

# Summary Report

(Completion rate: 100.0%)

In your opinion, what makes Glen Allan Recreation Complex a valued facility?

The 77 response(s) to this question can be found in the appendix.

What do you see as the biggest opportunity (overall) to improve the Glen Allan Recreation Complex?

The 75 response(s) to this question can be found in the appendix.

How can we design the Glen Allan Recreation Complex to be a GREAT facility for fitness and wellness?

The 71 response(s) to this question can be found in the appendix.

What are your TOP 2 overall priorities for the Glen Allan Recreation Complex revitalization?

The 72 response(s) to this question can be found in the appendix.

## Appendix

In your opinion, what makes Glen Allan Recreation Complex a valued facility? |

#	Response
1.	Location. Small size. Friendly staff. Older clients.
2.	Variety of activities.
3.	Location and multi use ammenities
4.	the ball courts, fitness space, and arena
5.	Location.
6.	Location!
7.	It is centralized to the rest of Sherwood Park.
8.	I love the family like atmosphere at GARC. I've got to know the staff well, and I see value in the fact that many of the faces have been around for years. This speaks a lot for itself. I always feel welcome. I would NEVER give up GARC!!!!
9.	I like that it is a smaller venue compared to Millenium
10.	Its quieter than millennium.
11.	The squash courts are essential. They are the only remaining courts in Sherwood Park and they are excellent courts. They are well maintained and reasonably priced.  I like the size of it. It's not as large or chaotic as Millenium Place. The exercise equipment is refreshed at a good rate. Equipment is rarely out of commission which is really nice. The addition of the stretching and map room has been really nice as it was pretty cramped when it was located behind in the gym area. The addition of cardio machines upstairs has also been nice since it puts less of a premium on using one.
12.	It's location and current setup. Please do not change it. That is a waste of money.
13.	Ice Rink, curling rink, multipurpose rooms
14.	It's location.
15.	A facility for young and old to keep and re-acquire a healthy body
16.	Location! Location! Location!
17.	- easily accessible - reasonably priced
18.	Central location, especially to high schools. Only raquetball and squash courts I know about It's (relatively) long history and the sentiment associated with going there for so long
19.	rinks - my boyfriend plays beer league here and when I was in high school, we came here to play broom ball and do curling. We also used the squash courts.
20.	central location; variety of options for activities; room rentals for parties/meetings
21.	The central location in Sherwood Park
22.	Location, and a quieter smaller venue very comfortable, love having it with the curling rink i often combine the two things
23.	The reasonable prices.

24. Its not as busy as millennium and I feel like everyone there isn't really super intense. As corny as introducing sounds it's more homely and comfortable.
25. Coziness, good equipment, central location, near bike paths, good parking, hot tub
26. People/staff, location, programs
27. Close to schools. Has outdoor spaces.
28. The location. It's the only one to serve the east and south residents in Sherwood Park.
29. GARC has both ice surfaces and fitness areas. This is not true for all arenas in the Park.
30. Central location, less crowded and overwhelming than Millennium Place. The racket courts are unique to the county.
31. It is so close to my house and the school of my children! Its in a perfect location:)
32. In a great location, Many seniors in area that use it. Has enough options but could use more.
33. Being a smaller facility there is close personal contact between staff and members making it a friendly place for workouts.
34. Central location and easy access within the community. Millennium Place given its location along with the growth of traffic and traffic lights is a far less attractive option.
35. The friendly, professional staff that has remained constant!  
The location...close to home!  
The equipment meets my needs!
36. I like that it is a smaller facility and that it has most of what i look for in a gym. Doesn't seem to attract to many jerks, everyone seems to be friendly.
37. It's central location that is within walking or cycling distance of many residents. It's close proximity to green space. The curling rink, the olympic lifting platform in the lower weightroom.
38. All devices in the gym generally available when wanted. Excellent, helpful and pleasant staff.
39. It was designed as an ADULT facility and I would like the focus returned to this primary purpose.
40. FIRST OFF ... we attended the Open House in June, and these survey questions seem to be the same as that evening. However, here we go again ...  
  
- close to our home  
- relaxed, small atmosphere. Not like Millennium Place with all the young folk strutting their stuff.  
- over 30 years, we have used virtually every part of it.  
- weight room and fitness centre (why would I spend the money on a home gym when I have GARC?)  
- curling rink (although not now)  
- meeting room for parties / meetings / wedding reception  
- hockey / skating rink
41. family environment, lots of regulars who are all friendly
42. It is a place where I can go to exercise and not feel like I am being looked down on (I have a disability).
43. Close to where I live, not totally busy all the time.
44. Location and the programs.
45. central location
46. Location within Sherwood Park

47. Having alternative to millennium, smaller, quieter
48. It's a quieter facility, not as busy as MP. It has most the equipment necessary. Its a good atmosphere, although small, I like the dungeon of a weight room.
49. Staff, location
50. The wellness programs
51. It is small and not very busy!! You can do workouts faster because everything is in a closer proximity.
52. Location
53. Central location close to home. Quiet, homely atmosphere.
54. I love GARC. I have been working out there off/on for 16 years. I love that it's so close to my home, I never have to worry about parking, the gym is never packed and the staff are really friendly and easy going!
55. Location of well mixed community facility
56. Close
57. It is small friendly and is not as intimidating as the bigger centre.
58. Within Sherwood Park. Not too big
59. It is local for the users. Don't bring more traffic into a residential area
60. location; size (small but equipped); offers curling and racquetball
61. GARC is a valued facility as it is smaller so not as intimidating to work out at or use the sauna/whirl pool. It also is a multi-use facility which offers many different groups to gather at one time skating rink/curling rink and the squash racquet ball courts to ensure it is used to its capacity.
62. I really like GARC because it is small and quaint. It is not as busy as Millennium and obviously the racquet ball courts are a plus.
63. It is close to where I live  
It is a small facility
64. Convenient location, plenty of parking
65. Not crowded like other facility's
66. Small size.
67. Centered in the heart of the community. Very close for many residents to access.
68. I like it's central location- that's my favorite part. Also, I like that it doesn't get as busy for gym facilities as Millennium Place.
69. It is easily accessible, the staff are friendly and helpful. The other participants are friendly too.
70. Proximity to eastern neighborhoods in Sherwood Park. Too far to drive to Millenium. Also, quieter atmosphere than Millenium, which is too big and busy. GARC is great for seniors' classes!
71. Its position in the hamlet
72. It is in the community. Pleasant staff
73. Variety of sports/facilities offered under one roof, especially squash
74. The location in the heart of Sherwood Park and it allows rec. users a space that is way less busy than Millennium Place. It also offers the only place in town to play indoor racquet and hand sports (squash, racquetball, volleyball etc.)

75. I really enjoy the facility for working out I use it all the time it is quiet and well kept.
76. Location
77. It is very close to residential .. therefore encouraging usage and accessibility. The facility should be enhanced to

What do you see as the biggest opportunity (overall) to improve the Glen Allan Recreation Complex? |

#	Response
1.	More fitness machines (eg. treadmills, crosstrainers, and especially arc trainers) Larger group area to do weights and stretching.
2.	Add a pool!
3.	Expanding the building west and adding additional ice surfaces for winter that can be used for lacrosse and in line in summer. An indoor multi purpose area for baseball in winter cross fit, indoor dry land training for hockey,ringette,figure skating. Improving the lounge for fundraising functions etc. Increased gym area
4.	more raquet and squash courts... not enough in community. Cleaner, brighter look inside.
5.	Add a pool More child/youth appeal
6.	Adding an out door pool
7.	Add a pool.
8.	I think GARC has proved its goal to be a valued recreation center, and for this reason it deserves some renos!! Its about time!!!
9.	Fitness classes options and times
10.	I'd love to see more squash courts, but I understand that it's not the easiest thing to add. It would be possible to change some of the existing racquetball courts (3) into convertible courts since squash courts are smaller. That may prove to be unpopular with the racquetball users. Having 2 squash, 2 convertible and 1 racquetball court might help with court booking problems and would be much cheaper than building new courts.
11.	Seriously, do not change it.
12.	Parking!!!!
13.	bigger spaces for fitness classes (so they can offer more).  more spaces to offer preschool classes (like in the kinsmen) the classes fill up so fast!
14.	Bigger gym and clean rust free modern locker area !
15.	- make it brighter with more windows and natural light
16.	Making the fitness area bigger and getting more equipment! Even just by having a dedicated cardio room and leaving the fitness area there now for weight training only.
17.	Tell me why I should go there when I could go to Millenium place. Are there classes there? Community events? Child care facilities if I want to work out?
18.	larger weight fitness area; small gymnasium for basketball, volleyball, etc; small lap pool
19.	Modernize and increase capacity
20.	More space for machines, and classes
21.	Better lighting, and more floor space for equipment and working out. The areas are all a bit cramped.
22.	The weight room. Also bring some kettle Bella upstairs. Not the plastic ones though.

23. an adductor machine and other ideas below
24. improve space efficiencies (put like spaces together); accessibility improvements and a place to be social with friends after programs
25. Utilize the outdoor spaces more effectively
26. Expand the wellness area. More equipment needed.
27. The best way to improve GARC is to create a track or separate dryland training area for athletes coming to use the ice facility. A track around the upper viewing area along with open space would be great. Also adding heaters to the ice viewing area would benefit spectators.
28. Better change rooms, a nicer hot tub/spa area.
29. I think more space needs to be created for cardio machines!
30. Weight room is very small and crowded. I am sure a larger facility could be well utilized
31. More workout spaces for wellness training and weight training.
32. Space utilization. Cardio equipment is placed in areas that were not designed nor intended to be used for that purpose. Weight room and the court used as a weight room do not have enough space between equipment. It only takes a few patrons to feel crowded and safety is probably an issue.
33. Increase, if possible, the space needed for stretching
34. The area that I see being the biggest opportunity is expanding the gym area. It is a great little facility but can feel crowded when there is a small amount of people.
35. The biggest opportunity would be to improve the facility so that there are areas that engage and involve residents in a more active lifestyle. Try to think outside the box of cardio machines, weight training, ice sports, racquet sports. Look towards improvements that can involve residents of all ages.
36. Fine as is.
37. I see the chance to work the design so all have to pass the welcome desk to access the facility. Second, the workout area needs to be enlarged to consolidate the areas into one with more room to place the equipment and users. Third, a way to remove footwear before the locker rooms are entered. Fourth, larger locker areas. Fifth, a lobby that is welcoming and inviting to gather. I enjoy the present "green zone" and would like to see it included and even expanded. Seventh, a walking/running track. Please keep the sauna/whirlpool area.
38. For our usage now:  
Move the free weight room out of the old racquetball court.  
Open up the fitness room.
- Combine the weight room and fitness room so as to save running back and forth (or skewing your workout so as to do all the free weight stuff first then move to the fitness room ... not always the best training plan)
39. Adding a better Hot tub, sauna, also lane pool
40. More accessibility, as there are people that cannot even use the washroom or change room.
41. wellness and changerooms
42. More space for exercising classes.
43. enlarge the facility and more exercise rooms
44. Improving/expanding the wellness centre
45. Expand the weight room and exercise area, put it away from the kids and the curlers
46. Make that gym bigger. More lifting platforms too.

47. More space, more machines
48. More space.
49. aesthetically I feel updates can be made so the decor and feel of the gym is up to date. Perhaps more windows. Also there needs to be a larger free space area for stretching/body weight activities.
50. Space! Realign fitness areas and equipment.
51. Provide more space for exercise and stretching. The existing stretching room walled off from the lobby is too small and is often not available. It is also overcrowded with equipment and there is no free wall space for using a ball to do squats. Also replace the trees in the lobby with bushes or shrubs to allow more light to come through the skylight.
52. Maybe time to spruce up the change rooms!!!
53. Addition of racquet facilities and enlarging fitness area.
54. Clean the ceilings and ledges
55. It needs to be upgraded for sure. Everything looks old and tired, but losing the small feel of it would be a big mistake.
56. Put a walking track in
57. Not another spray park. There is one about 1/2mile away. I understand these spray parks are hardly used as volunteers do not come forth to supervise. Unless the county will pay the help.  
Before you build, check out use and operating costs.
58. Need to upgrade fitness class areas; if possible, expand fitness centre on main floor; very chopped up now as attempts have been made to meet the needs of patrons- cardio machines upstairs in the hallways, stretching area on the main floor in an awkward location; needs regular food services.
59. It does not seem that people gather in the lounge area like we did 20 years ago. This area could be smaller and perhaps another work out room be available. I can see the work out area being made bigger. The Locker Rooms do not need to be changed other than perhaps new lockers as they are rusting.
60. Personally, there seems to be wasted space at GARC. That vast space can be turned into an area where more fitness equipment can be available.
61. increase the size of the weight room
62. Change the fitness room to a dedicated work out room, by adding mirrors
63. More equipment
64. I have been going here for 6 years. I enjoy the small "feel" of the gym compared to Millenium
65. Wellness Center.
66. There is a lot of space above the curling rink in the restaurant that could be used for a gym. People might enjoy having more to look at that just the front entry way.
67. I only use the Apple Fitness Centre and a locker when I'm participating in the Next-Step program but I think it would be nice if the Apple Fitness Centre could have a larger space.
68. Expand areas for fitness classes on second floor.
69. Ensure equipment is in good shape
70. More equipment available for use. I often don't get to use the aerobic machines I would like to use. More space required for weight room. It is difficult to do a proper workout on equipment as you are bumping into others. I like the heavy weight room but it is often intimidating to use. How about a women's only area?

71. modernize the space, exterior is dated as well. First impression when entering should give sense of arrival into a vibrant and energetic space. Current foyer is a bit dreary, but keep the tree, its incredible in size given its grown indoors
72. Renovations to the existing locker room to add more space and to create a larger fitness and weight area. Easier access to the upstairs lounge from the curling area--look into having a stairwell from the ice viewing area up to the lounge.
73. To make the main workout area on the main floor larger
74. Increasing size to accommodate more people
75. The fitness areas seem to be spread out in many areas..which in some ways is OK to allow for different groups to do their routines, however, it also prevents some users from going to certain areas. The complex also needs upgrades to the whirlpool and sauna .. would be great to have a steamroom. Of course the change rooms need to be upgrade.

How can we design the Glen Allan Recreation Complex to be a GREAT facility for fitness and wellness? |

#	Response
1.	More space, more things to do!
2.	See above
3.	I think brighter spaces, more natural lighting.
4.	Pool Child/youth exercise area
5.	Putting cardio equipment looking over ice so parents can utilize while kids are playing sport. Opening up the space- less rooms Adding natural light
6.	Centralize the workout equipment to one location in the building rather than finding crevasses for everything. Improving the fitness rooms would bring in more members.
7.	I think offering more cardio space would be very beneficial. As well, more of the cybexes!!
8.	More open areas, it seems to be very closed off
9.	I'd say right now it is pretty great, but more courts would make it even more awesome.
The convertible court idea is one I really like, but that's coming from a squash player and I don't know how much racquetball players would support the idea.	
10.	It currently is! The workout equipment, sauna, hot tub, skating arena, weight room and racquetball courts are all great, and it isn't horribly overrun like Millennium Place.
11.	Update the look. Too dark and dreary.
12.	larger gym.
13.	Change sauna and whirl pool to warm water exercise pool.
14.	Expand gym more group rooms maintain current racket courts hot yoga studio!
15.	There is no flow to the facility - All the rooms are segregated and off in their own little areas of the complex - Newer facilities do not feel cramped for space.

16. Having child care. Having a healthy-but-fast food court, even just one store, similar to Ardrossan. More curling/hockey rinks with a track above them similar to Ardrossan and Millenium (then hockey Mom can get her workout in too.)  
Improve the showers!! I find the flow from the showers too sparse to keep myself warm while showering. The cool water temperatures do not help.  
More lockers in the locker room would be great too. I havent found it a problem yet, but it could be soon with more people.  
Have Token Towel Service (members pay \$50 deposit, for example, and get a token. They exchange the token for a towel when they need to. Afterwards, they trade their towel in for the token so no wet towels need to be carried home. If they lose the towel or the token, then they pay \$ to get a replacement. If they dont give the token back when their membership is over, GARC keeps the \$50 deposit.
17. I work out at Goodlife and I love the dry Sauna, the hot yoga room, the workout class room (though it could be twice the size), the windows to look outside, the state-of-the-art equipment and TVs, the personal trainers, the tanning facilities, the access to bottled water, the spacious and clean locker room and the Zumba classes and instructors (that's the best part).
18. see above
19. More open space in wellness - not so crammed in. Also, having everything more centralized.
20. More workout space without getting to big it's nice to be small and love that there is always parking close by
21. Just give more floor space for equipment. The room in the front for stretching is so small that when more than 2 people are in there, you feel squashed. Maybe open it up, or develop another area for this.
22. I really like having various separate rooms to work out in. That way you can kinda have your space even if another person is there is not like all one huge room like millennium.
23. More stretching area, more aerobics, mirror in aerobics rooms
24. spaces don't make sense - much of the equipment is displaced in hallways and lobby. Make real spaces designed for wellness specifically. Equipment is too tightly placed together. Need more space for wellness - not just a small room.
25. Add more fitness opportunities. Ie equipment areas, indoor play area, swimming pool
26. More space and more equipment.
27. One area that is not fully utilized are the former "meeting rooms" that are now used for fitness activities such as stationary bikes. Re-designing these areas to update them and make them more efficient would be great.
28. Better flow for the available equipment (right now it is quite spread out due to space constraints)
29. I think it would be a great use of space, if the upstairs outdoor patio space was used for more cardio equipment!!!! Expand...and put a big window to look outside!!!
30. Larger area for weight work and much larger area for stretching , cool down area. I am sure more people would use this facility if it had more room.
31. Move curling to its own new facility (perhaps behind Millennium). The curling space at GARC could then be converted to include workout spaces for drop-in classes, weight training rooms and cardio rooms without having to expand GARC. Moving curling to its own facility would also free-up more parking during the winter months
32. There is a lot of open space in the atrium,walk ways around the atrium, and decks and rooms south and west that currently is not utilized. The square footage is there just being wasted. Updated it, its a 30 plus year old facility designed for ice and racket sports the wellness spaces are after thoughts and really should take more priority.
33. Any opportunity to enclose the patio-like area upstairs...move some bikes, treadmills,etc...  
create a four season room effect...airy, bright location to enjoy the ride and/or the run!  
Moving some equipment will allow for more areas for stretching!

34. By expanding the wellness centre and have it feel more open than it does now.
35. TO make it a great facility for the County environmental efficiencies should be integrated into the design to lower the operating cost and carbon footprint of the building.  
A great idea would be to build an indoor skateboard/bike park.  
Also try to update the locker rooms and shower facilities. Try to create more space for functional fitness training (TRX Suspension training, bodyweight crossfit style training).
36. With care and attention to detail including the above concepts and other ideas.
37. Punch out the east wall of the fitness room into the front yard (too bad to see the beautiful spruce tree go) and integrate fitness and weight rooms.

Contrary to a lot of the comments we have heard: leave the nice atrium! Perhaps re-jig the location of the reception desk however.

Honour needs of seniors / handicapped for easy access, reduced stairs, door-less access to washrooms.

Walking track?

A druther ... Second Cup or other of that ilk: i.e. cafe open during the day, like at Millennium Place.

38. Swimming pool with better Hot Tub
39. Bigger fitness centre, higher ceilings, more space between equipment and perhaps better ventilation. Right now it is pretty stuffy and crowded. Someone using a walker, wheelchair or scooter cannot open doors.
40. studio space, nicer changerooms
41. Improve class spaces without taking up green space outside.
42. more equipment, more/bigger rooms, better air conditioning for workout rooms
43. Improving/expanding the wellness centre
44. Keep it as a separate facility, make it bigger, have a women's weight room
45. More lifting platforms, olympic weights.
46. Clinic space. Childcare or expanded child program space. More excercise equipment. More space to excercise in, better group fitness studios. Upgrade bathrooms and lockers.
47. I feel the lay out of the room is good but if the room itself was just larger. It can feel bery compact in tht e gym if more then 10 people are in there at the same time. Also with air flow it an get very hot at times also.
48. Provide more room for fitness equipment, i.e. Ardrossen Rec Complex got it right!
49. The change room lockers need to be renewed. I doubt if there is enough demand for the hot tub and sauna rooms to justify their continued existence. The Apple Fitness Room is too small for the equipment installed and it would be "great" to have windows or skylights to let in the sunshine. The weight lifting room by the racquet courts is too isolated and would be better integrated with the Apple Fitness Room.
50. Maybe expand the main fitness area so that it is one big area instead of using upstairs and the court.
51. Keep the same style with a bit more size. Learn from mistakes made at Millenium. Use the positives from the Ardrossan facility. Layout catering to true and current users of facility. Keep equipment proportional to size increases. For example if the fitness area is doubled then double the flat benches and double the lat pulldown. Keep us involved in the full design.
52. Ok as it is
53. Brighter, cleaner, a little more room for some of the more updated equipment.

54. Increase the size of the weight room
55. Leave as it is. Encourage other areas to have facilities
56. As above-fitness classes and supports for those classes as well as fitness overall; update the facility- it's looking old and tired which may turn people away.  
Great staff- keep them.
57. I already like the lay out of the facility but think the upstairs area needs some work to enhance it.....brighter colours, white/off white/beige are depressing.....
58. Have more exercise rooms and a room dedicated to the bikes and treadmills
59. Add mirrors to the aerobic room, the new floor is a huge improvement!
60. Keep it divided so people won't feel awkward working out
61. Keep small feel.
62. More natural light. The second floor patio would be a great place to expand. Close it in with windows and individuals could be working out with tonnes of natural light.
63. Needs more space. The "hallway" of cardio equipment is a bit claustrophobic and could use some more air flow. I don't mind that cardio and weights are in separate locations.
64. Enlarge the centre.
65. As below.
66. Cleanup and expand the changing rooms
67. My main use for the space is the squash courts, so please ensure these remain, although not currently shown as an improvement, the courts court use and upgrade (court grade walls, new lights). Ultimately my reason for filling out this survey is to ensure the squash courts remain.
68. More space, more space, more space.
69. Now that have the funding make the work out room larger. YOU DO NOT NEED NEW EQUIPMENT THE EQUIPMENT WE HAVE NOW IS FINE. SPEND THE MONEY ON MAKING THE ROOM LARGER
70. Need a pool. A HEALTHY cafe would be nice, and a playpark for small children.
71. Bring in more fitness equipment. Enlarge someof the training areas. Continue to enhance the matt room to allow for individual stretching and workout .. would be great to have a pool there too, but if not at least a better hot tub/whirlpool

What are your TOP 2 overall priorities for the Glen Allan Recreation Complex revitalization? |

- | #  | Response   |
|----|--|
| 1. | Increased space and more arc trainers.   |
| 2. | More parking.<br>Bigger classroom.   |
| 3. | Increased wellness space, steam rooms in locker rooms, increased in ice surfaces |
| 4. | more raquet courts<br>natural lighting   |
| 5. | Cardio machines looking over ice<br>Increased space                              |
| 6. | Signage to point everyone in the right direction.                                |

7. 1. More cardio space 2. bigger stretching space
8. 1) More squash courts or changing courts 3 4 into convertible courts  
2) Expanding the catwalk just behind the squash courts and putting more cardio equipment there would be nice. It would require changing how it's accessed since the doors are currently through the bar upstairs, but it's an open spot.
9. If you are going to change anything, private showers with a private change room would be awesome.
10. Less cavernous and dark decor
11. The ice surfaces are a waste of valuable space. large rooms are needed for classes (fitness evening/daytime and preschool classes?)
12. enlarge fitness room
13. Bigger gym and a hot yoga studio!
14. - more natural light
15. Larger fitness area  
More ice rinks/soccer fields, preferably with a running track above them
16. Give it something that the other fitness facilities in Sherwood Park DON'T already have. Why would I come here instead?
17. increased space in wellness centre; relocate information/reception closer to main entrance
18. - increased space in the wellness centre
19. Just a little more spacious, and perhaps some machines aligned lookout onto curling rink and arena
20. increased space and more ellipticals/treadmills. They are usually full and you have to wait to get on one.
21. Really I'm emphasizing the kettle bells upstairs, and a bigger weight room.
22. More lockers, more privacy between shower area and washroom area
23. Put wellness spaces together - the building is a hodge podge of wellness equipment scattered throughout the building.
- Improve change rooms
24. Addition of pool, more area for wellness centre.
25. More cardio, more weights.
26. Dryland training area for athletes and heating in the viewing areas are my two top suggestions.
27. 1. More room for workout equipment (physical space)  
2. More spacious changerooms overall (lockers, washroom facilities)
28. 1. more cardiovascular equipment  
2. modern look
29. increase space in wellness centre.  
would allow more equipment for higher demand
30. 1) Moving curling out of GARC to increase space for wellness training and reduce parking issues during winter.  
2) Upgrading/expanding wellness areas for workouts and drop-in classes.
31. Wellness space and access (it's all over the facility right now 3 separate spaces) put it all in one location. Whirlpool needs updating jet location only hit the ass when sitting way to low. Lower seats or raise jets or get rid of all

- together its of little use to anyone right now, unless your just looking for a hot bath.
32. Increased space for stretching  
Freshen up the interior!
33. Add more space to the wellness centre and add some cross fit equipment.
34. Making the building more energy efficient.  
Building an indoor skateboard/bike park.
35. I see the chance to work the design so all have to pass the welcome desk to access the facility. Second, the workout area needs to be enlarged to consolidate the areas into one with more room to place the equipment and users.
36. Weight room and fitness room - integrate them and open up space.
37. 1 better hot tub  
  
2 more space for weight room
38. Larger wellness centre and accessibility improvements
39. increased space,a studio with mirrors
40. improved wellness centre space and not taking up green space
41. more space in wellness/more equipment/ more rooms.
42. Centralizing the wellness equipment to one space within the facility, not spred all over.  
  
Increasing the amount of equipment within the wellness centre.
43. Expanded exercise area away from children, women's area
44. 1) Bigger weight room  
2) More platforms.
45. Increase space in wellness centre, upgraded bathroom/change room
46. Increased space in the wellness centre. When a class is on such as Turning back the Clock there are times when there are so many users that we cannot get access to the equipment and thus cannot finish our programs  
Also, I would like to see more "gel" weights as the metal ones are very hard on my arthritic hands.
47. Increase number of tread mills and perhaps have them facing windows not a brick wall and larger free space area.
48. More space and designated areas for equipment: cardio, gym equipment, and free weights.  
Upgrade locker room: more room, better lockers.  
(example Ardrosson Rec Complex)
49. #1. More space for stretching etc. with free wall space.  
  
#2. Expanded Apple Fitness Room possibly incorporating the weight lifting room.
50. #1 change rooms  
#2 one main fitness room
51. Do not lose the facility style of a smaller fitness facility. Keep the proportions the same.
52. Cleaning. Remove cuter so we can exercise.
53. Increased space, brighter and cleaner looking

54. increased space in the wellness centre in particular increase the size of the small weight/exercise room beside the public washrooms and increase the size of the change rooms with more lockers for patrons with their own locks rather than having to pay for a locker
55. None
56. increased space for classes  
general upgrading- paint, flooring, cleaning
57. more space in the fitness machine area to allow more room to move around the machinery.  
focus on making the upstairs part of the facility, it has always seemed to be a separate entity, needs the advertisement board of the classes offered Downstairs so people venture upstairs for drop-in.
58. Increased space in the wellness centre should lead to more fitness equipment.
59. Increased space for group exercise
60. Increased space
61. Equipment
62. 1. Increased Space in the wellness centre.  
2. Increase space in the changerooms.
63. More space in the wellness center, better ventilation.
64. Increased space in the wellness centre.  
Maybe the reception desk should be closer to the entrance doors so people don't try to sneak in and it would be easier to get our cards punched.
65. 1) Expand areas for fitness classes on second floor.  
  
2) Improved accessibility to washrooms on both floors would be a plus.
66. General facelift  
Good, well maintained equipment
67. More aerobics equipment. More space in the weight room.
68. Remodeling of the foyer space, change room upgrades, more lockers. Squash court improvements if possible.
69. 1-increased space in all wellness areas  
2-more space everywhere
70. Increase the space in the main workout area of the main floor.  
Provide more lockers in the womens washroom.
71. Playpark for children, pool.
72. Increased space in wellness centre .. better changerooms