

Fitness/Wellness Program Survey (BRC)

Month _____

Year _____

1. Which type of fitness classes interest you most? Check all that apply.

- Dance fitness (like Zumba, Refit, Punk Rock Dance)
- Flexibility Training (Yoga or PIYO)
- HIIT (high intensity interval training) and/or Kick Boxing style classes
- Personal training
- Pound
- Strength Training in a class format (more than 6)
- Strength training in a small group (less than 6)
- Yoga
- Other formats (Stability Ball classes)
- Other (please specify)

2. If given the choice, which would you prefer?

- A fitness class (exercise)
- A nutrition class (information on healthy eating and cooking)
- Information on stress management
- Flexibility training (like foam rolling or assisted stretching or Yoga)

3. In a strength training class or session, I prefer

- Training geared towards increased muscle size
- Training geared towards muscle endurance
- Training geared towards improving tasks in everyday life (functional training)

4. I would classify my fitness level as

- Beginner (never exercised)
- Intermediate (exercise at least 1-2 time weekly)
- Advanced (exercise at least 3-5 times weekly)

5. I would rate my level of experience with weight training as

No experience (never lifted weights)

Some experience (lifted weights occasionally)

Experienced (are familiar with weight lifting techniques)

Very Experienced (long time weight lifter)

6. Physical Health and Fitness is

Not important to me

Somewhat important to me

Important to me

Very Important to me

7. When you return home, rate how likely you are you to begin or continue a fitness program?

I do not plan to begin or continue a fitness program

I might begin or continue a fitness program

I will probably begin or continue a fitness program

I will begin or continue a fitness program

8. Did having an on-site fitness program during your stay help to increase your likelihood of beginning or continuing a fitness program?

yes

no

9. Do you have any other comments/suggestions to improve your experience with the on-site wellness program? Please comment.