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.
The difficulty of the workouts in the class are challenging, yet fun. [Required]
Valid input:
- Select only one choice.

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.

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

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.