

FITNESS SURVEY
MARCH 2017



NUMBER OF RESPONSES

- **Total Number of Responses: 109**
- **Female 81 Responses (Age Range 97-62) Average Age 82**
- **Male 28 Responses (Age Range 99-71) Average Age 82**

LIST THE FITNESS PROGRAMS THAT YOU PARTICIPATE IN

- **Fitness Center**
- **43 Total Body Aerobics-
Standing & Seated**
- **22 Yoga, Tai Chi, Pilates**
- **9 SAIL**
- **7 Line Dancing**
- **6 Getting Started, BBB,**
- **6 Nordic Walking**
- **4 Chair Fit**
- **Pool**
- **11 H2O Fitness**
- **3 Water Balance**
- **3 Aqua Jam**
- **3 Open Swim**

**BESIDES THE
FITNESS
CENTER
PROGRAMS,
WHAT ELSE
DO YOU DO?**

- **58 Treadmill /NuStep**
- **21 Strength**
- **14 Fitness Center**
- **11 Bike/ R & U Bike**
- **4 Rowing Machine**
- **4 Elliptical Machine**
- **3 Cross Trainer**
- **1 Bosu Ball**
- **28 Swimming**
- **4 Jacuzzi**

**WHAT ACTIVITIES (3
OR MORE X PER
WEEK) DO YOU
PERFORM OUTSIDE
OF THE POOL OR
FITNESS CENTER?**

- **70 Walking**
- **10 Stretching, Yoga and Exercises at Home**
- **7 Off Premises Bike/Golf /Tennis**
- **5 Nordic Walking**
- **3 Gardening**
- **3 Walk Up Stairs to Apartment**

**WHAT DO YOU LIKE
ABOUT THE FITNESS
CENTER AND STAFF?**



**WHAT DO YOU
LIKE ABOUT
THE OPERATIONS
OF THE FITNESS
CENTER?**

- **29 Excellent, Competent, Helpful, Friendly, Hardworking Staff**
- **23 Open 24 Hours, Convenience of Hours/ Availability**
- **17 Variety of Activities**
- **15 Cleanliness**
- **10 Equipment Well Maintained**
- **10 Excellent Available Classes**
- **6 Efficiently Operated**
- **4 Brightness of Room**
- **3 TV / 3 Quiet**
- **2 Available Drinking Water**

**WHAT CONCERNS
YOU ABOUT THE
OPERATION OF THE
FITNESS CENTER?**

- **Classes**
- **Staffing**
- **Equipment**
- **TV**
- **Misc**

CLASSES

- **Total Body**
- **9 Space is Too Crowded**
- **4 Do Not Like The Videos**

STAFF

- **8 Need More Full-Time Staff**
- **2 Staff Not Available on Regular Basis**
- **1 Need More Classes**
- **1 Pilates Was Reduced from 2 Classes to 1 Class**
- **1 Need Classes In The Afternoon For Those Who Sleep In Late**

EQUIPMENT

- **3 Equipment Hard to Operate / Old**
- **2 Equipment Not Always Working Properly**
- **2 Need to Upgrade 3rd NuStep, 3rd Treadmill**
- **1 Occasionally Unable to Get on Treadmill**
- **1 Need More Equipment**

TV

- **4 Provide No TV or Individual Choice / More Choice**
- **4 Turn TV Off: No Chance To Avoid Noise/Chatter**
- **4 Don't Like Choice of Stations (esp FOX)**
- **1 Volume is Too Low**
- **1 TV Sets are Too High**

MISCELLANEOUS

- **3 Sometimes FC is Too Warm**
- **1 Need Wipes in Media Room for Mats**
- **1 How would one summon help if not near a bell?**

**WHAT ADDITIONAL
PROGRAMS OR
SUPPORT WOULD YOU
LIKE TO SEE AT THE
FITNESS CENTER?**

- **16 More Classes : Tai Chi / Yoga /Stretching/ Pilates/ Fitness/ Dance/ NW/Meditative /Thoughtfulness/ Unseated**
- **5 Applaud 8:15 am Addition/Do More Early Classes**
- **5 Need Another Full Time Instructor**
- **2 More/Newer Equipment**
- **1 More Room with Mirrors (for Pilates)**
- **1 More Hands on Instruction/Support from Staff**
- **1 More Space/ 1 Zumba Class/ 1 Basket Ball Hoop/ 1 Wt Loss & Diet/ 1 Agility Class**
- **1 More Classes in the Afternoon**

POOL



**WHAT DO YOU LIKE
ABOUT THE
OPERATION
OF THE POOL?**

- **8 Great/Nice Atmosphere/Well Run**
- **7 Well Heated, Warm but Not Too Hot for laps**
- **7 Cleanliness of Pool/Locker Rooms**
- **6 Good Pleasant, on Time Lifeguards**
- **4 Good Instruction**
- **4 Available/Good Hours of Operation/Early Morning Hours**
- **3 Good Size / Layout / Depth**
- **2 Misc: Jacuzzi / Plenty of Towels**

CONCERNS ABOUT OPERATION OF POOL

- **18 Early Closings; Limited Hours of Operation**
- **9 Lack of Hot Water in Showers**
- **8 Locker Rooms (a mess, heat: inadequate size, redo)**
- **6 Spa/ Whirlpool Broken**
- **4 Sauna Often Broken**
- **3 Occasionally Cold**
- **3 Locker Rooms Need More Benches (2 women, 1 men)**
- **2 Not Open Enough for Free-Style Swimmers**
- **Miscellaneous: Cleaning (2 pool, 2 locker rooms), 2 Longer Hours**
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**WHAT ADDITIONAL
PROGRAMS WOULD
YOU LIKE TO SEE AT
POOL?**

- **7 Later Hours in Afternoon, Expanded Pool Hours, Go Back to Previous Operating Hours**
- **3 Jacuzzi Often Not Working**
- **2 Steam Room that Operates**
- **2 Learn to Swim Classes**
- **2 Longer Classes**
- **1 More Freestyle Swim Time**
- **1 More Water Aerobics**
- **1 Heat in Womens Locker Room**
- **1 Cleaner Floors in Locker Rooms**
- **1 Should be Open on Sundays**
- **1 Replace wet sauna with dry sauna**

COMMENTS



**OTHER COMMENTS OR
SUGGESTIONS**

- **4 Great Resources/Happy with What We Have**
- **3 Need Two Instructors Working 40 Hours per Week**
- **2 Want more Brain/Body/Balance**
- **2 I Should do More**
- **2 Sara/Sherry Are Great/Keep up the good work**
- **There Are Too Many Complainers, its All Fine**
- **Expand Programs to Include Outdoor Sports/Hiking**
- **Introduce New Programs**

OTHER SUGGESTIONS OR COMMENTS

- **Need Steam Room**
- **Replace Exercise Bands with Latex Ones**
- **Need Half Hour Balance Program**
- **Switch Classes to Auditorium- Especially Yoga**
- **More Balance Programs**
- **Need More Weight Bearing Exercise Classes**
- **Would Like to Have Strength/Ability Test**
- **Management and Staff are Uneven**

SAIL PROGRAM



**HAVE YOU
HEARD ABOUT
SAIL?**

- **68 Yes**
- **32 No**

**IF YOU SAID YES,
HAVE YOU
PARTICIPATED IN
SAIL?**

- **13 Yes**
- **52 No**

IF NO, WHY NOT?

- **14 Already Getting a Lot of Exercise/Taking Other Classes**
- **8 Too Busy/Don't Have Time**
- **Scoliosis/Back Pain/Sciatica/Other Ailments**
- **6 Cannot Come on Tues/Thurs**
- **2 Program Full**
- **1 Not Invited**
- **1 Starts Too Early**
- **1 Too Old**

**IF YOU PARTICIPATED
IN OR COMPLETED
SAIL, HAVE YOU
CONTINUED IN
TRAINING WITH
CLASSES OFFERED IN
THE FITNESS CENTER?**

- **5 Yes**
- **4 No**

**WOULD YOU BE
INTERESTED IN
PARTICIPATING IN
SAIL OR ANOTHER
EVIDENCED BASED
FALL PREVENTION
PROGRAM?**

- **SAIL**
- **17 Yes**
- **5 No**
- **5 Need more
Information on SAIL**
 - **Another Program**
- **14 Yes**
- **8 NO**
- **4 Need More
Information on Other
Programs**

**COMMENTS ABOUT
SAIL PROGRAM**

- **Would Like SAIL (Evidence) to Determine Effectiveness**
- **SAIL Uses Too Many Resources, Too Much Space, Pushes Other Programs (Pilates) Out, Stretches Staff. Need More Staff to Deal with it or Both Should be Working 40 Hours/Week**
- **Exercise is Important!**

**THANK YOU FOR
YOUR FEEDBACK!**

