Fitness Survey
203 responses

Do you have a Monthly Membership?
203 responses

- Yes: 59.1%
- No: 37.9%
- Seasonal: 1.0%
- No Response: 2.0%

If so, how often do you use the Facilities per week?
203 responses

- 0: 24.1%
- 1: 18.7%
- 2: 13.3%
- 3: 11.4%
- 4: 9.4%
- 5: 8.4%
- 6: 5.0%
- Non Member: 1.5%
- No Response: 2.0%
Per Month?
203 responses

- 51.7% 0
- 34.5% 1-4
- 9.2% 5-8
- 1.4% 9-12
- 0.5% 13-16
- 0.5% 17-20
- 0.5% 21-24
- 0.5% 25 or more

What time of day do you use the Fitness Center?
203 responses

- 18.2% Before 9
- 31% 9 - 12
- 16.7% 12 - 3
- 10.8% 3 - 5
- 4.9% After 5
- 34% Non Member
- 18.2% No Response

Do you attend any of our fitness classes?
203 responses

- 69 (34%) Yes
- 37 (18.2%) No
What time are you most likely to attend fitness classes?
203 responses

- Before 9: 26 (12.8%)
- 9 - 12: 80 (39.4%)
- 12 - 3: 23 (11.3%)
- 3 - 5: 19 (9.4%)
- After 5: 19 (9.4%)
- No Response: 86 (42.4%)

How often do, or would you, attend classes?
203 responses

- 0: 7.4%
- 1: 18.2%
- 2: 27.6%
- 3: 33%
- 4: 7.4%
- 5: 18.2%
- 6: 13.3%
- More than 6: 13.3%
- No Response: 13.3%
Would you attend on the weekends?
203 responses

Would you attend a walking group?
203 responses

Rate these factors in order of importance when choosing a class

https://docs.google.com/forms/d/1e8bzfjsYeswyUOv1ozpDCIcotpVJi_LRR2YJkibvz_eY/viewanalytics
Which class formats are you most likely to attend?

203 responses

- Zumba: 25 (12.3%)
- Cardio Dance: 30 (14.8%)
- Yoga: 46 (22.7%)
- Strength/Balance Training: 94 (46.3%)
- Cardio/Strength Combo: 79 (38.9%)
- Instructional Dance: 24 (11.8%)
- Chair Fitness: 15 (7.4%)
- Tai Chi: 6 (3%)
- None: 15 (7.4%)
- No Response: 36 (17.7%)

Would you participate in:

203 responses
Would you attend Water Aerobics/Exercise?

203 responses

Which option would work best in terms of payment?

203 responses
Why have you Chosen to attend Classes at the Senior?

202 responses

- Cost: 55 (27.2%)
- Atmosphere: 53 (26.2%)
- Instructors: 34 (16.8%)
- Already a YMCA Member: 25 (12.4%)
- Age Friendly: 23 (11.4%)
- No Response: 12 (5.9%)
- Quality: 12 (5.9%)
- Less Crowded: 10 (4.9%)
- Classes Offered: 7 (3.5%)
- Never joined a gym: 6 (3.0%)
- Less Structured: 6 (2.9%)
- Good Equipment: 4 (1.9%)
- Classes offered: 4 (1.9%)
- Clean: 4 (1.9%)
- Flexibility: 3 (1.5%)
- Classes Offered: 3 (1.5%)
- Does Not Attend: 2 (1.0%)
- Transportation: 1 (0.5%)

Comments

202 responses
<table>
<thead>
<tr>
<th>Category</th>
<th>Percentage</th>
<th>Count</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cost too High</td>
<td>12 (5.9%)</td>
<td>12</td>
</tr>
<tr>
<td>Cost Good</td>
<td>3 (1.5%)</td>
<td>3</td>
</tr>
<tr>
<td>Like YMCA</td>
<td>1 (0.5%)</td>
<td>1</td>
</tr>
<tr>
<td>Dislike YMCA</td>
<td>3 (1.5%)</td>
<td>3</td>
</tr>
<tr>
<td>Generally Positive</td>
<td>25 (12.4%)</td>
<td>25</td>
</tr>
<tr>
<td>Generally Negative</td>
<td>1 (0.5%)</td>
<td>1</td>
</tr>
<tr>
<td>No Response</td>
<td>128 (63.4%)</td>
<td>128</td>
</tr>
<tr>
<td>Facility Upgrades</td>
<td>7 (3.5%)</td>
<td>7</td>
</tr>
<tr>
<td>Good Variety</td>
<td>2 (1%)</td>
<td>2</td>
</tr>
<tr>
<td>Dislike Management</td>
<td>2 (1%)</td>
<td>2</td>
</tr>
<tr>
<td>Transportation an issue</td>
<td>1 (0.5%)</td>
<td>1</td>
</tr>
<tr>
<td>Intermediate Yoga</td>
<td>1 (0.5%)</td>
<td>1</td>
</tr>
<tr>
<td>Open earlier for individual</td>
<td>1 (0.5%)</td>
<td>1</td>
</tr>
<tr>
<td>Tai Chi is a good class</td>
<td>1 (0.5%)</td>
<td>1</td>
</tr>
<tr>
<td>Age Appropriate</td>
<td>1 (0.5%)</td>
<td>1</td>
</tr>
<tr>
<td>Open Earlier</td>
<td>1 (0.5%)</td>
<td>1</td>
</tr>
<tr>
<td>Younger Seniors</td>
<td>1 (0.5%)</td>
<td>1</td>
</tr>
<tr>
<td>Favorited</td>
<td>1 (0.5%)</td>
<td>1</td>
</tr>
<tr>
<td>Place to leave exercise</td>
<td>1 (0.5%)</td>
<td>1</td>
</tr>
</tbody>
</table>