B).

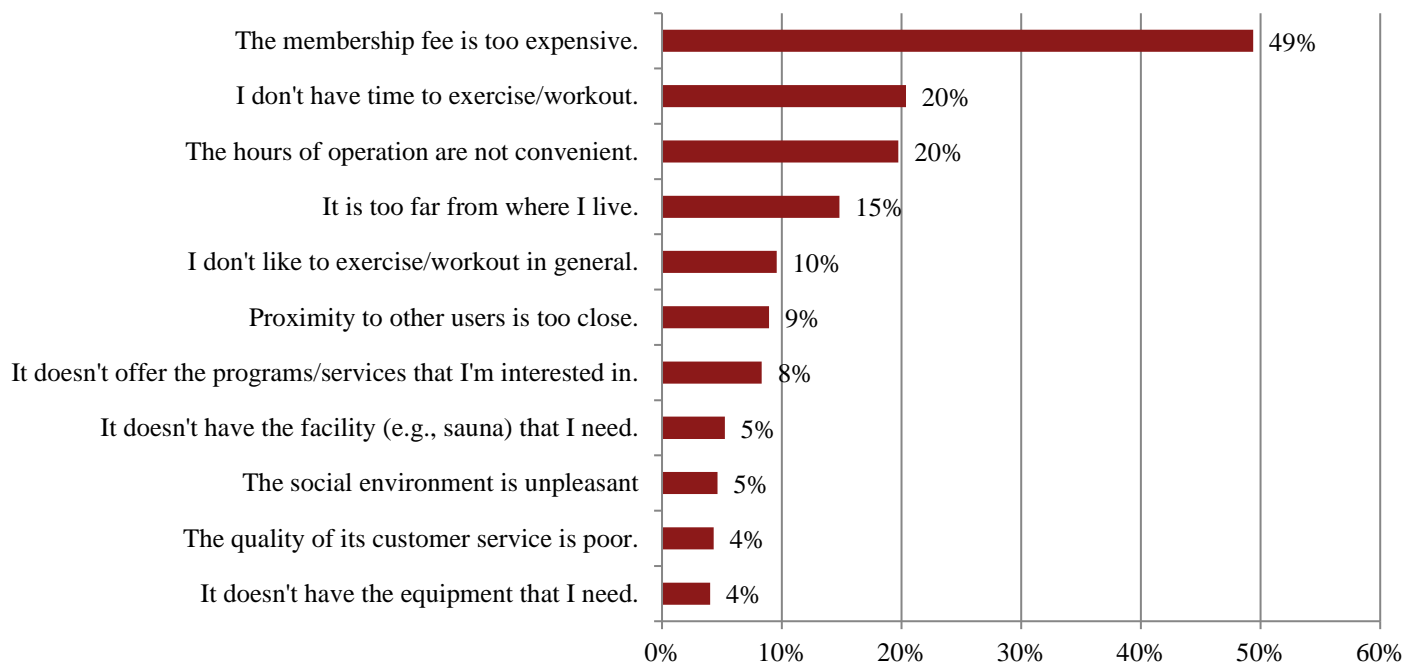


FIGURE 7: % OF REASONS WHY RESPONDENTS WERE NOT RFC MEMBERS (N=327)

Respondents who reported being a member of the RFC were asked how many days a week they usually use the RFC. The majority of respondents (55%) answered that they typically go to the RFC 2 to 4 days a week (Figure 8).

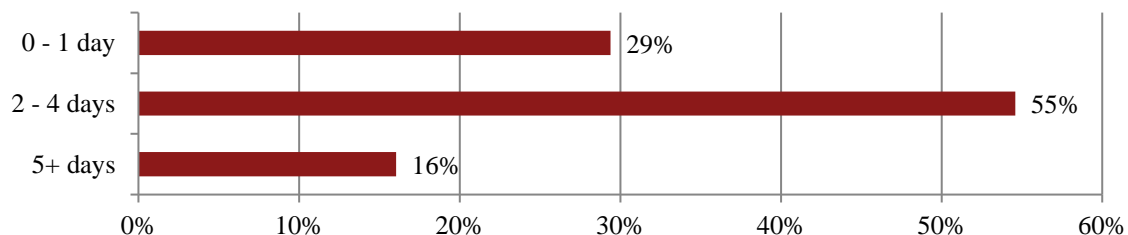


FIGURE 8: % RESPONDENTS BY FREQUENCY OF USAGE OF RFC (N=480)

Respondents who reported being a member of the RFC were asked to indicate the number of years they have been a member of the RFC. Approximately half of the respondents have been a member for 1 to 4 years (Figure 9). Those who have been a member of the RFC for less than 1 year and for over 10 years each composed 20% of respondents.

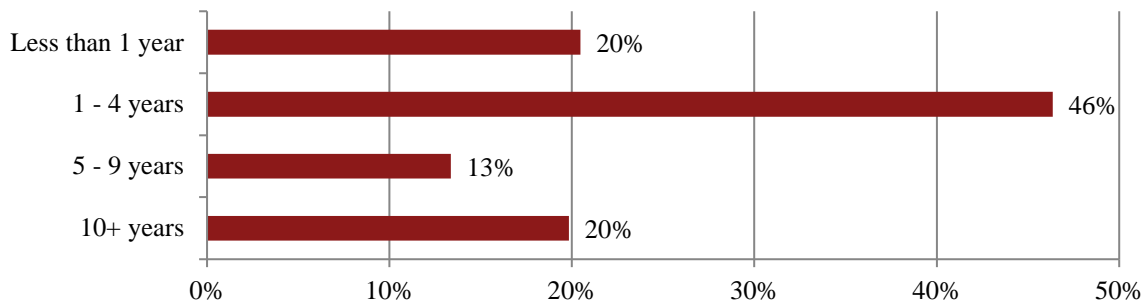


FIGURE 9: % OF RESPONDENTS BY THE NUMBER OF YEARS OF BEING A RFC MEMBER (N=479)

Respondents who reported being a member of the RFC were asked which time frame of a day they typically use the RFC. Half the respondents appear to use the RFC during evening (3:30 PM to close); 29% use the facility in the early hours (open to 11:00 AM); 21% use it during midday (11:00 AM to 3:30 PM) (Figure 10).

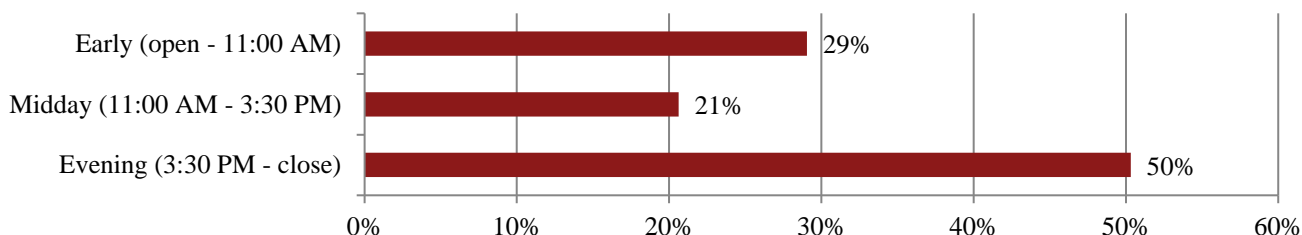


FIGURE 10: % OF RESPONDENTS BY TIME FRAME OF USING THE RFC (N=475)

Respondents who reported being a member of the RFC were asked to indicate their purposes of using the RFC. The most frequently chosen purpose was to lose weight (53%) (Figure 11). Meeting people and socializing (20%) and enhancing sport performance (18%) were the second and third most frequently chosen purposes, though the proportion of respondents who chose these purposes was much smaller than that of respondents who chose “lose weight”.

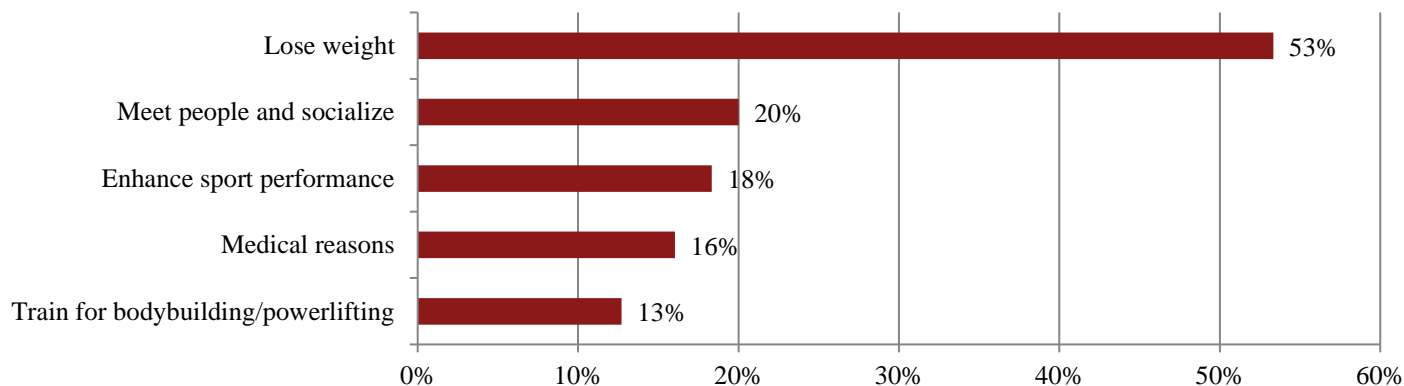


FIGURE 11: % OF PURPOSES OF USING THE RFC (N=480)

COMMUNITY NEEDS FOR A FITNESS CENTER: FACILITY SPACES

Survey respondents were provided a list of facility spaces that are often provided by fitness centers and asked to indicate how important it is for them to have each of these facility spaces in a fitness center on a scale of 1 to 5 (1 = “not at all important” & 5 = “extremely important”)

Survey respondents identified group fitness rooms, a 24/7 fitness room, and a multi-activity gym court as top three needs. The average scores for all categories are listed below (Figure 12). As “other important facility spaces”, 5% of respondents mentioned a childcare/daycare space and 3% mentioned gender inclusive/neutral bathrooms and locker rooms (Appendix B). Socializing space with amenities, racquetball court, and sauna space, on the other hand, appeared to be perceived less important by respondents as the average scores were found around 2.5 or below.

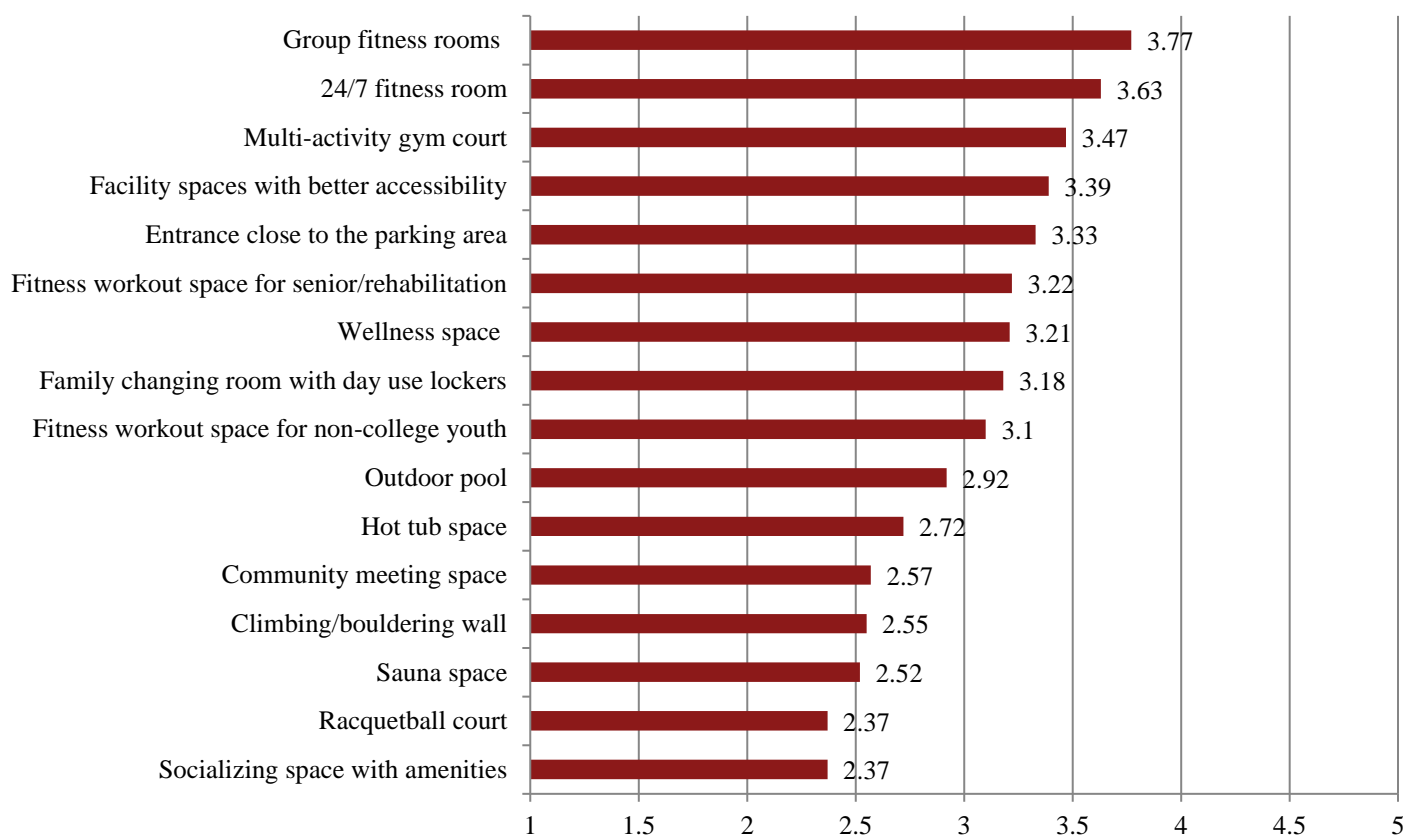


FIGURE 12: AVERAGE IMPORTANCE OF FACILITY SPACES (N=796)

Different demographic groups identified needs differently. Non-student respondents were more likely than student respondents to identify an entrance close to the parking lot to be important; the average scores were 3.5 and 2.73 respectively. As for hot tub space and sauna space, student respondents seem to care about these spaces more than non-student respondents. With responses from students only, the average scores for hot tub space and sauna space leaned towards "important", increasing to 3.35 and 3.06 respectively.

Categorized by gender identity, group fitness rooms were identified as more important by women than by men as the average scores were 4.01 and 3.29 respectively.

When classified by age, the view towards the importance of hot tub space and sauna space seemed to vary between younger respondents and older respondents, which was somewhat consistent with the results when categorized by student status. Among respondents 12-24 years old (i.e., two age groups, 12-17 and 18-24, were combined), the average scores for hot tub space and sauna space were 3.49 and 3.09 respectively. In contrast, among respondents 25 years old or above (i.e., 25-39, 40-59, and 60+ were all combined), the average scores for hot tub space and sauna space were 2.33 and 2.22 respectively.

In addition, respondents 12-17 years old were more likely than those in the remaining age groups to identify workout space for non-college youth, outdoor pool, and climbing/bouldering wall to be important; the average scores rose to 3.76, 4.03, and 3.49 respectively when the data consisted of responses only from this particular age group, 12-17 years old.

Categorized by member status, it appeared that an entrance close to the parking lot was perceived more important by non-member respondents than by member respondents. The average scores were 3.54 with non-members and 3.18 with members. In the question 1.a., which asked non-members why they were not a member of the RFC, several respondents indicated the parking lot as their reasons (Appendix B).

COMMUNITY NEEDS FOR A FITNESS CENTER: EQUIPMENT

Survey respondents were provided a list of equipment that is often provided by fitness centers and asked to select a specified number of items that the respondents would like to have in a fitness center under each of the four categories, gym, fitness room, aquatic, and outdoor rental equipment.

From the provided list of gym equipment, survey respondents were asked to select up to three items that they would like to have in a fitness center. The majority of survey respondents would like to have basketball (60%) and volleyball (51%) equipment in a fitness center (Figure 13). The gym equipment that was chosen by the least number of survey respondents were floor hockey (15%) and soccer (15%).

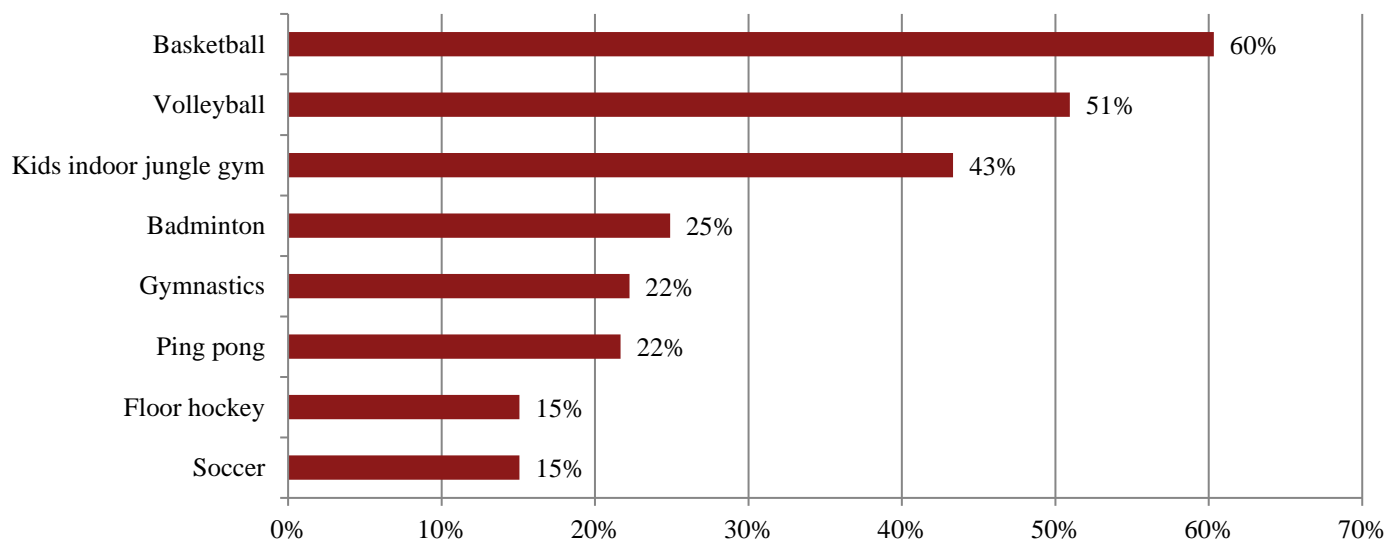


FIGURE 13: % OF RESPONDENTS BY INTEREST IN FITNESS CENTER'S GYM EQUIPMENT (N=684)

When classified by age, respondents who fell under the age group of 25-39 years were more likely to want to have kids indoor jungle gym in a fitness center compared to all the other age groups (Figure 14). In addition, when classified by gender identity, respondents who identified themselves as woman were more likely to want to have kids indoor jungle gym in a fitness center than those who identified themselves as man (Figure 15).

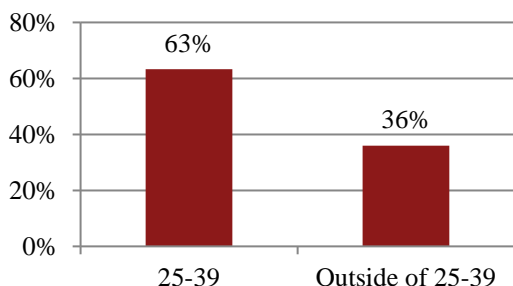


FIGURE 14: % OF RESPONDENTS INTERESTED IN KIJJ BY AGE (N=291)

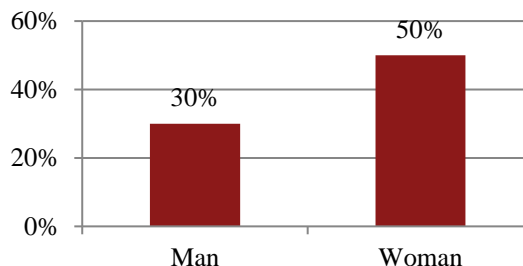


FIGURE 15: % OF RESPONDENTS INTERESTED IN KIJJ BY GENDER (N=282)

From the provided list of fitness room equipment, survey respondents were asked to select up to three items that they would like to have in a fitness center. The large majority of respondents would want to have cardio equipment (74%) in a fitness room (Figure 16). Approximately half of respondents would want to have free-weight (48%) and weight machines (47%). The fitness room equipment that was chosen by the least number of survey respondents was youth specialized equipment (19%) and rehabilitation equipment (18%).

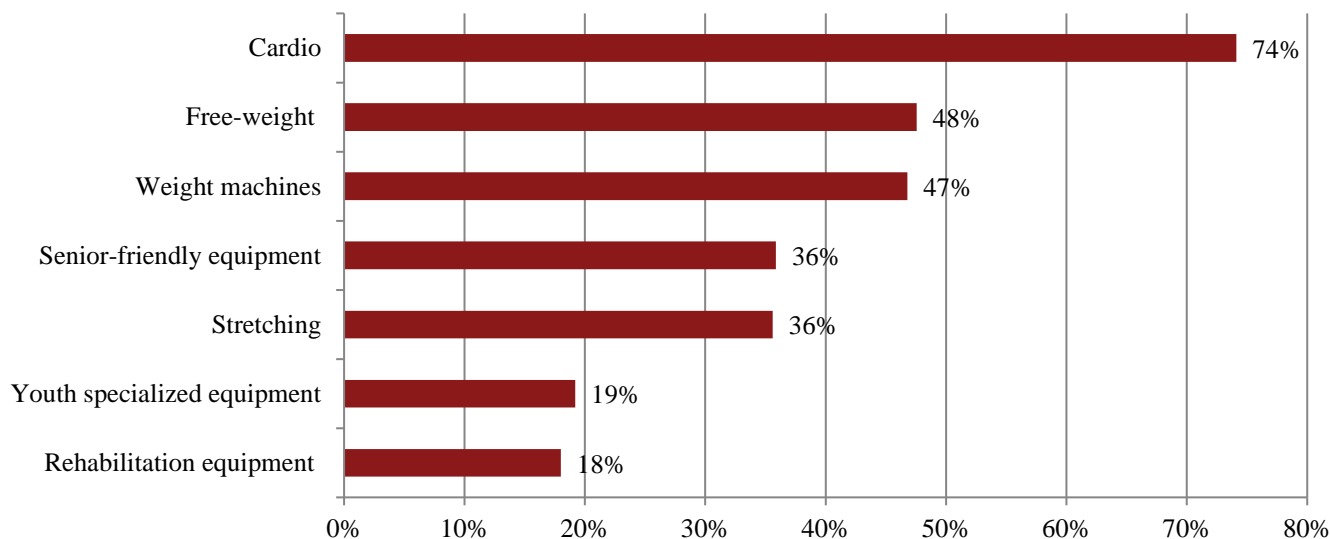


FIGURE 16: % OF RESPONDENTS BY INTEREST IN FITNESS ROOM EQUIPMENT (N=764)

Youth specialized equipment (YSE) and senior-friendly equipment (SFE) had greater variations in respondents' interest among different age groups. Survey respondents who fell in the age group of 12-17 years were more likely to choose youth specialized equipment than those who fell in the age groups between 18 and 60+ (Figure 17). In contrast, survey respondents who fell in the age group of 60+ were more likely to choose senior-friendly equipment compared to those who fell in all the other age groups (Figure 18).

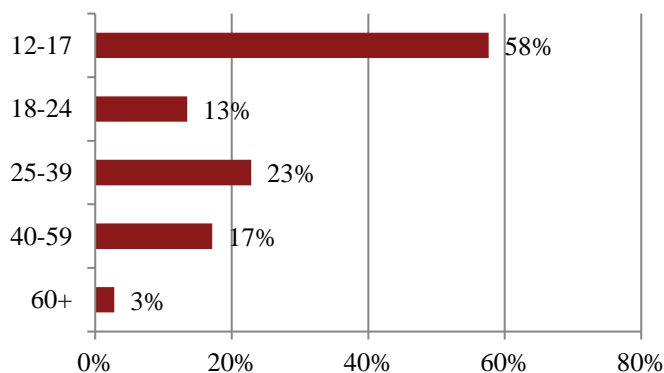


FIGURE 17: % OF RESPONDENTS OF INTEREST IN YSE BY AGE (N=144)

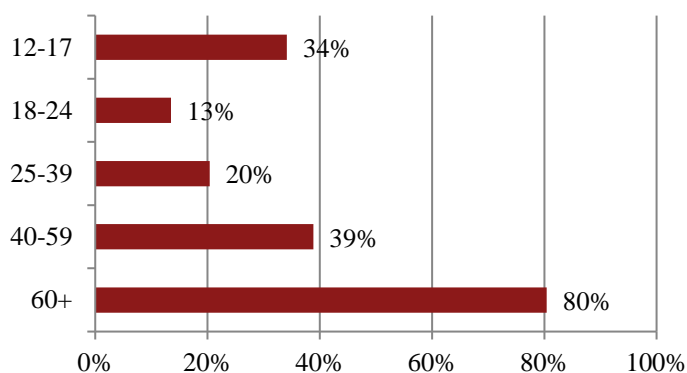


FIGURE 18: % OF RESPONDENTS OF INTEREST IN SFE BY AGE (N=269)

From the provided list of aquatic equipment, survey respondents were asked to select up to two items that they would like to have in a fitness center. The majority of respondents would like to have water slide (60%) in their fitness center (Figure 19). The second most frequently chosen equipment was pool climbing wall (40%). Inflatables (18%) and log rolling (13%), on the other hand, were chosen by survey respondents least frequently.

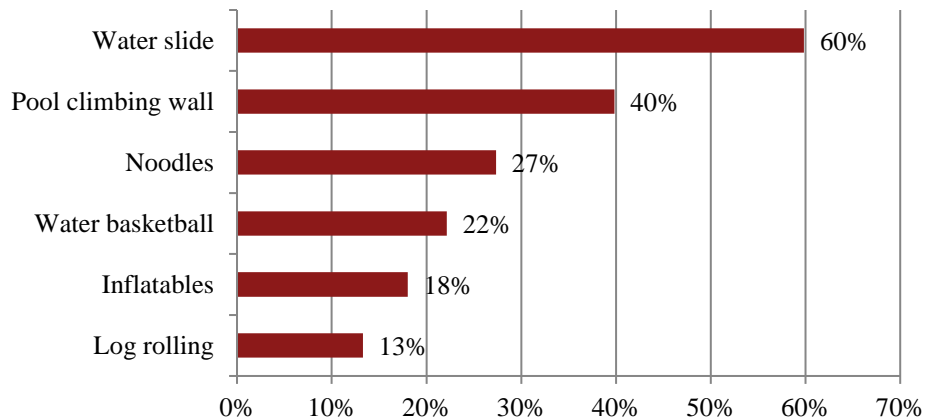


FIGURE 19: % OF RESPONDENTS BY INTEREST IN AQUATIC EQUIPMENT (N=656)

From the provided list of outdoor rental equipment, survey respondents were asked to select up to one item that they would like to be available to rent in a fitness center. Nearly half of survey respondents would like to be able to rent watercraft (47%) (Figure 20). Camping gear (12%), on the other hand, was the least frequently chosen outdoor rental equipment.

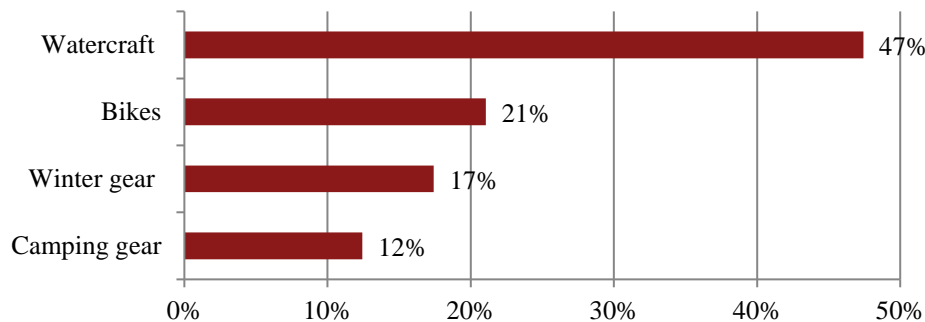


FIGURE 20: % OF RESPONDENTS BY INTEREST IN OUTDOOR RENTAL EQUIPMENT (N=661)

COMMUNITY NEEDS FOR A FITNESS CENTER: PROGRAMS AND SERVICES

Survey respondents were provided a list of programs and services that are often provided by fitness centers and asked to indicate how important it is for them to have each of the programs and services on a scale of 1 to 5 (1 = “not at all important” & 5 = “extremely important”)

Group fitness classes scored highest in importance among all the programs and services provided. In addition, survey respondents viewed the rest of the program and services as somewhat important to important; the average scores for all programs and services were above 3 (Figure 21). As “other programs and services”, 2% of respondents said that a childcare/daycare service would be important (Appendix B).

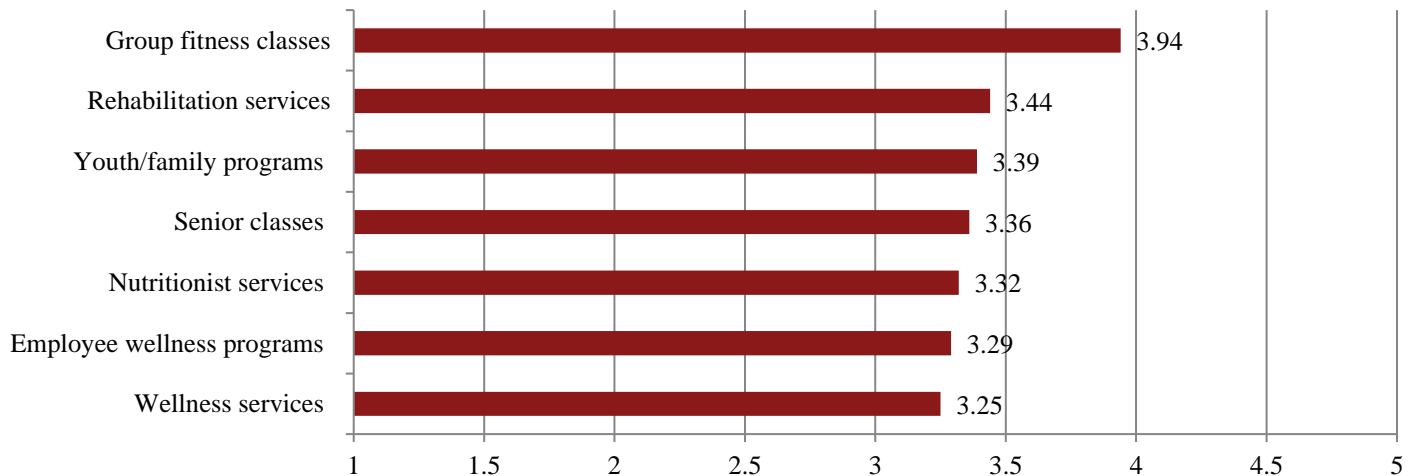


FIGURE 21: AVERAGE INTEREST BY PROGRAMS AND SERVICES (N=779)

Different demographic groups identified needs differently. For example, respondents who identified themselves as woman were more likely to indicate group fitness classes as important than those who identified themselves as man given that the average scores were 4.20 and 3.38 respectively.

Categorized by age, respondents with the age group of 60+ were more likely to identify senior classes to be important than those who fell in all the other age groups. The average score among respondents of 60+ was 4.17 whereas the average score among respondents of younger age groups combined (i.e., respondents of 59 years or under) was 3.16.

Categorized by membership status, respondents who reported being a member of the RFC were more likely to indicate group fitness classes as important than those who reported not being a member of the RFC as their average scores were 4.14 and 3.64 respectively.

REGIONAL FITNESS CENTER FUNDING

Respondents were asked if they would support a community referendum for the expansion and renovation of the RFC. As shown in Figure 22, 56% of respondents said that they would support a community referendum; 9% said that they would not support it. There were 35% of respondents who said they were not sure at the time.

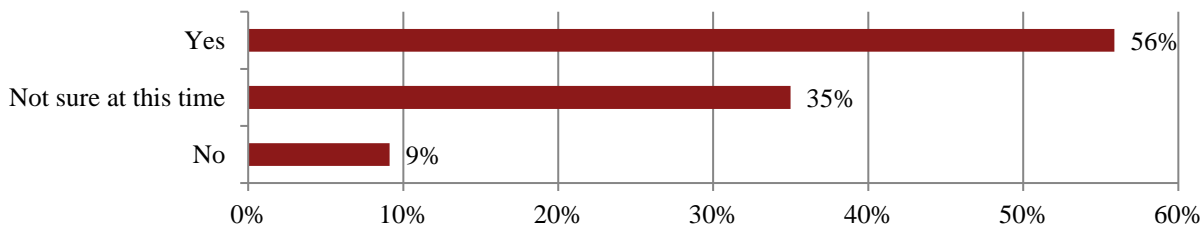


FIGURE 22: % RESPONDENTS BY LIKELIHOOD TO SUPPORT COMMUNITY REFERENDUM FOR EXPANSION AND RENOVATION (N=646)

When breaking up respondents by membership status, respondents who reported being a member at the RFC were more likely than those who reported not being a member at the RFC to support the funding of RFC through a community referendum (Figure 23). Moreover, non-member respondents were more likely than member respondents to agree with the statement "not sure at this time".

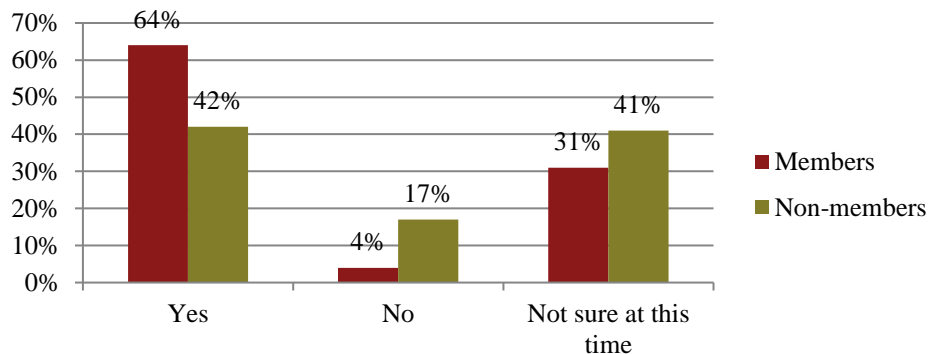


FIGURE 23: % OF RESPONDENTS THAT SUPPORT RFC FUNDING THROUGH COMMUNITY REFERENDUM BY MEMBERSHIP STATUS (N=762)

Respondents were asked if they would support the expansion and renovation of the RFC by donation. As Figure 24 indicates, 44% of respondents said they are not sure at the moment; 41% said they would support it by donation; 15% said they would not support it.

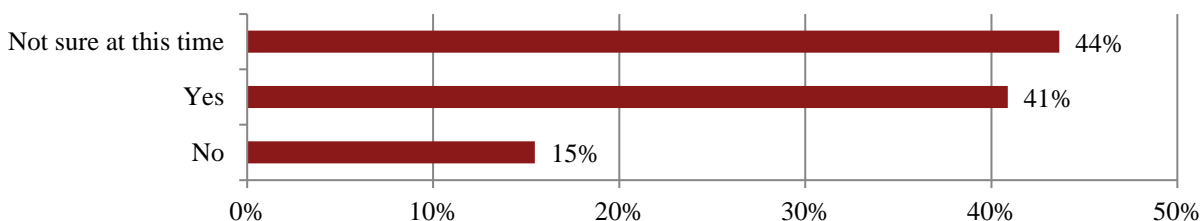


FIGURE 24: % OF RESPONDENTS BY LIKELIHOOD TO SUPPORT EXPANSION AND RENOVATION BY DONATION (N=685)

Respondents were asked if they would support the expansion and renovation of the RFC with an estate gift/naming gift. The majority of respondents (59%) said they would not support it with an estate gift/naming gift; 32% of respondents said they are not sure at the moment; 8% said they would support it (Figure 25).

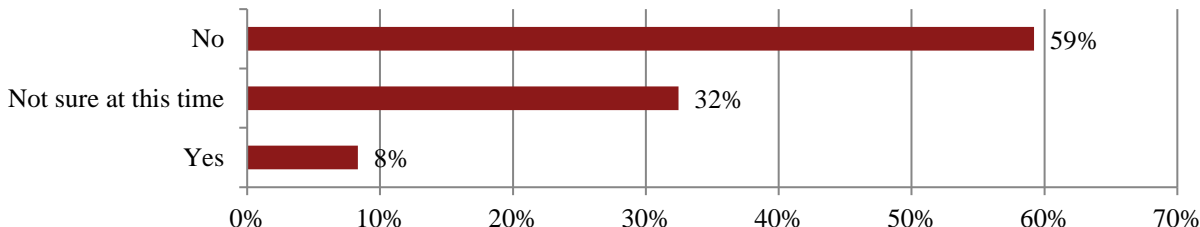


FIGURE 25: % OF RESPONDENTS BY LIKELIHOOD TO SUPPORT EXPANSION AND RENOVATION WITH ESTATE OR NAMING GIFT (N=684)

APPENDIX A – SURVEY

Current Usage of the Regional Fitness Center

1. Are you currently a member of the Regional Fitness Center? ☐ Yes ☐ No
- 1a. **If you answered “No”**, which of the following reasons describes why you are not currently a member of the Regional Fitness Center? (Select **all** that apply)
- | | |
|---|---|
| <input type="checkbox"/> It is too far from where I live. | <input type="checkbox"/> Proximity to other users is too close (i.e., not enough personal space). |
| <input type="checkbox"/> The membership fee is too expensive. | <input type="checkbox"/> The social environment (i.e., atmosphere) is unpleasant. |
| <input type="checkbox"/> The hours of operation are not convenient. | <input type="checkbox"/> It doesn't have the equipment that I need. |
| <input type="checkbox"/> The quality of its customer service is poor. | <input type="checkbox"/> It doesn't have the facility (e.g., sauna) that I need. |
| <input type="checkbox"/> I don't like to exercise/workout in general. | <input type="checkbox"/> It doesn't offer the programs and services that I'm interested in. |
| <input type="checkbox"/> I don't have time to exercise/workout. | |
| <input type="checkbox"/> Other (please specify): _____ | |

If you answered “No” to Question 1, skip to Question 6

2. How many days a week do you usually use the Regional Fitness Center? (Select one)
☐ 0-1 day ☐ 2-4 days ☐ 5+ days
3. How many years have you been a member of the Regional Fitness Center? (Select one)
☐ Less than 1 year ☐ 1-4 years ☐ 5-9 years ☐ 10+ years
4. During which of the following time frames do you usually use the Regional Fitness Center? (Select one)
☐ Early (open - 11:00 AM) ☐ Midday (11:00 AM - 3:30 PM) ☐ Evening (3:30 PM – close)
5. Which of the following purposes describes why you use the Regional Fitness Center? (Select **all** that apply)
- | | | |
|--|--|--|
| <input type="checkbox"/> Enhance sport performance | <input type="checkbox"/> Train for bodybuilding/powerlifting | <input type="checkbox"/> Lose weight |
| <input type="checkbox"/> Medical reasons | <input type="checkbox"/> Maintain my physical condition | <input type="checkbox"/> Meet people and socialize |
| <input type="checkbox"/> Other (please specify): _____ | | |

In the following sections, we will ask you about fitness centers in general. **Even if you are currently not a member of the Regional Fitness Center,** please answer each of the following questions unless instructed otherwise.

Community Needs for a Fitness Center

6. Below is a selection of **facility spaces** that are often provided by fitness centers. Please indicate how important it is for you to have each of the facility spaces in a fitness center on a scale of 1 to 5 (1 = “not at all important” & 5 = “extremely important”).

	Not at all important				Extremely important
	1	2	3	4	5
Socializing space with amenities (e.g., smoothie bar, fitness games)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
24/7 fitness room	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Hot tub space	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Sauna space (e.g., infrared sauna)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Fitness workout space for non-college youth	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Fitness workout space for seniors/rehabilitation	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Entrance close to the parking area	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Climbing/bouldering wall	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Family changing room with day use lockers	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Multi-activity gym court for various activities (e.g., gymnastics, dodgeball, indoor soccer)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Group fitness rooms for various classes (e.g., dance, cardio, spin)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Wellness space for various activities (e.g., stress reduction/management, meditation)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Overall facility spaces that are more accessible for individuals with physical impairments	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Outdoor pool	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Racquetball court	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Community meeting space	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Other (please specify) _____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

7. Below is a selection of **equipment** that is often provided by fitness centers. Within each category of equipment, please choose the specified number of items that you would like to have in a fitness center.

Gym equipment (Select **up to three**)

- ☐ Basketball
 ☐ Badminton
 ☐ Soccer
 ☐ Gymnastics
☐ Volleyball
 ☐ Ping pong
 ☐ Floor Hockey
 ☐ Kids indoor jungle gym

☐ Other (please specify) _____

Fitness room equipment (Select **up to three**)

- ☐ Senior-friendly equipment (e.g., recumbent bikes)
 ☐ Rehabilitation equipment (e.g., wheelchair accessible)
 ☐ Stretching
☐ Youth specialized equipment
 ☐ Free-weight (e.g., dumbbells)
 ☐ Cardio (e.g., treadmill)
☐ Weight machines (e.g., chest press)

☐ Other (please specify) _____

Aquatic equipment (Select **up to two**)

- ☐ Noodles
 ☐ Log rolling
 ☐ Water basketball
☐ Water slide
 ☐ Inflatables
 ☐ Pool climbing wall

☐ Other (please specify) _____

Outdoor rental equipment (Select **up to one**)

- ☐ Camping gear (e.g., tents, sleeping bags)
 ☐ Winter gear (e.g., cross country skis, snowshoes)
☐ Watercraft (e.g., canoes, kayaks, paddleboards)
 ☐ Bikes

☐ Other (please specify) _____

8. Below is a selection of **programs and services** that are often provided by fitness centers. Please indicate how important it is for you to have each of the programs and services in a fitness center on a scale of 1 to 5 (1 = “not at all important” & 5 = “extremely important”).

	Not at all important 1	2	3	4	Extremely important 5
Group fitness classes (e.g., aqua fitness, cardio, circuit training, yoga, body toning workout)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Senior classes (e.g., aqua fitness, cardio, yoga, body toning workout for older adults)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Youth/family programs (e.g., birthday parties for kids, summer camps, summer youth basketball leagues)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Employee wellness programs (e.g., programs for weight management or smoking cessation)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Rehabilitation services (e.g., cardiac, back, or knee/hip joint therapies)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Nutritionist services (e.g., nutrition counseling for wellness, weight management, or sports nutrition)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Wellness services (e.g., stress management/reduction or meditation workshops)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Other (please specify) _____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Regional Fitness Center Funding

If expansion and renovation of the Regional Fitness Center is pursued, the Regional Fitness Center will work to utilize multiple funding sources.

9. Would you be likely to support a community referendum for the expansion and renovation of the Regional Fitness Center?

☐ Yes ☐ No ☐ Not sure at this time ☐ Not applicable

10. Would you be likely to support the expansion and renovation of the Regional Fitness Center by donation (e.g., fundraising)?

☐ Yes ☐ No ☐ Not sure at this time

11. Would you be likely to support the expansion and renovation of the Regional Fitness Center with an estate gift/naming gift?

☐ Yes ☐ No ☐ Not sure at this time

Demographics

12. Are you currently a student of University of Minnesota, Morris?

☐ Yes (full-time student) ☐ Yes (part-time student) ☐ No

13. What is your gender identity?

☐ Man ☐ Woman ☐ Other (please specify) _____

14. What is your age bracket?

☐ 12-17 ☐ 18-24 ☐ 25-39 ☐ 40-59 ☐ 60+

15. What is your race? (Select **all** that apply)

☐ White ☐ Black or African American ☐ American Indian or Alaska Native
☐ Asian ☐ Native Hawaiian or Other Pacific Islander

16. What is your ethnicity?

☐ Hispanic or Latino ☐ Not Hispanic or Latino

Thank you very much for taking the survey.

The survey is also available online at z.umn.edu/rfcsurvey2017.

We would like to hear from all members in your household.

This section is **optional**. For a chance to win one of the prizes below, please provide your name and contact information. Your information will not be associated with your response to the survey and will be used only for the drawing purpose.

- Five \$20 Higbies Gift Cards for University of Minnesota, Morris students
- Two \$50 Morris Chamber Bucks for Stevens County residents

Name: _____

Phone Number: _____

APPENDIX B – WRITTEN COMMENTS

The following is a transcription of the written comments we received for the questions where open comments were allowed.

Question 1a: Which of the following reasons describes why you are not currently a member of the Regional Fitness Center? ["other" selected]

- *Lack of childcare/daycare (17 respondents)*
- *Parking lot is inconvenient as it is far from the entrance.*
- *The road from the parking lot is ugly in the winter; it needs to be plowed.*
- *I don't enjoy walking in the dark in the winter- lights on would help.*
- *Pool seating for parents is sub-par.*
- *Pool hours not convenient, and the locker rooms with the pool are horrible. The shower heads are at shoulder height and dribble rather than shower. There's rust all over, and it's dark and dingy.*
- *Group class times are not convenient.*
- *I was looking for more variety in the 5:30 a.m. group fitness class times so started going to another facility.*
- *Classes are not included in general membership.*
- *I don't like that there is a separate fee for classes. I don't like that the classes are in plain view of the track. I would like to be able to observe my children while I work out. It bothers me when children are not watched, but my children can't enter the cardio room and there is not a place where I can have them sit while I work out. They are not quite old enough to be unattended.*
- *I have exercise equipment at home.*
- *I exercise at home.*
- *Scheduling issues on machines.*
- *Sign up system for equipment is ridiculous.*
- *Too much going on in the gym.*
- *I work out at a gym that offers private space.*
- *I go to Snap.*
- *Need sauna.*
- *We went in there 2 times last year in the late afternoon, early evening, because we want to sign up but no one could help us.*
- *The group instructors make outsiders feel unwelcome. A very rude group. Gossip, self centered and mean. Fees are way too high for families, especially on a budget. Tiger sharks - doubled - Outrageous!*

Question 5: Which of the following purposes describes why you use the Regional Fitness Center? ["other" selected]

- *Stress reduction and relaxation.*
- *Mental health coping.*
- *Rent equipment (outdoor or camping).*
- *Entertain my kids/grandkids.*
- *Swimming for kids.*
- *Family activity time.*
- *Dance Ensemble.*
- *Classes.*
- *Basketball.*

Question 6: Please indicate how important it is for you to have each of the facility spaces in a fitness center on a scale of 1 to 5. ["other" selected]

- *Childcare/daycare. (38 respondents)*
- *Kids friendly area.*

- *Indoor playground for children. There is a severe lack of indoor spaces for children to use in the winter in Morris. If this one thing were added, we would sign up for a family membership without hesitation.*
- *A kids' room off of the cardio space where you can see your kid and make sure they are safe and not causing trouble but still you can work out, gender neutral bathrooms, access to the pool without going through the locker room.*
- *Gender inclusive/neutral bathrooms and locker rooms/changing spaces. (21 respondents)*
- *Gender-inclusive restrooms/locker rooms for non-binary people. Consult with the Queer Issues Committee at UMM and the Gay-Straight Alliance at MAHS. Also, a family locker room where parents whose genders do not match their children's could take them without any issue--including older children who have disabilities.*
- *Separate shower space for kids.*
- *No-skid floors in locker room & pool area.*
- *A large sink to wash baby off after pool time in both men and women locker rooms.*
- *Greater access to the pool, better lockers in comp pool area and better shower heads in comp pool lockers.*
- *Family and private changing areas for individuals who need assistance or who need/want more privacy than the usual locker rooms and bathrooms give them!*
- *Adults only locker room /childrens locker room.*
- *Changing rooms that are more private.*
- *Individual showers.*
- *Daily use lockers by entrance (not downstairs).*
- *I'm a person with a disability and the dressing rooms are not appropriate for me. I have to dress in the life guard room.*
- *The locker rooms and toilets needs to be cleaned more often.*
- *Rest rooms near fitness room.*
- *AM pool hours; pool should be open earlier hours; long open swim hours.*
- *Dedicated space for lap swimming.*
- *Warm water pool.*
- *Baby pool.*
- *Pool area with seating nearby so groups/families can socialize while children are swimming (birthday parties/events).*
- *Rubber indoor running track.*
- *Larger indoor running track.*
- *QUALITY INDOOR TRACK with multiple lanes and better cushioning for runners.*
- *Room for the high school to rent/ utilize for sports practice.*
- *More cardio space.*
- *Heat-controlled room for specific workout classes (i.e. hot yoga).*
- *Space with mirrors. I've been hurt at the RFC doing a class incorrectly. Having mirrors to watch body alignment would help.*
- *Indoor golf.*
- *Golf simulator.*
- *Indoor tennis courts.*
- *Quiet room for yoga and meditation.*
- *Climbing ropes.*
- *Smoothie Shack!!*
- *More HIIT classes/ less Less Mills/ Bring back Insanity.*
- *UMM dance space.*
- *Space for people to play basketball, where there isn't a game going on.*
- *Cross fit room/area.*
- *Signs and directional markings.*
- *Stream room*

- *Do not close Easter Sunday. There are many non-Christians in community.*
- *Outdoor trails, sledding, and cross country.*

Question 7: Within each category of equipment, please choose the specified number of items that you would like to have in a fitness center. ["other" selected]

Gym equipment

- *Ballet bar*
- *Pickle ball*
- *Ultimate Frisbee*
- *Racquetball*
- *Tennis*
- *Boxing*
- *Kickboxing*
- *Archery*
- *Football*
- *Dodgeball*
- *Trampoline*

Fitness room equipment

- *More cardio equipment*
- *Better equipment - resistance equipment, weight machines, better free weight options*
- *More treadmills*
- *More senior equipment*
- *Rehab equipment like NUSTEP*
- *Kettlebells*
- *Trainer bikes*
- *Preacher curl bench*
- *Cables*
- *Upright stationary bikes*
- *Weighted body gear (gloves, ankle/wrist weight, weighted vests)*
- *Olympic weight platforms*
- *Yoga balls*
- *Foam rollers*
- *Elliptical*
- *Jump ropes*
- *Non-machine chest, squat, power lifts*

Aquatic equipment

- *Water spin bikes*
- *Boga board/paddle boards*
- *Water fitness gear*
- *Water weights*
- *Diving board*
- *Equipment for competitive swimmers*
- *Kick board*
- *Better belts for water exercise*
- *Aqua aerobics equipment*

- *Water volleyball*
- *Equipment for seniors*

Outdoor rental equipment

- *4 person bikes*
- *Winter tubes*

Question 8: Please indicate how important it is for you to have each of the programs and services in a fitness center on a scale of 1 to 5. ["other" selected]

- *Childcare/daycare (16 respondents)*
- *HIIT/Weight training class*
- *Middle age weight/strength training*
- *Fitness/nutrition/wellness for children (ages 10-14? something to get them started on a healthy lifestyle)*
- *Guest instructors*
- *24/7 room with group activity videos*
- *Online fitness classes so you can watch the video rather than take the classes*
- *Exercise classes only for the obese*
- *Nurses*
- *Parent and baby classes*
- *Swim safety classes*
- *Healthy cooking class*
- *Senior programs/options*
- *Kids group fitness classes*
- *Educational classes*
- *Better class times in the evening and variety*
- *Pool yoga*

Question 13: What is your gender identity? ["other" selected]

- *Non-binary*
- *Gender fluid*
- *Gender non-confirming*
- *Transgender*