

Survey for Fitness Classes

Please complete the following:

Name: _____

Email: _____ Phone: _____

Please select the fitness classes you would like to participate in:

- Basic Aerobics (*combines basics of step aerobics, kick box and movement patterns and strength*)
- Step Class (*high intensity class, using step movements*)
- Cardio (*high energy, fat burning*)
- Boot camp (*improve cardiovascular and muscular strength and endurance*)
- Zumba (*high intensity dance*)
- Hip Hop (*high intensity dance*)
- Kick box (*cardiovascular, strength and flexibility*)
- Yoga (*improve flexibility, strength, balance and posture*)
- Core/Abs (*using non-traditional methods*)
- Senior Classes (*for older adults*)

Please select the time frame that you prefer to attend the classes:

- Early AM (5-7)
- AM (8-10)
- Afternoon (1-3)
- After work (4-6)
- PM (7-8)
- Saturday (AM)
- Saturday (Afternoon)

Thank you for your time! We will notify you once the classes are available.