



Dear clients,

This survey has been prepared to help us design programs, classes, and fitness offerings custom tailored to your needs and wishes. We hope you'll take a few minutes and provide us with as much feedback as you possibly can. We strive to deliver the best training and fitness programs we possibly can, and you reap the benefits when we succeed!

Thanks in advance for taking the time to fill out our survey!

Your Name (optional): _____

Overall NIBC Experience

Please read the following questions and circle all answers that apply.

What benefits do you experience from NIBC?

- Strength Weight Loss Healthy De-stressed Flexible Happy
- Toned Inspired Energy Confidence Decreased joint pain
- Other _____

Which of the following statements describes how you feel about your current workouts at NIBC?

- Happy with level of exercises Classes too easy Classes too difficult
- Exercises repetitious Classes are hard to follow Need more variety
- Would like more routine Comment_____

How satisfied are you with the amount of personal attention you receive from your instructors?

- Would like more hands on attention Would like less hands on attention
- Would like more verbal motivation Would like less verbal attention
- Happy with the amount of attention

What do you like **most** about coming to NIBC? _____

What do you like **least** about coming to NIBC? _____

How satisfied are you with your overall experience at NIBC? (5=most satisfied, 1=least)

5 4 3 2 1

Comments _____

Reformer Pilates Program

1. I am interested in the addition of more reformer classes.

Yes No Unsure

If yes, at what days and times? _____

2. I am interested in the Cadillac Reformer.

Yes No Unsure

3. If yes, my Cadillac would be in addition to / instead of my current reformer sessions.

Addition to Instead of Unsure

4. I am interested in a reformer class that combines: (check all that apply)

Mat Pilates Spinning Not interested

Please use the following space to provide any comments or interests about the expansion of the Reformer Pilates program: _____

Group Fitness Program

1. I am interested in the expansion of a group fitness program at NIBC

- Yes No Unsure – If no, please move onto the next section

2. I am interested in the following classes (please circle all that apply)

- Mat Pilates Yoga Spinning Toning Step Circuit Training
Mat Pilates + Spinning Abs Other_____

3. I am interested in group fitness classes at the following days and times:

4. Please use the following space to provide any comments or interest about the expansion of the group fitness program.

Personal Training Program

1. I am interested in personal training at NIBC

- Yes No Unsure – If no, please move onto the next section

2. If yes, my personal training would be in addition to / instead of my current reformer sessions.

- Addition to Instead of Unsure

3. What days and times?

4. Please use the following space to provide any comments or interest about the addition of a personal training program.

Facility

1. I am interested in the use of cardiovascular equipment (treadmill, elliptical, etc)

- Yes No Unsure

2. If yes, I would use the equipment:

- Before or after my classes On days I am not taking classes Both

3. I am interested in the use of weight equipment (machines, dumbbells)

- Yes No Unsure

4. If yes, I would use the equipment: (Check all that apply)

- Before or after my classes Days I am not taking classes Instead of classes

5. What are your ideal hours for NIBC? (Please answer both)

Weekdays: _____ Weekends: _____

6. Please check all other services you are interested in:

- Nutrition
 Massage Therapy
 Locker Rooms
 Showers
 Educational seminars
 Specialty classes, such as salsa dancing, etc.
 Merchandise, such as clothing, and small equipment
 Small group personal training
 Tanning
 Babysitting

If yes at what hours _____

- Other _____

7. What is your opinion of male instructors/personal trainers? (Please check one)

- Indifferent Would prefer a female Unsure

Please use the following space to provide any other feedback or questions about the current or future NIBC.

Thank you!

Vicki Vara and Colleen Boyle