



Gym & Studio Feedback Form

As a Gym and Studio user, your opinion about what we offer at Ipswich Sports Club is important in the future development of this and other areas of the Club.

With this short questionnaire, we are looking to find out what additional/new classes you might like to see on the Studio Timetable and for any ideas on how we can fill the quieter day-time slots, between 9.30am and 4.00pm, including lunch-times, and also using the other facilities such as the Kidzone Crèche.

We would therefore very much appreciate your feedback below:

1. Which types of classes do you currently attend?

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2. Please circle any of the following classes you might like to see on the Timetable and which might appeal to a wider membership base:

Beginner Pilates	Beginner Yoga	Gentle Stretch	Beginner Balance
Beginner Circuits	CXWORX™	GRIT™	Boxercise
Legs, Bums & Tums	Chair-based Exercises	Over 60's Classes	Power Walking
Zumba® Jazzercise	Other Dance Classes	Step	Aerobics
Body Conditioning	Body Toning	Seasonal Classes (eg. Ski Fit)	

Any other class? *(all standards catered for)*

3. Please let us have your opinion regarding your recent experience at the Club regarding the Gym or Studio (positive and/or negative!) and/or any other comments (continue overleaf):

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PLEASE POST YOUR ANSWERS IN THE BLACK POST BOX OUTSIDE THE CLUB OFFICE - Thank You