

Group Fitness Class Evaluation Form

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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.