

Group Fitness Class Evaluation Form

Page 1

Select a class for which you are providing feedback. [Required]

Valid input:

- Select only one choice.

- Step-N-Tone
- Body Pump w/ Tim
- HIIT Tabata
- Dance Pop Blast
- Twerk-N-Tone
- Iyengar Yoga Level I-II
- Zumba (Thomas)
- Hatha Yoga
- Zumba (Teddy)
- Body Pump w/ Alisa
- Power Yoga

What is your classification? [Required]

Valid input:

- Select only one choice.

- Student
- Faculty
- Staff
- Community Member of the Sports Complex
- Alumni

What time frame work best for you in attending group exercise classes? [Required]

Valid input:

- Select only one choice.

- Morning (7am - 9am)
- Afternoon (12 pm - 2 pm) Window*
- Evening (5 pm - 9 pm)

What day(s) do you prefer to attend class? [Required]

- Monday
- Tuesday
- Wednesday
- Thursday
- Friday

How often would you like to attend the class you selected throughout any given week? [Required]

Valid input:

- Select only one choice.

- Once
- Twice

Would you like for this class to be offered during the summer? [Required]

Valid input:

- Select only one choice.

- Yes
- No
- Not here during the summer

The instructor is prompt to class and is prepared before class in order to began on time. [Required]

Valid input:

- Select only one choice.

- Strongly Agree
- Agree
- Neutral
- Disagree
- Strongly Disagree

The workouts in this class contains the necessary phases, i.e. class introduction, warm-up, cool down, final stretch, etc. [Required]

Valid input:

- Select only one choice.

- Strongly Agree
- Agree
- Neutral
- Disagree
- Strongly Disagree

The difficulty of the workouts in the class are challenging, yet fun. [Required]

Valid input:

- Select only one choice.

- Strongly Agree
- Agree
- Neutral
- Disagree
- Strongly Disagree

The instructor motivates the class with enthusiasm and has knowledge of the techniques and methods they are teaching. [Required]

Valid input:

- Select only one choice.

- Strongly Agree
- Agree
- Neutral
- Disagree
- Strongly Disagree

How did you hear about the group exercise classes at Loyola? [Required]

- OrgSync
- Flyers
- Facebook
- Friend
- Other

If you have any compliments or recommendations for group exercise classes that you would like to mention about the instructor or class, please do so here.