

3. Coding for Physical Fitness times mentioned [] (Jane G.)

Includes 134 Survey Monkey and 60 paper surveys

LIKE

- A. Knowledgeable, professional staff [5]
- B. Sherry and Olga are excellent, competent, motivating [12]
- C. Olga is super [7]
- D. Sherry is wonderful, even more wonderful if started classes on time, did not cancel last minute [6]
- E. Gym open 24/7, nice equipment, all in-house so not necessary to leave the campus [21]
- F. Beautiful facility, good equipment in fitness center, wonderful pool [11]
- G. Wonderful pool, Hailey, water aerobics, lap time [17]
- H. Pool, hot tub, water exercise classes [10]
- I. Requiring sign ups insures space available especially for pool time [2]
- J. Variety of physical fitness offerings and classes, regular schedules are important, different exercise levels available including seated activities and yoga [22]
- K. Love exercise programs on channel 2 [2]
- L. Seated classes available, rehab exercises, wonderful variety [5]
- M. Wonderful variety of equipment in gym all available daily in fitness center [14]
- N. Great physical and occupational therapists available [3]
- O. Loved classes during pandemic; 50s and 60s music; great TV; special destination walks [5]
- P. Must encourage more residents to participate in fitness center!

MAKE BETTER

- A. More variety of fitness classes and routines in classes, i.e, resume line dancing mentioned often [10]
- B. More classes for less active folks especially yoga and yoga for everyone [7]
- C. More and longer classes i.e. 45 – 60 minutes; larger classes; longer pool time [7]
- D. Pool should be open without sign-ups, open on weekends, more open time, more lane time, extend availability [8]
- E. More organized, regular outdoor activities including pickleball boce [5]
- F. More water aerobics [2]
- G. Training desperately needed how to use fitness center equipment, pool facilities [5]
- H. Why so many nuStep machines (6) when really need another tread mill? [3]
- I. Fitness center needs thorough cleaning; men's change room needs male housekeeper [2]
- J. Help residents set up individual training programs, personal training [2]
- K. Better publicity overall and in WW how to sign up for classes, what classes are available
- L. ensure scheduled classes actually happen; on-going resident complaints about cancelled classes, classes not starting on time, minimal/no variety in some class routines [11]
- M. need fitness network on GH network; improve sound system; improve TV sound; better headsets needed; improve remotes [5]
- N. better equipment maintenance needed; no-operating machines add no value to gym [4]
- O. pool is over scribed – more afternoon fitness and pool classes maybe? [2]
- P. more staff coverage needed in fitness center to offer training and help with equipment [3]
- Q. more resident impute in determining needed classes, trainings, etc.
- R. improve sign-up systems
- S. PLEASE leave filled water bottles in fitness Center for weekend participants