

Group Fitness Survey - 2013

1. Which DROP-IN fitness classes have you participated in so far in 2013?

Response	Chart	Percentage	Count
Beginner bootcamp		15%	31
Bootcamp		33%	67
Core		21%	43
Cycle		44%	89
Endurance		14%	28
Endurance - Step		16%	33
FORCE		43%	86
Maxed Out		31%	62
Strong		44%	89
Yoga		46%	92
Zumba		30%	60
Gentle Fit		3%	6
Pick your Pace		12%	24
Pump and Walk		8%	16
Zumba Gold		4%	8
Total Responses			202

2. How did you hear about these group fitness classes?




Response	Chart	Percentage	Count
Facility staff		14%	28
Word of mouth		29%	59
Recreation guide		73%	149
Website		15%	31
Social media		2%	5
Other (please indicate where)		11%	22
Total Responses			203

2. How did you hear about these group fitness classes? (Other (please indicate where))

#	Response
1.	White board at Wellness Centre Desk
2.	have been participating in dropin classes for several years
3.	Ardrossan had free passes when they opened their facility.
4.	test
5.	A friend
6.	insert
7.	Neighbor
8.	
9.	friends
10.	friends
11.	board
12.	family
13.	been attending for years
14.	White Board Upstairs
15.	attending classes for past 10+ years
16.	Daily (whiteboard). Sign at MP
17.	membership
18.	white board
19.	front board
20.	info board at wellness desk
21.	front desk
22.	saw the board at MP

3. Think about the LAST drop-in fitness class you attended. How did you pay for access to that class?

Response	Chart	Percentage	Count
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Millennium Card		86%	173
Punch Pass		10%	21
Single Visit		3%	7
Total Responses			201

Please indicate the name, and day of the week / time for the drop-in class you are referring to for this question

#	Response
1.	10:15 beginner bootcamp friday
2.	Pump and Walk, Friday, 10:30am
3.	3pm
4.	10:15am Friday Beginner Bootcamp
5.	10:15am beginner bootcamp on a Friday
6.	Saturday Endurance Step 10:15 am
7.	930am Sunday
8.	9:30 am on Sunday
9.	9:30 force
10.	9:30 am cycle on Sunday
11.	10:15 am beginner bootcamp Friday
12.	9:30am force Sunday
13.	9:30am cycle on a Sunday
14.	9 am force or strong monday
15.	9:30am cycle on Sunday
16.	9am on a Monday
17.	6:30 Cycle 30 on a Monday
18.	Endurance Step Monday Morning
19.	weds 6 pm ardrossan
20.	Monday Tuesday Thursday. Daytime. Yoga Please have additional daytime/weekday classes.
21.	10:15 yoga on Tuesday
22.	9:15 am Tuesday Strong and 9 am Friday Strong
23.	7:30 am on a Saturday

24.	10:15 Tues Yoga
25.	yoga 1015 tuesday
26.	Yoga 1:30 mon
27.	Beginner Bootcamp, Friday, 10:15 am
28.	6:30 pm beginner boot amp Wednesday at Ardrossan
29.	6:30 beginner bootcamp Tues Ardrossan
30.	Test
31.	test
32.	10am cycle on Saturday
33.	8 pm zumba on tuesday
34.	8pm Zumba Tuesday Nights.
35.	8pm Zumba on a Tuesday
36.	zumba at 8pm on tuesdays with Leanne
37.	saturday cycle at mp
38.	Tuesday maxed out 9 am
39.	Endurance
40.	8pm zumba tuesday
41.	Cycle 30 Wednesday 7pm
42.	pump and walk Wed am
43.	30 min cycle 7 pm wednesday
44.	10:15 Tues and Thurs
45.	Weekdays 9 am
46.	Cycle 30 ,Thursday,9:30am
47.	Zumba 5:45pm Thursday
48.	Test
49.	9:30 pick your pace on Friday
50.	Monday to Friday
51.	9am Wednesday
52.	4:45 Pm Friday April 12
53.	Tuesday Zumba
54.	9:30am GARC
55.	evening classes

56.	630 cycle monday
57.	Pick your Pace 10:30AM, Yoga 1:30 PM on Monday; 10:15 AM Yoga on Tuesday; 10:30AM Pump and Walk on Wednesday; 10:15AM Yoga Blue Room on Thursday; 10:30AM Pump and Walk on Friday; deep water Aqua Fitness class whenever possible
58.	10 am Yoga on Sunday, ARC
59.	10am yoga Sunday
60.	10:45am Sunday
61.	Thursday a.m.
62.	Mon 6:30 Strong ARC and Sat 9:30 ARC
63.	Yoga, thursday 10 am
64.	Saturday morning step, sunday morning zumba and friday strong
65.	Tues 915 string
66.	6:50pm Bootcamp Monday
67.	730 am bootcamp
68.	tues 9:15
69.	Aqua fitness on tues/thurs/sat at 9 am
70.	12:15pm Cycle on a Tuesday
71.	Morning cycle Saturday
72.	9 a.m. Friday Strong
73.	7:30 am Sat bootcamp
74.	5:30 Core & 6 PM Yoga on Mon, 6:15 Force on Tues, 6:45 Strong & 7:45 Yoga on Wed, 6:30 Maxed Out on Thurs, 5:45 Force on Fri, 9:30 Force on Sat, 9:30 Force on Sun
75.	4:45 Cycle Friday
76.	10:30 Pump and Walk on Wednesday
77.	Yoga, Monday 1:30 p.m.
78.	1300 zumba gold
79.	7pm Beginner Bootcamp
80.	Mon. force, 9am
81.	8:05 AM Deep End Aqu and 1:30 PM Yoga on Monday; 10:15 AM Yoga on Tuesday; 10:30 AM Pump & Walk and 1:00 PM Zumba; 10:15 AM Yoga on Thursday; Aqua at 8:05 AM and Pump and Walk at 10:30 on Friday
82.	force 9am thursday
83.	9:30 am cycle Thurs
84.	10:15 yoga on Tuesday




85.	4:45 cycle Friday
86.	9am Strong
87.	1:30 yoga Monday
88.	9am Monday 9:15 Tue 9:15 Wed 9:30 am Fri
89.	10:15 yoga Thurs am
90.	1:30 yoga Mon yoga thurs am m/w/f water aerobics KLC
91.	9am Tues
92.	1:30 yoga Monday 10:15 Tues/Thurs Gold Zumba Shallow aquatics Mon/wed 7:30
93.	10 am Sun
94.	Mon - Fri 9 am classes Some sat cycle classes Mon - Fri evening classes
95.	8:30am boot camp on a Sat.
96.	Endurance Step Saturday 10:15 a.m.
97.	refers to all classes I've attended (drop in)
98.	6:30 cycle mon 6:45 strong wed 10:15 yoga tues
99.	6:30 pm Mon
100.	6:30 cycle Monday
101.	6pm Monday all evening classes
102.	6:30 cycle Monday
103.	6:30 pm Mon
104.	6:30 cycle Monday
105.	18:30 Mon
106.	6:30 Mon
107.	6 pm yoga 6:45 bootcamp (Mon)
108.	6:45 Bootcamp Mon
109.	Mon Wed Fri
110.	Boot camp Tues /Wed 9 -10
111.	6:45 pm Tues
112.	12:15 cycle Tues
113.	12:15 Tues
114.	6:45 step Tues
115.	6:45 Tues
116.	6:45 Tues Endurance step

117.	6:45 step endurance Tues
118.	8pm zumba Tues
119.	Tues Zumba 8pm MP
120.	9:30 cycle Thurs
121.	10:15 a.m. Yoga Tuesday
122.	9am Thurs force
123.	Tuesday 9 a.m. (Karen)
124.	yoga 6pm Mon
125.	8:00 p.m. Zumba on Tuesday
126.	9:30 a.m. Cycle Thursday and 10:00 a.m. Yoga
127.	9:30 a.m. Cycle Thursday
128.	6:45 endurance step
129.	Force at 9:15 on Wednesday
130.	tues 6:45 endurance step
131.	8:00 p.m. Zumba on Tuesday
132.	1:30 mon yoga 10:15 tues/Thurs yoga aqua 7:30 Mon wed fri
133.	8:00 Tuesday night Zumba - took. 6:45 Wed night Strong - filled out. Strong - very good class. Zumba very good class. Lots of fun at both.
134.	BootBootcamp Tuesday 6:00 a.m. with Lori - Is there any chance of another 6:00 a.m. weekday class et. Thursday!!
135.	cycle tues noon Wed Thurs 7pm sat 10am bootcamp sat morning 8:30
136.	Cycle 9:30 Wednesday; Core 10:00 Wednesday
137.	9:15 Strong Tuesday AM
138.	tues 8pm Zumba
139.	Bootcamp: 7:30 Sat, 6:50 Mon, 6 am Tues
140.	4:15 PM Friday April 12
141.	9:15 am wed force
142.	yoga Mon 1:30
143.	8:50 a.m. Tue and Thurs
144.	Yoga Thursday 1:30 pm
145.	Monday 0630 p.m. and Friday 0545 p.m. Cycle
146.	Bootcamp Monday 6:50 p.m.
147.	12:15 cycle 1:30 yoga 10:15 yoga

148.	Yoga 1:30 p.m.
149.	1:30 p.m. Yoga Monday. I believe drop in classes are the best feature of the Millennium card. It is annoying to pay for registered classes unless the class numbers are small.
150.	yoga Monday 6pm
151.	Different times and instructors.
152.	Monday (900 Force. 6 pm Yoga. 7:15 Force. Tuesday 6:15 Force. Spin 12:15. Wed Spin 9:30. 6:45 Muscle. 7:45 Yoga. Thurs., 9:30 Spin. 6:30 Maxed. Friday 4:45 Spin. Fri 5:45 Force. Sat 9:30 Spin.
153.	Beginner Bootcamp Fridays at 10:15 a.m. at Millennium. 30 Min Spin Wednesday's at 9:30 a.m.
154.	Monday yoga
155.	yoga 5:45 M. core 5:30 M.W.
156.	9:00 a.m. Mon-Fri / 10:15 - Mon-Fri
157.	9 a.m. Wednesday on field with Karen
158.	Wednesday 9am - Strong
159.	9 am Strong with Karen
160.	Wed 9:00 a.m. - Force with Karen
161.	9:30 am Thurs cycle
162.	6 pm mon
163.	mon 6 pm
164.	yoga wed 7:45pm
165.	yoga Mon @ 6
166.	yoga monday @6pm
167.	6:30 pm Monday cycle with Kris
168.	april 8 cycle
169.	6:30 mon cycle
170.	multiple cycle classes
171.	6pmcycle monday
172.	Wed April 10-13 9:00a.m. Strong
173.	Monday 6:30 cycle
174.	7pm cycle Mon
175.	Wed., 9:15 a.m. FORCE
176.	mon cycle 6:30 wed strong 6:45 tues yoga 10:15 Thurs cycle/core Sun zumba

177.	Maxed Out: Tues 9am and Fri 9 am. Strong Wed 9am. Sat Bootcamp 8:30 am.
178.	9 a.m. Wed - Strong
179.	9 AM STRONG
180.	cycle/spin thurs at 9:30am
181.	Will BARRE class be drop in ever. Would like that.
182.	9AM Wed STRONG
183.	9am strong
184.	wed 9:15 am force
185.	cycle 30
186.	9:30 cycle on Wed
187.	Wed 9 am field with Karen (Strong)
188.	Karen's class - FORCE
189.	wed 9 am
190.	cycle Tues
191.	Core Mon/Wed /Fri 10am
192.	Mon morning spin
193.	Friday pick your pace Garc 9:30

4. Think about the last group fitness class you participated in (at a Strathcona County facility). Would you take this class again?

Response	Chart	Percentage	Count
Yes, I would take it again		96%	191
No, I wouldn't take it again		1%	1
I'm not sure		3%	6
Total Responses			198

4. Think about the last group fitness class you participated in (at a Strathcona County facility). Would you take this class again? (Yes, I would take it again)

#	Response
1.	Instructor gives variations for different fitness levels
2.	Best Instructors ever
3.	good workout fit into 45 minutes
4.	Love it
5.	Like the workout
6.	fun, excellent instructor, enough levels offered to make it challenging, good time of day
7.	great length (1hr) and great instructors
8.	It is at a good time of day.
9.	it is very good
10.	It was high energy and a great workout
11.	fun and a great workout
12.	excellent instructor
13.	Bootcamp is great!
14.	Great stretching
15.	i like yoga
16.	And I wish zumba was during the daytime in the week
17.	Can adapt the class to suit different fitness levels, offered at a convenient time for a mom with 2 little ones, easy to get in and out in an hour
18.	Great instructor, variety, and challenging
19.	very close to my home
20.	good instructor, workout
21.	The instructor is so much fun
22.	The instructor Leanne is amazing
23.	Leanne is very energetic and makes the class fun!
24.	it's a fun class and the instructor is very enthusiastic
25.	fantastic
26.	Excellent instructor, challenging high energy
27.	it is fun

28.	it is a great work out and the instructor(s) are awesome.
29.	wish it was longer!
30.	Class is fun, good workout & great instructor
31.	exercise that i wouldn't do on my own, friends that I meet, different instructors
32.	Love it!!!
33.	Keeps me motivated to get active.
34.	good workout
35.	enjoy the facility, excellent and very friendly instructors and good for my health; very accommodating and friendly front-desk staff.
36.	Fantastic instructor, great way to start a Sunday
37.	Fun, great music, energized instructor
38.	if it suits my schedule
39.	I loved it!
40.	I go every week
41.	good work out but could have been longer
42.	Love it - Colleen is great
43.	I like the instructor, the variety in the workout and the group of ladies that attend the class
44.	Yoga for seniors is an essential activity that helps with mobility, flexibility and core strength.
45.	I enjoy it
46.	instructor is great
47.	Kristina Schutz is by far the best spin instructor at MP and at any spinclass I have taken at other facilities
48.	Very good Instructor and good use of my "fitness time "
49.	very good instruction and leader. Please have this yoga class at least twice a week. It is not so crowded as the Tues/Thurs am classes
50.	love 9:15 - 45 min classes
51.	a great stretch - helps with flexibility and balance
52.	teacher is personable and kind but challenging. Good music.
53.	yoga great teacher Donna Lee but 45 mins to short for yoga
54.	Good instructor, enjoy the class like the time.
55.	awesome work out, enjoyable, challenging,
56.	Fast paced, challenging choreography , get a well rounded workout while having fun.

57.	exercise is good for me
58.	spin , strong
59.	More fun
60.	Great instructors lots of energy lots of participation
61.	Great that cycle is part of drop in
62.	It's a great class, good music and 30 min is perfect.
63.	I love it
64.	Quick and great instructor
65.	good workout
66.	I love the drop in classes! It's pretty expensive to hire a personal trainer and this way I can reap the benefits of getting pushed harder than working out on my own for the cost of my working out on my own, for the cost of my monthly pass.
67.	It's hard and worth joining I love her music and energy
68.	Fantastic exercise program - all body parts plus great music - also sticks to time frame
69.	I love spin and this is a great time for me as a stay at home mom.
70.	Instructor / choreography / good group atmosphere
71.	Good class lots of energy. Lots of cardio and concentration needed but makes it challenging
72.	great workout, amazing instructors! always leave sweating.
73.	Zumba is a lot of fun! the Best!!!
74.	Absolutely I faithfully attend 3 times a week with occasional misses. Lorraine is an excellent instructor too.
75.	busy schedule, get a full workout in and hour or less
76.	always a drop in
77.	Excellent instructor and class
78.	I love and try to get to all Karen's classes. Excellent workout & lots of fun
79.	yoga Mon 1:30 /Tues 10:15 / Thur 10:15
80.	I love this class but it is just disappointing when the passes run out. I wish there would be more passes and enough space.
81.	love the one hour step
82.	I love the Blue Room and Force is usually a good total body work out with cardio and strength.
83.	this endurance step class was excellent. Tanis is always well prepared (9Qcards in tact) and changes the routines regularly. This keeps the participants motivated and excited to come back.

84.	I enjoy the class but maybe you could provide more passes and bigger space for more people.
85.	I love the monday yoga class. Have an injury from an accident so it best suits me. would love another class like Mondays. Tues /Thur good as well Monday better for me.
86.	I come on a regular basis to 6:45 Strong - Maureen, and 8:00 Zumba, 9:00 Friday Strong. Trying Yoga and will try Endurance classes as well.
87.	Love it, the time of day, the instructor and especially the overall workout.
88.	Love the classes highlight of my week
89.	I try to go every week.
90.	Good time slot for me, good instructor, convenient location
91.	I love it. I look forward to it all day every Tues.
92.	I like the Sat/Tues instructor, how the class flows and people I have had a chance to meet.
93.	Like times 9:30's, 4:30's 4:45. Like "sets" - hill sessions.
94.	very good class, challenging I enjoy all the classes, great variety! have been coming since MP opened
95.	Excellent class, would prefer earlier in the day - all the yoga classes are great, all different styles.
96.	I would like 8:00 - 8:45 a.m. with Terry
97.	These are good value. It would be beneficial to make these classes 1 hour. All classes should be included in the pass!
98.	good instruction, good format good schedule
99.	great class
100.	More would be great!
101.	Great instruction, good group; Prefer drop-ins because registered classes are not always easy to attend. Missed class and wasted Monday.
102.	It's a great class/ way to begin my week It is just enough to work me out but not strain
103.	Very good - good training. Do summer road rides so helps lots.
104.	Some of the classes where the instructor changes the routine are better than others.
105.	Classes are super - 30 minute Spin on Wed is perfect - starts early (9:30 a.m.) and is only 1/2 hour. Instructor is also great.
106.	yoga
107.	Salsa dancing/ yoga
108.	I love the instructors and they always change things up to keep you interested.
109.	Karen is a fantastic instructor. Very motivated and moves fast.
110.	Great way to start my day. Class is challenging and keeps me interested and coming back.

111.	Been coming since 2008 and love all the classes millennium provides. The istrctors are great namely Karen, Sherri-ynn, Kim
112.	Karen is a great instructor. Group Fitness has great energy, inspriation to be around a group of people to keep motivated. Friendly people in the group. Familiar faces.
113.	Kris is great!
114.	enjoy the class - good time
115.	great class - good level of challenge for me . Very knowledgable instructor - good time for me.
116.	yoga has helped my back and shoulders. I wish it was an hour class.
117.	Kris is awesome
118.	well instructed
119.	good instructors and workout
120.	spin is good instructors was good bike in good shape
121.	I have been doing it for years - love being in the field house (big) and Karen
122.	great class, great workout, great instructor
123.	great cardio, especially when it starts just before a core class
124.	Enjoy the variet of all the classes.
125.	cycle spin love it
126.	I enjoy the challenge and the variety that the instructor puts together for us. Love the soccer field. It allows for other types of more running, walking lunges.
127.	Keeps me motivated. Social.
128.	Karen is professional, lively and motivating. I have been attending her classes for 16 months and have never been injured, always enjoy class and music and am significantly stronger.
129.	Jbecause it is a great workout. It filts in my schedule. and it is no extra charge with my millennium card. Note I appreciate all of the choices for drop in classes. I'll be going back to work eventually and I know that I will keep coming because of the variety of classes and times. Keep up the good work!
130.	Great Instructors / Great Classes.
131.	It is motivating and the class makes you want to work harder.
132.	this is an amazing class. Karen is an excellent and inspiring instructor. I absolutely love her class!! I have been coming for about 6month and have become stronger her class makes me feel happy
133.	Always a varied routine of exercises. Corina is always perky and friendly. very good class leader and inspiring to continue coming and keep up personal fitness.
134.	love the cycle classes all different stuff in a half hour class (except upper body) also love the pump and walk classes)

135.	It is a full packed class to get my heart beat up (I also really enjoy strong class and the yoga class on tues as well as pump and walk.
136.	Karen is an swesome instructor! She always challenges me. Loved the band she used today, really worked my muscles.
137.	Karen is a great instructor, great class
138.	the quality /knowledge of the instructors is outstanding: very challenging class, but fun:
139.	Great class
140.	excellent! Need core exercises due to back surgery
141.	Instructor was great, always work harder in a group
142.	Good thorough workout, knowledgeable instructor good stretch at the end.





4. Think about the last group fitness class you participated in (at a Strathcona County facility). Would you take this class again? (No, I wouldn't take it again)

#	Response
1.	Drop in classes are way too cramped in the Aspen room Need to move to the Hall

4. Think about the last group fitness class you participated in (at a Strathcona County facility). Would you take this class again? (I'm not sure)

#	Response
1.	Too much step- not in description
2.	I signed up for a class but had to drop out because child care started at the same time as the class so I could not get my child there and make it to the class on time
3.	I really dislike having to come so early just in order to obtain a spot in the blue room. When people come in late, they interrupt the class by squeezing in where there is no spot.
4.	Change in instructor. The replacement instructor did not warm up sufficiently, didn't modify moves, or ensure correct form. I wasn't motivated. I normally love this class. I never miss it. Probably moving to a paid session.

5. Thinking about the last group fitness class you took, how did the OVERALL EXPERIENCE compare to when you work out individually?

Response	Chart	Percentage	Count
The group class was a better experience		90%	177
It was about the same as when I'm on my own		7%	13
Working out on my own is a better experience		2%	4
I'm new to working out, so I'm not sure		1%	2
Total Responses			196

6. If you haven't regularly been taking group fitness classes before 2013, what prompted you to start now?

#	Response
1.	Decided i needed the motivation of a group class to help me get into a healthier body
2.	Started last fall after realizing how important it is to maintain muscle tone to keep active.
3.	Easy way to introduce myself to group fitness. Like that it is in a closed room also.
4.	Greater variety of classes offered
5.	I wanted to stay in shape and build up my stamina for running. It gets me motivated and committed to a program that works really well.
6.	More classes offered i.e. cycle, rumba
7.	I have been attending regularly for years and would like to see a return to more hour long classes.
8.	why aren't swim and aquasize classes being posted on workout boards. why aren't swim and aquasize classes being surveyed? why are there not more drop in coached swim options available? why isn't the current drop in swim program supported?
9.	I need to lose weight and only walking wasn't helping.
10.	I like the drop in classes but I would like to see the 7:30am bootcamp on Saturday's go

	back to being an hour, also I would like a Sunday morning bootcamp. I also think it would be great if there were more evening classes and at later times so people who have to get home from work can attend.
11.	Drop in classes & getting in shape
12.	Healthier lifestyle. Would like more daytime classes during the week. The heavy weights dropping on the floor above yoga in the blue room is very distracting.
13.	Flexibility (not being financially committed to a specific class each week), can work with young child/baby schedules (naps, etc.), variety of workouts
14.	n/a
15.	Started when Ardrossan Rec opened,close to home. Wanted to lose weight and be healthy.
16.	test
17.	I've been coming to Zumba since October 2012
18.	I usually take registered however finding the drop in really good
19.	Regular attendee for several years now
20.	Have previously worked with a trainer, urges me to work harder than I would on my own. Trying to get fitter.....
21.	Have been taking them for several years
22.	Been attending drop in classes regularly since last year - love the variety of classes! Has pushed me to be in the best shape I've ever been!
23.	Took group classes before
24.	Wanted to Try something new to add to my regular weight training workout (needed cardio)liked the idea it was only 30 minutes I can tag onto my regular routine.
25.	I wanted to lose my baby weight.
26.	Work committments were making it difficult to register for group classes but with all the drop in group classes now being offered, it's allowing me to have the flexibilty to attend.
27.	Test
28.	in a group fitness class, I am with other women in my age group and the exercises are geared to our age. I also see how the exercise should be done and I have access to equipment that I don't have at home. Being with others is fun.
29.	Have been taking classes for over 10 years
30.	I just recently signed up for a Millennium Card and had browsed through available classes
31.	Saw that Zumba was offered finally as a drop in class so I can come when I can.
32.	Ardrossan rec is very close to where I live
33.	I am a regular fixture at the MP.
34.	Having them so close to home, at Ardrossan Rec Centre, made a huge difference. Having the Millennium Card also makes a difference - it is easy to just pop in.

35.	The Ardrossan Rec Centre is a great facility closer to my home that makes it easier for me to attend on a regular basis rather than the drive to Sherwood Park.
36.	n/a
37.	All the drop-in choices and availability.
38.	Motivation, easier to work out with others than alone
39.	it helps with motivation. I don't like to work out by myself
40.	Trying to lose weight and get healthier
41.	The fact that the classes are free now.
42.	I used to pay for cycle classes but am trying to more out of my millenium card
43.	I have been regularly taking group fitness classes since 2008.
44.	been a regular
45.	Have always taken classes both drop in and registered
46.	I started taking group lessons in Sept 2011
47.	I used to attend a smaller gym that closed - I liked the atmosphere, variey of classes, class size and level (beginner) better at my last gym. I really wish that the county classes that say "Beginner" were really beginner - more explanation; instuctor offering options for other levels. Class sizes are also quite large and packed so there must be a demand for classes. I did enjoy the B/Bootcamp in the new Ardrossan facility - although not really Beginner. Instructor did offer options for various levels.
48.	I've been coming for years to the drop in fitness classes.
49.	Better advertised/written on the white board upstairs. Sometimes when I am at the gym, i am not planning on going to any specific drop in class. But then check the white board and see what if any fit in to my time schedule for that day.
50.	time to start again - take the first steps
51.	attend regularly
52.	I enjoy being motivated by watching other people. feeling part of group (familiar faces) and the variety everytime I get bored easily. The front women's dressing room (by pool dressing room) is not that clean. Commented twice since september. The walls are really dirty.
53.	I have been taking them for a few years now but the reason I started was the quality of the class and instructor.
54.	my grandson was born Jan10/13. I became a grandmother and want to maintain my health
55.	prefer the group experience
56.	always do
57.	Dad
58.	Age, need to do something

59.	My girlfriend loves going to boot camps it got me interested because she's always telling me about the work outs superhard etc.
60.	I need to get into shape for holiday
61.	the classes included w/millennium card fees and flexible times
62.	I've been taking group fitness classes for 8 years
63.	Health
64.	Zumba was suppose to be fun and a good workout that's what I was told. I've always wanted to learn to dance this class has been fantastic! Leanne is an energetic, inspiring instructor. These classes are highlights for me.
65.	to be a healthier person, inside out.
66.	I am taking it regularly.
67.	I have taken group fitness classes for 2 years now and that's how I also started my fitness regime. I need a group class to motivate, commit and continue. However, it is very expensive and wish all classes were included in membership.
68.	I needed to increase my exercise; group fitness is great because it's less boring and you have the expert instructor there to teach and help you.
69.	I am having it regularly.
70.	realized I could take classes and use my card. Have only been doing yoga up to March will be trying others, gentle fit-strong pick your pace. I really wasn't getting much for what I paid for before I thought. Extra classes were more money.
71.	Always a regular for 20 years to any gym.
72.	90% of my workouts are drop-ins.
73.	health training for triathlon
74.	I've wanted to try zumba for a while but I didn't want to pay for a registered class in case I couldn't always make it. Drop in is perfect for me.
75.	Took many classes before. Loved supercircuit (14 years)!
76.	Makes me more motivated to work harder
77.	Included in the class
78.	Did fitness classes before. Did the skipping. Excellen programming - keep up the good work.
79.	Knee rehabilitation; being healthy with my body overall
80.	Do lots of fitness traning cycle is smooth body w/o.
81.	The biggest issue for me is timing. This time it has been much better. Thanks for listening to our complaints.
82.	Am new to the community, I love the drop in classes b/c they competely work with my schedule - am a busy mom. Please add another intro to Bootcamp at MP and if possible start it at 9:30 a.m. instead of 10:15 a.m.

83.	core strength
84.	diversify exercise program
85.	My daughter.
86.	Been coming since 2008 and love the classes. Every class is different and the instructors are amazing.
87.	Been participating in group fitness classes since 2009. I've never stuck with a fitness program until I started doing the group fitness classes.
88.	great value, great selection
89.	get different work outs
90.	different than my work outs as I do weights.
91.	Because you are starting yoga and zumba
92.	health reasons
93.	good compliment to squash. Convenient to hit when it works into my schedule. Please consider 45 min cycle 30 is too short.
94.	Been coming for years.
95.	was working full time (very long hours) You work harder in a group that on your own, I think.
96.	by far
97.	have been taking group fitness classes regularly since 2005 at GARC in evenings. Now My schedule allows me to take the MP morning classes. If I had one comment to make, it would be that I was extremely disappointed that the drop in fitness classes were shortened to 45 minutes from the usual hour. It takes alot of prep planning commitment etc. to head out to a class, especially in winter. for the instructor to be shortened from an hour (which is a very standardized class duration) it made me question the Worthwhileness of continuing to commit to drop in classes. 45 minutes is just not worth it. If I am going to set aside a block of time and commute from the south side of Sherwood Park to MP which is on the North side, I want to feel that it was worth the prep and commitment. Please consider re-adjusting the class duration back to one hour from the compressed 45 min. (This is a sentiment echoed by many of my drop in class peers)
98.	makes me work harder
99.	I had a space of free time between school and work that I wanted to fill with a healthy program.
100.	exercise, meet people, socialize
101.	I am supposed to be doing core for back. Don't seem to have incentive to do on my own.
102.	Needed to get motivated, my old workouts were not cutting it anymore.
103.	I don't usually work out individually because I always quit when I think "that's good enough"

Are there any other comments you'd like to share with us related to our drop-in group fitness classes?

#	Response
1.	I like that there are more classes offered now, gives more variety and options to switch it up.
2.	More drop in zumba classes throughout the week! It is always such a huge hit. I'm sure if more were offered there would be no problem filling them.
3.	There should be another drop in evening Zumba class with Leanne! She is great.
4.	There should be another Zumba drop in class with Leanne...preferably another night during the week. Maybe make some sexy moves too!
5.	If another evening zumba class was run by Leanne I would go.
6.	I wish there were more!!
7.	I attend 4-5 drop I classes per week. All the instructors are awesome! Great variety! Would be nice to have some late afternoon like 4 or 4:30. I also like the early AM classes (6am) even though I can't always attend.
8.	IF you could leave 15 minutes between classes at the same facility so if we chose to, could attend more than one class. Have enough equipment at each class location- i.e Ardrossan-aspen room/ gym. Instructors to a great job of offering many fitness levels in each class. Definitely need a variety of classes.
9.	The Pick Your Place Monday mornings should go back to being one hour long, as should yoga and zumba
10.	Absolutely LOVE the variety of drop in classes! All the instructors are fantastic and do such a great job! I do however wish there were more boot camp classes throughout the week in the evenings (I do attend the Monday evenings regularly) and wishes cycle could be longer (45 min?). May I also suggest a drop in class for women and weights to be introduced? I also enjoy how the Thursday evening Maxed Out class has switched to a bigger room - was very squished in before. Thanks!
11.	I Love It!!!!
12.	Three times I tried to take the 15 min core class, one time asked where it was and was told "I think they meet at the desk" the next time the instructor of the class I was in said "I think it's in the purple room" then the third time we were told it was in the combatives room, but there was a bunch of children in there. Why not just have a board to post where to go? These were three separate days I was unsuccessful in finding it.
13.	It would be really nice if you guys made sure child care was available at times that made going to the classes possible
14.	More drop in classes starting at 6am would be nice. I currently attend the 6am bootcamp class on Tuesday's. For this class as well as the following, the instructors are great! Zumba

<p>Tuesday 8pm Zumba Thursday 5:45pm (GARC) Bootcamp Saturday 8:30am</p>
<p>15. I feel that the instructors are dedicated to ensuring that each class is suited for the individuals who are there each week. They also provide a diversity of exercises and do listen to peoples' complaints.</p>
<p>16. 1 hour classes would be good for aerobics and yoga. Some of us older ladies need stretching at the end of class. Field is way too hot.</p>
<p>17. I like the variety in scheduled times. The instructors I had for yoga and spin class were knowledgeable, enthusiastic, and had well planned routines. The ability to combine a group class and individualized workouts in the same day at the same place is a big plus for me.</p>
<p>18. More zumba classes throughout the week with more experienced instructors like the lady doing Tuesday classes at night. She's awesome!</p>
<p>19. the over 50 classes should take into account our previous injuries and issues. would prefer Chris to do more instruction or perhaps he could do a seminar for instructors of over 50 classes ie. no more lunges and other stuff to prevent further injury. I know of many people that have quit our fitness class due to injuries that occurred in class. Fitness classes have changed my life - saved my mind, body and soul! I wish everyone could feel this great!</p>
<p>20. Yes definitely. I'm very opposed to the 45 minute classes. Classes and rushed and stretching is limited. If I take two classes back to back I'm either running to another facility or it takes 2 hours of traveling, waiting and workout. That's a lot our of your evening when you are working fulltime. Yogo is rushed and there is basically no time at the end of the session to rest and let the practice set in. Where do you ever see 45 minutes yoga. It is usually 1 - 1.5 hrs. And don't say we don't want to compete with the private businesses. Because you are. An hour class every night would be perfect and if the ladies with young children prefer 45 minutes well they could leave 15 minutes early!!!</p>
<p>21. Ardrossan rec centre , there is not enough working equipment , and seams slightly disorganized . Instructors are excellent and as we'll staff at front desk</p>
<p>22. I would still like to see more classes added, and more variety. A few more classes added around 4 pm would be nice, especially for those done work early.</p>
<p>23. 45 minutes is short for yoga, but I confess the short time makes it really easy to fit into my day and I appreciate that. It would probably be an even better class, though, if it could be 15 minutes longer. I would love to see an evening drop-in yoga class at Ardrossan.</p>
<p>24. The drop in Yoga at the Ardrossan Rec Centre Sunday mornings at 10am is fantastic although of short duration of 45 minutes. Yoga needs more calm time for poses to be of benefit and can't be rushed than does an energetic aerobic class. I would really like to see it increase to at least an hour long although an hour and a half would be ideal. Please consider this. Thank you.</p>
<p>25. I would prefer the Zumba Gold class but the only one offered is during the day when we 50'splus are at work. In the regular class the instructor needs to use a mike as her hand signals are not easy to follow. She changes the routine every week so you never feel you can learn it. Needs to adjust class to the group she is teaching as no one can follow it - young or old. Also would like 60 minute classes.</p>
<p>26. I would prefer it if all the morning classes started at 9 a.m. instead of some at 9:15. I would also like it if you offered a Thursday morning drop in class in the blue room instead of just</p>

<p>one on the field. I really, really dislike the field classes as it is so very hot!!! I am unable to have as good of a workout when it is so hot!</p>
<p>27. I try to take a few drop in classes per week as well as work out on my own but my experience with the drop in classes that are in the small rooms has been very disappointing especially in the Aspen room at ARC. Not only do you have to arrive way early to reserve a spot but unless its yoga there is not enough room to work out comfortably without having to watch out for your neighbor and the tripping hazard of equipment on the floor. I love going to the drop in classes as it gives me motivation but have stopped going to ARC drop in classes unless they are in the hall.</p>
<p>28. I would like the classes to go back to the hour format. I really enjoy the new drop in classes that were added this year-love the yoga. Would like the yoga to be an hour class. I would also like it if all classes started at 9 am weather on the field or blue group.</p>
<p>29. The zumba class should be 60 minutes vs 45.</p>
<p>30. I would appreciate more drop-in classes on weekends.</p>
<p>31. Have more times throughout the day/evenings as people who work shifts can't make it as regularly as they would like</p>
<p>32. I'm interested if there is a demand for 530 am classes? Like a bootcamp? During the week would be awesome</p>
<p>33. there need to be more times in the evenings. Those of us who work shift work can only attend sometimes, and that is also a detriment to going. "well, I missed --- classes, probably won't know what to do now"</p>
<p>34. Love the morning aqua size but it may be nice that there be a senior citizen class offered at 8 and a all ages class offered at 9 (for when childcare is open) it would be nice to see a morning aquatic boot camp offered in addition to the evening aquatic boot camp</p>
<p>35. I loved bootcamp at 8:30am on a Saturday, also 12:15pm cycle on a Tuesday and a 9:30am cycle on a Thursday. They were all awesome. Too bad Shannon doesn't teach bootcamp anymore.</p>
<p>36. Noon classes would be great. There is nothing offered at noon.</p>
<p>37. I love the new format of the shorter classes. I would really like to see some sort of "body pump" class (heavier weights) and more Strong class times. I disliked the "Force" class I took because while the instructor was great (Maureen), she did way too many choreographed steps for what the class was described as. I took it one and haven't been back since.</p>
<p>38. Love the variety of classes and various times they are offered. There are lots of options, even for working women. There are 5 classes weekly I like to (and am able to) attend, but usually only make 3 per week. Having a Millennium Card is motivation for attending classes! Group fitness classes are way more fun than working out on your own, but the key thing is the instructor keeps me working at a harder pace than I would by myself.</p>
<p>39. - Please put a Strong class back at GARC - Offer more classes at GARC, it's a nice facility where you don't feel the typical workout pressure that there is at Millenium - Yoga, Force and Strong classes should be 1 hr in the evenings. To allow for a more complete workout without so much rapid changes between moves for the latter two - so that you can get a good workout before the exercise changes. - More evening options - the classes are getting</p>

	really full and limits the ability to get a complete, group workout in my available time. - Less step and more strength in classes. Heart Rate and exercises can be done with the same result accomplished without requiring so much step coordination.
40.	Would like to see more drop in classes around 4 - 6pm time slot. I love the FORCE class on Friday 5:45 - 6:30 - I would prefer the 20-20-20 style and the length 1 hour rather than 45 minutes. But, either way, any class with Bobbi is great. She is such a awesome instructor.
41.	I like the variety of workout that I get and the times that classes are offered
42.	The instructors are awesome. Most know how to pace the classes and work with seniors. Thanks.
43.	My preferred time to take a class would be 6:30-7:00pm - even some 55+ evening classes would be fantastic. I have had a drop in card for some time now, but really just donating money as I feel there are poor options. Beginner - bootcamps, core, weights, zumba and yoga.
44.	I enjoy most of the classes i have taken. My only real complaint is the heat on the soccer field. I like to come through the summer months and it is sooo hot, not sure what could be done, perhaps fans?
45.	It would be nice if there were more than one YOGA class like the one on Monday at 1:30 PM. Thanks
46.	Instructors need more support. Often crappy stereo sound. Instructors should be rewarded on a per head basis. These classes seem like a big draw for Millennium, 100 plus people! wow! Classes are great but could be better if met certain standards provided by rec staff.
47.	Increasing class time from 45 minutes to 1 hour would be preferable
48.	Finally!! these are great! Something for new moms and babies drop in would be great for the community to get new moms active and in contact with each other with out having to pay.
49.	The times, classes etc schedule is EXCELLENT no changes. Thank you for a job well done.
50.	I love being with people, visiting before and after.
51.	I would like to see Gillian teaching again on Wed at 1:30 her classes are more geared for less atheletic people
52.	Shallow water 7:30 three times a week would be better. 8:30 to late for most. Very congested! No privacy in dressing room. No room!! This class should be in Millennium!
53.	The 45 min classes should be one hour. I would go to more cycle classes if they were longer than 30 minutes. It's not enough. Tues class in blue room @ 9:15 should start @ 9 like the rest. Yoga in blue room is too noisy with the red room above, very destracting.
54.	The quality of instruction is very good.
55.	I'm disappointed that many of the classes are now only 45 minutes. That's hardly enough time to get a well rounded workout. I would prefer to see, 1.5 hr classes to get 45-50 minutes of cardio, 20-30 minutes weight/abs and then 10-15 for a good quality stretch.
56.	Would like to see more classes offered during each evening. And more classes on Sat and Sun and evening. This gives us an option to come and exercise (group) instead of being at

<p>home watching TV. Also would be great if there were more drop in yoga classes offered and zumba classes at Millennium Place. Thank you . Over all I am suggesting more drop in classes would be great.</p>
<p>57. I like both classes and working alone ofr different reasons</p>
<p>58. have early morning classes</p>
<p>59. Yoga classes would be better in a quiet room. 45 min classes still seem rushed 15 min core classes not worthwhile</p>
<p>60. Last session I have noticed a drop in attendance of paid group classes and yet the drop-in cycle class is at capacity. There are couple fitness centres that have opened in Sherwood Park which include all classes in their membership fees. I wonder if people are making the switch for economical reasons.</p>
<p>61. I love group fitness, but you need more classes as they are so well attended. I hate when a class is so packed I can't get in. Terry Kidnuk - best help at the gym! Love him! I am not 50+ and therefore cannot attend some of these classes. I think this is not inclusive. I know people who are not 50+ but would liek to utilize these classes due to injury, obesity or being very new to fitness.</p>
<p>62. push harder in the classes. Get feed back on proper form. Love that we can now do these classes without paying extra on top of our card.</p>
<p>63. All instructors have been excellent.</p>
<p>64. The group class was a better experience - more motivation.</p>
<p>65. The group class was a better experience: not sure how much but great experience.</p>
<p>66. Please add if possible another Intro to Bootcamp! A great class but Friday's at 10:15 are usually packed! Can you try offering another class say at 9:30 a.m. or different weekday?</p>
<p>67. Also take Adult Fitness Swim</p>
<p>68. I know this survey is late - hope you use the info1 Only 2 wishes: longer cycle classes and bike maintenance (sometimes foot straps are broken; often seat is leaning down at front; some bikes aren't smooth ride)</p>
<p>69. I like both classes and working out on my own for the variety</p>
<p>70. It would be nice to have more water bottle fillers</p>
<p>71. I would like to see the classes go back to an hour. Especially in the winter it makes it more worth while to go for an hour class than a half hour or 45 min class. I would like to see the aquatic fitness classes in the evening or early morning where people that work can attend. Even at KLC early morning this would be fantastic.</p>

Is there any other feedback you would like to provide?

#	Response
1.	test
2.	Offer aqua zumba in the evenings possibly. I'm sure many people would like to try it out, and evening classes work great for people attending school or working during the day.
3.	We would have gone to the zumba strong class that was going to be offered by Leanne, but the friday night was bad timing.
4.	Yes I would like Kristin to train the other cycle instructors so every class is fantastic
5.	Need to offer mat washing equipment at each class- more wipes/spray bottles- participants not wiping down mats / weights after use. Have instructors reminding people to do so (in a friendly manner of course)
6.	The drop-in classes offer all the classes of interest to me. I'm glad that yoga and zumba were added. I'd like to see the Salsa class be included as a drop-in. The instructor at MP was (is) excellent. I feel there is very good value in the Millennium Card.
7.	I have been to other gym clubs and city of Edmonton facilities, Millennium Place is by far my favorite! Also love the affordability of the monthly pass and the variety of everything included with it.
8.	The instructors are all excellent, and the front desk staff are all very friendly, much appreciated.
9.	I've been membership holder since Millenium Place opened & the facility gets better every year. From making changes to accomodate the large amounts of users to giving the flexibility with drop in classes, we are able to make the most our memebership, stay healthy & keep fit!
10.	I feel that the drop in classes are good value, price wise and health wise. If the weather is inclement and not suitable for walking or other outside activities, the gym provides a year round alternative.
11.	Notifiction of changes to schedule when events are happening at Milln. Posters up or on a white board on the main floor as not everyone uses the upstairs lockers.
12.	Just to bring back the 1 hour classes. We were told everyone just loves the 45 minute classes but I haven't talked to anyone in our group that is in agreement with that.
13.	I have noticed that the field house is not kept very clean. I use this facility every Saturday for the bootcamps. The turf is filthy dirty, it looks like it is never cleaned. When doing floor routines this is discusting. Also when using the cement floor it is not much cleaner. I am sure that something can be done about this. There has been a great improvement to the choices of classes at all the recreational facilities, but there is also room for more improvement to keep up with the other fitness facilities that are coming into Sherwood Park. Many of these new gyms have more variety of classes that are included with the monthly fees.
14.	No
15.	I love the Sunday morning drop-in yoga classes. They really make my Sunday a joy. The instructor (Donalee) does a great job fitting the class for all levels, and giving us a good

workout in such a short time frame. Being drop-in, there's no stress if we have another commitment and I have to miss a week. I would like to see an evening one offered too. We also want to make sure you know that Ardrossan Rec Centre has been wonderful for our family. We love how close to home it is (less than 5 minutes drive, no traffic lights!), and how easy it is to just pop over if we have a free evening or weekend. Thank you for investing in the fitness of rural Strathcona County!

16. I've enjoyed all the drop in classes that I've attended so far and hope to try more. There's a great selection to choose from....

17. Millenium Place has great instructors and wide variety of classes! It is a great place to get together with friends and have a great workout!

18. My overall experience with Millenium and ARC has been very positive, other than the few aforementioned drop in classes. The staff is friendly. Instructors are great. The facilities are clean. Equipment is readily available. ARC just needs some strategically placed timers on the walls in the workout areas for timed exercises.

19. I'm a shift worker, therefore could never commit to registered classes because I miss too many. This drop-in schedule is perfect as it offers many choices morning, afternoon and evenings. Kudos to the planners!

20. These group fitness classes are amazing, it gives you the chance to ask a professional any questions you have about keeping safe, other exercises and how to improve your general fitness. It also helps you use the equipment better and is a nice change from your standard individual work out.

21. I'm glad that there is a variety of classes, I wish it was more consistent across the board with what is offered days, and evenings, and on weekends too

22. Maybe in smaller classes e.g. cycle class, could an instructor make us introduce ourselves so we get to know fellow participants. We meet some people in different classes but even after years we are still strangers to each other.

23. More demo classes with new equipment I.e TRX and kettle bells and foam rollers

24. Saw this survey offered on Facebook.

25. Please offer Beginner Classes that are for Beginners!!!! Don't say they are and then the participants that are experienced drive the level of the course.

26. I like the variety of classes. Yoga and spin are nice to have as drop in. thank you.

27. The variety of classes offered is excellent. The needs of all age groups are met. Nice to have a swimming pool in the facility. My experience with the instructors that I have had, they have been skilled, knowledgeable, prepared, organized, friendly and are aware of individual limitations of their participants.

28. Please fix the HVAC in the step rooms

29. I do enjoy the shallow water aquatics Mon/Wed Big class. It can get quite congested in the dressing room with swim lessons coming out and aquatics coming in. Also pay lockers why not supply lockers so that I can bring my own lock. Millennium would sure be a lot more accommodatable for the size of this class. I would like to comment on recreation for the 50+. The young at heart is a great class. The average age is 75+ what about 50n - 65 age group. In some of the programs I do feel older, I am just not there in age yet, what about the younger

retiree. Yoga easter Monday 6pm class first time in this class, very unwelcoming instructor did not introduce herself, only wishing that she had easter Monday off. Only about 10 people were in the class and she just went through the motions and put in her time. Not impressed! I have been in the yoga monday 1:30 wonderful very much Tues 10:15 wonderful1 enjoyed!

30. I would really like to see more drop in classes on the field. I am considering Ardrossan for week days because evening classes are extremely full at MP and there is tension in the room because of space; not a great environment to work out in. It's sad to consider this because now it's 20 min drive instead of 7 min :-{

31. excellent facility and helpful smiling front desk staff. The whole facility is kept very clean (thanks) Great variety of classes very happy that you have introduced yoga and zumba need more as they are popular.

32. Thanks for taking feedback like this.

33. Thanks for doing such a great job!

34. Terry Skidnuk is awesome

35. Nice to be able to use card for spin classes.

36. The group class was a better experience - I work harder than I would on my own.

37. Re: Group Classes - not the same. Tt's a change of pace from working individually, I enjoy both.