

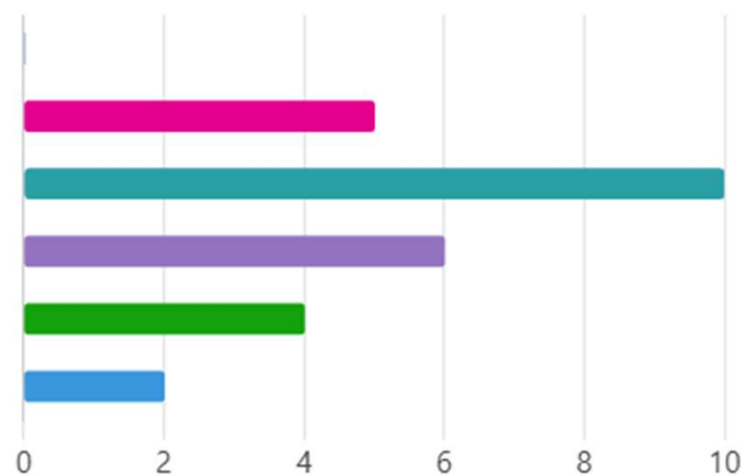
Gym Survey Results

Sports Development

Liam Holden

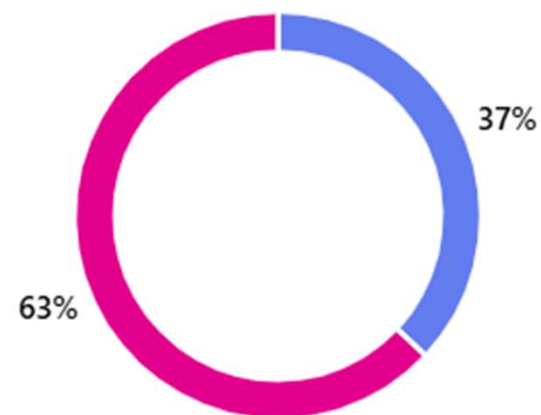
1. Age - For statistical purposes

16-20	0
21-30	5
31-40	10
41-50	6
51-60	4
60+	2



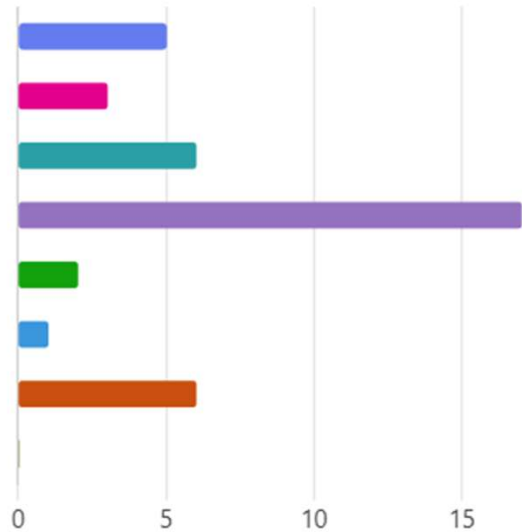
2. Gender - For statistical purposes

Man	10
Woman	17
Prefer not to say	0



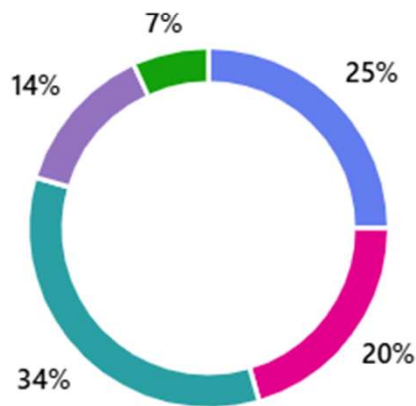
3. Which piece of cardio equipment do you use the most ?

Upright Bike	5
Stair Master	3
Cross Trainer	6
Treadmill	17
Spin Bike	2
Tornado Air Bike	1
Row Machine	6
Skierg	0



4. What other gym equipment do you use the most ?

Resistance Machines	11
Cable Machines	9
Dumbbells	15
Barbells	6
Body Weight Equipment	3



5. What type of equipment do you think the gym should have more of ?

23 Responses

1	anonymous	Cables, plates and plate storage for the power racks, mirrors in front of both power racks			
2	anonymous	Cable machines, TRX ropes			
3	anonymous	Decline bench, deadlift machine, glute machine			
4	anonymous	Lat pull down machine			
5	anonymous	Dual adjuster pulley	13	anonymous	more cable machines
6	anonymous	Pulley cable seat low row, Smith machine, leg press	14	anonymous	Need more weight plates. Other than that, I think it's pretty well-rounded as long as the equipment is maintained
7	anonymous	Abs crunch machine	15	anonymous	More plated machines. Preacher curl, ab machine, smith machine,
8	anonymous	Box 12 that works and the bag doesn't leak	16	anonymous	Another cable machine. Also another squat/bench rack. One by the bike machine isn't very good.
9	anonymous	No	17	anonymous	Treadmill that work
10	anonymous	Assisted pull up machine	18	anonymous	Rowing machines
11	anonymous	Cable machine	19	anonymous	Thick Mats by mirrors - either install a mirror by the thick Mats or move thick Mats towards mirrors
12	anonymous	Another cable machine and another squat rack with mirror	20	anonymous	More treadmills. A women only weight section would be fab as it can be very intimidating
			21	anonymous	More of each machine so waiting isn't an issue, lat pull down, tricep and smiths machines. More instructor led classes.
			22	anonymous	Cardio, more bikes, an arm bike, more rowers

6. What other facilities, services and equipment would you like to see that we currently don't have ?

21 Responses

1	anonymous	Dedicated gym staff to assist members and maintain equipment and organisation of equipment			
2	anonymous	SLED TRACK			
3	anonymous	Mirrors behind the squat racks, open later at the weekends!			
4	anonymous	Assisted pull up machine, smith machine			
5	anonymous	Potable water in the ground floor			
6	anonymous	Pulley cable seat low row, Smith machine. A mirror in front of squat rack			
7	anonymous	Abs crunch machine			
8	anonymous	Box 12 well maintained.			
9	anonymous	More shower facilities			
10	anonymous	More bike as old ones the saddles slides down and screen don't work on one of them	12	anonymous	Resistance bands
11	anonymous	More showers for gym users - there are two in the whole building I can use - one accessible one and one per gender in a cubicle in the swim changing rooms	13	anonymous	more mirrors
			14	anonymous	Yoga Mats where removed, which is strange as they are regularly used
			15	anonymous	Dry changing rooms for the gym
			16	anonymous	A sauna/steam room or ice bath
			17	anonymous	Sauna
			18	anonymous	Where to start gym sessions after induction
			19	anonymous	Thick Mats by mirror Big box things to squat /jump onto
			20	anonymous	Circuits classes
			21	anonymous	We could like fully working equipment as a start, but a sit up bench would be great and a hand bike.

7. Do you do any virtual classes here ?



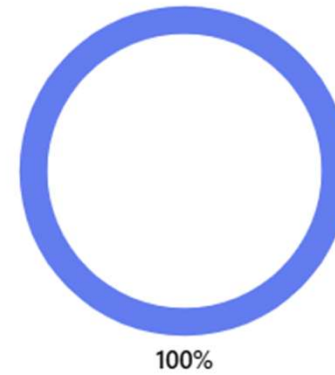
8. Any other comments regarding classes ?

12 Responses

1	anonymous	More dance based classes would be good			
2	anonymous	Yoga ate evenning. When at Horfield 19-20h was very popular.	10	anonymous	I wish the classes were slightly later as it can be hard to do any as I work til 5 and don't get over here til gone 6ish.
3	anonymous	I'd like more early morning classes, like Total Body on Thursdays. I have kids at home in the day & they have activities in the evenings so early morning is often the only time I can get to classes on days when my husband's in the office.	11	anonymous	Not enough variety in disciplines and not concentrated over two/three days
4	anonymous	It would be great to have more instructor led classes on the weekend	12	anonymous	There are not enough cardio classes in general, but not enough evening classes. When you work full time, there are very few classes available that I can attend.
5	anonymous	no			
6	anonymous	More pump sessions would be great			
7	anonymous	Not enough live classes. More aerobic/ dance fit classes please, been asking for 8 months			
8	anonymous	I don't finish work until 5:30pm, there are not enough classes on at 6pm that I can get to. Also, a lot of the cardio classes have been removed so there is not enough variety in class types.			
9	anonymous	Would like a virtual abs and core on a Sunday or another class with an instructor maybe abs + core bootcamp or body conditioning.			

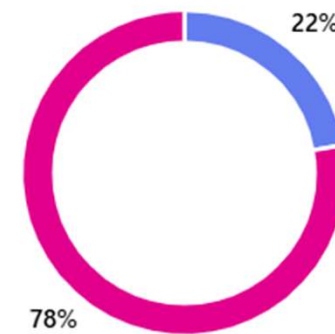
9. Are you aware of personal training services (at extra costs)

● Yes 27
● No 0



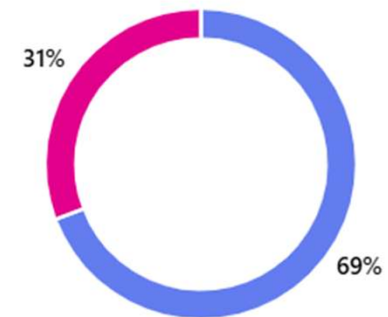
10. Would you use a personal training service if you don't already ?

● Yes 6
● No 21



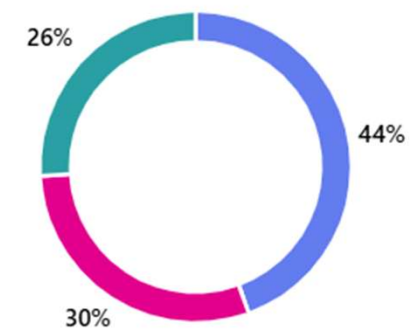
11. Would you like to see a member of staff based in the gym, to help with use of equipment, techniques, and other advice?

● Yes 18
● No 8



12. How confident do you feel when using the gym and its equipment?

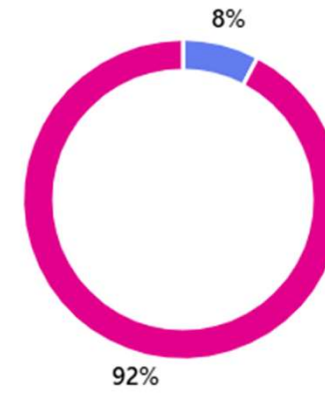
● Very Confident 12
● Confident 8
● Not so confident- would want advice 7



13.

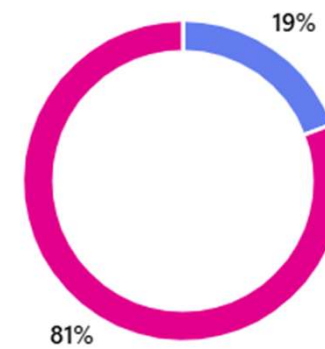
1. Do you use the BOX12 ?

● Yes 2
● No 24



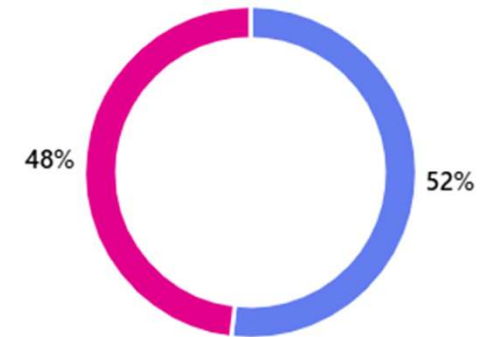
14. Would you like advice on nutrition/ healthy lifestyle even if its a separate chargeable service ?

● Yes 5
● No 21



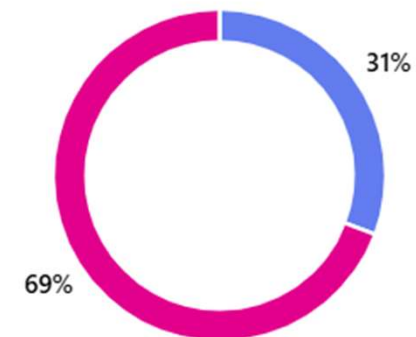
15. Are you aware of our monthly Elm Park Run club ?

● Yes 14
● No 13



16. Would you be interested joining our monthly run ?

● Yes 8
● No 18



17. Any other comments ?

13 Responses

id	name	responses
1	anonymous	It's a great community !
2	anonymous	I liked when you purchased more drum bells. Very nice!
3	anonymous	I feel all gyms should have an abs crunch machine. This is the first gym I've seen that doesn't have one.
4	anonymous	The box 12 area is under loved. 3 bag has leaked for weeks. The screens are not updated and run slowly. Its the best piece of kit, and probably is under utilised because its not maintained.
5	anonymous	Equipment should be checked each day to see if there are any issue 2 bikes have not worked properly for months no one checked
6	anonymous	no
7	anonymous	More classes on a weekend please.
8	anonymous	Time limits on equipment guidance during busy times maybe a good idea.
9	anonymous	Staff are very friendly and helpful
10	anonymous	Any idea when the pool is going to be upgraded?

11	anonymous	Due to lack of classes at times I can attend (work full time/long days) so the gym is not open early enough for me to go before work. And classes start at times I'm unable to get to in time especially when traffic is worse than usual. Also I have joined another gym as lack of gym equipment means I can't do my routine as waiting for machines is frustrating!
12	anonymous	There are so many virtual classes, and not enough led classes. Also with virtual classes, if you are not confident with the equipment then how can you do a virtual class. Is there any chance of an aqua fit class on an evening, or a boot camp or circuit class?
13	anonymous	I'm not sure the Box12 area is used to justify how much space is given to it. Perhaps keep 1 and then more space for more mat space.

