**Fitness Program Evaluation** *(Summer 2011, Fall 2011, Spring 2012)*

**Brief description of program:**
Each semester, Campus Recreation Services offers a wide range of group classes covering cardio/fitness, mind/body, and personal enrichment, including indoor cycling, zumba, yoga, body works, step, pilates, belly dance, and latin dance.

**Who was asked to complete survey:**
All participants in the program, meaning they:
1) had a Fitpass,
2) bought a 12-punch card, or
3) registered for a Personal Enrichment class

**Response Rates** *(approximate)*:
Summer: 47%  (67 of 143)
Fall: 40%  (130 of 372)
Spring: 30%  (114 of 400)

**Administration Type:** Campus Labs e-mail and link to post on website

**Summary of Key Findings:**
The majority of participants were satisfied with the program.
90% of participants would recommend any particular class while 10% would not recommend a particular class.
60% of participants on average were repeat customers.
92% of participants are female, 8% are male. The percentage of males is increasing each semester.
Low percentage of underclassmen participate in the program.

**Actions Taken:**
Shared results of survey with individual instructors and discussed ways to make improvements where feedback indicated the need.
Hiring more qualified/experienced instructors for future positions.
Focused some marketing toward males and lower classmen.
Explored/offered trending classes.

**Which department and/or program goals does this survey align with?**
Our main program goal is to offer a wide variety of classes every day of the week in an effort to give each participant a chance to find some activity that fits their interests and schedules.

**Which Student Affairs goals does this survey align with?**
1-(a – most relevant), (b – most relevant), (c)
6-(a), (b), (c), (d)
8-(a)