

## **Fitness Program Evaluation**

### **Key Findings:**

The Fitness Program offers non-credit fitness and instructional classes. Participants are surveyed each semester regarding instructor, class content, and program administration.

### **Actions Taken:**

The following program changes have been made in response to survey results and comments:

- Every instructor is given a copy of the evaluation for each class they are teaching. If there are critical comments regarding the class or their teaching ability/style it is discussed with the instructor and suggestions and ideas for changes are made.
- Research ways to market/promote classes to undergraduate students...the importance of exercise as stress reducer, weight maintenance (Freshman 15), socialize (meet new friends with similar interests).
- Implement FITPASS program which will allow participants to “drop-in” to any fitness class that fits their interests, goals, and time constraints.
- Added classes during the lunch hour, 5 days/week.
- Researched Spinning classes on the cardio floor.
- Retained instructors and the classes they teach that have acquired a following of consistent participants.
- Publishing the instructors’ names with the classes they are teaching in the new program brochure.