

Constantine Community Fitness Center

MEMBERSHIP SURVEY

I am most interested in using the following machines (circle all that apply):

MATRIX – Weight Machines

Cardio Machines

Free Weights

(treadmill, elliptical, stair master)

I am interested in attending fitness classes at an additional fee (circle all that apply) if offered:

Pilates

Yoga

Aerobics

Functional Training

Spinning

Low Impact Aerobics

Swiss Exercise Balls

Medicine Balls

Women on Weights

Cardio Kickboxing

Bosu/Balance

High Intensity Training

Other: _____

I would be interested in personal training sessions at an additional fee:

(Circle one): YES NO

What is your ideal time of day to work out, earliest beginning at 5:30 AM?

During the school year the Fitness Center will NOT be open during the school day.

Monday – Friday

5:30 AM – 7:00 AM

3:00 PM – 6:00 PM

6:00 PM – 8:00 PM

What days of the week would you want to work out (circle all that applies)?

Sunday

Monday

Tuesday

Wed. Thurs.

Friday

Saturday

If you choose Saturday or Sunday what time would you consistently work out and which day?

What type of membership would apply best to you (circle all that applies)?

Monthly

3 Month

6 Month

Full Year

What would you consider paying for a membership fee that would apply to what you circled above? OR PUT DOWN WHAT YOU WOULD PAY FOR A MEMBERSHIP.

\$125

\$150

\$175

\$200

\$250

Please list any questions or additional comments about this that you might have for the Constantine Public Schools Community Fitness Center that is being developed.

Please return this survey ASAP to the Constantine Athletic Department ~ Thank You.