**Fitness Program Evaluation** *(Summer 2012, Fall 2012, Spring 2013)*

**Brief description of program:**
Each semester, Campus Recreation Services offers a wide range of group classes covering Cardio/Fitness, Mind/Body, Dance, TRX Suspension Training, and Instructional Classes.

**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: 41.2% (40 of 97)
Fall: 29.2% (91 of 312)
Spring: 33.6% (75 of 223)

**Administration Type:** Campus Labs mass mailing and link to post on website

**Summary of Key Findings:**
1) 33.9% of survey respondents were Faculty/Staff, 30.5% of survey respondents were Grad. Students
2) 87% of survey respondents would recommend the class/program to friends
3) 2.54% of survey respondents thought the quality of the class instruction was below average
4) 70% of survey respondents have participated in the fitness program classes in the past
5) Requests for more mid/early afternoon classes

**Actions Taken:**
> Plan to target underclassmen with marketing for the fitness program.
> Implement a system to evaluate instructors as they are teaching.
> Coordinate fitness program classes with the start/end of academic classes.

**Which department and/or program goals does this program 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 program align with?**
1-(a – most relevant), (b – most relevant), (c)
6-(a), (b), (c), (d)
8-(a)