

erResults – Health and Fitness Survey GMLC

Introduction

122 surveys were received. The survey ran from 1st May 2016 to 10th June 2016. The survey was available in paper format in the reception at the gym and the pool. The survey was also posted online on the Council website, Geoff Moulder Leisure Centre website and available on social media.

Headline Results

- 52% of respondents use the Gym area 3 or more times per week, with 4% of those using the gym every day.
- The majority of respondents use the gym area after 12noon – 60%
- 62% of respondents felt the cleanliness of the gym area was very good or good.
- 92% of respondents felt the general friendliness of staff in the gym area was very good or good.
- 71% of respondents felt the opening hours of the gym area were very good or good.
- 40% of respondents use the fitness classes that area available.
- 53% of respondents attend 3 or more fitness classes per week, with 6% attending 7 or more per week.
- 72% of respondents felt that the cleanliness of the fitness class area was very good or good
- 92% of respondents felt that knowledge of the instructor was very good or good during fitness classes.
- 57% of respondents use the health spa area.
- 75% of respondents said that they accessed the swimming pool via the gym entrance.
- 70% of respondents felt that available swim sessions were very good or good.
- 79% of respondents felt that the cleanliness of the pool area was very good or good.
- 73% of respondents felt that opening hours of the swimming pool were very good or good.

Full Results

Background Information:

Q1. Your gender

64% of respondents were female, 36% were male.

Q2. Your age

The majority of respondents, 26% were aged between 65-74. For a full breakdown see Table 1 (appendix 1).

Gym Area:

Q3. How often do you use the gym area?

52% of respondents, use the gym 3 or more times a week. For a full breakdown see Table 2 (appendix 1) .

Q4. What time of the day do you usually use the gym?

60% of respondents attend the gym between 12noon and 9pm. For a full breakdown see Table 3 (appendix 1).

Q5. Please tick the appropriate boxes in relation to your experience of the gym area

	Very good	Good	Acceptable	Poor
Availability of gym instructors	24%	34%	25%	17%
Cleanliness of gym area	23%	39%	28%	10%
General friendliness of reception staff	57%	35%	5%	4%
Opening hours	30%	41%	19%	10%
Standard of equipment	20%	42%	25%	13%

Q6. Are there any comments you would like to make regarding the Gym Area?

54 comments were received. See below for details. For a full breakdown see appendix 2.

- Changing rooms x 4
- Equipment x 26
- Instructors x 7
- Miscellaneous x 10
- Opening hours x 7

FITNESS CLASSES

Q7. Do you use the fitness classes currently available?

40% of respondents use the fitness classes available.

Q8. How many classes do you attend per week?

7+	6%
5-7	22%
3-4	25%
1-2	47%

Q9. Which classes do you normally attend (tick all that apply)

10 or more people said they had attended the following classes:- For a full breakdown see Table 4

- Aqua Fit x 18
- Bootcamp x 18
- HIIT (High Intensity Interval Training) x16
- Aerobics x 15
- Kettlecise x 15
- Legs, Bums and Tums x 14
- Total Tone x14
- Zumba x 13
- 50+classes x 12

Q10. Please tick the appropriate boxes in relation to your experience of the fitness classes.

	Very good	Good	Acceptable	Poor
Cleanliness of class area	33%	39%	11%	17
General friendliness of instructor	72%	22%	2%	4%
General friendliness of reception staff	81%	15%	2%	2%
Knowledge of instructor	74%	18%	6%	2%
Punctuality of start/end of class	65%	27%	6%	2%
Range of classes	47%	19%	19%	15%
Range of times	33%	27%	31%	8%

Q11. Are there any comments you would like to make regarding the fitness classes.

30 comments were received, a breakdown is below, for a full list see appendix 2.

- Cost x 1
- Instructors x 6

- Miscellaneous x 2
- Range of classes x 7
- Time of classes x 14

HEALTH SPA AREA

Q12. Do you use the Health Spa Area?

57% of respondents use the Health spa area.

Q13. Please tick the appropriate boxes in relation to your experience in the health spa area?

- 62% of respondents felt the cleanliness of the class area was very good or good.
- 54% of respondents felt the standard of spa equipment was very good or good.

For full results see Table 5 (appendix 1).

Q14. Are there any comments you would like to make regarding the Health Spa area?

21 comments were received, see below for details, for a full list of comments see appendix 2: -

- Cleanliness x 9
- Cost x 1
- Equipment x 4
- Miscellaneous x 7

SWIMMING POOL

Q15. Do you access the Swimming Pool area via the Gym entrance?

75% of respondents said they did use the gym entrance to enter the swimming pool.

Q16. Please tick the appropriate boxes in relation to your experience in the swimming pool

	Very good	Good	Acceptable	Poor
Available swim sessions (swim timetable)	30%	40%	23%	7%
Cleanliness of pool area	25%	54%	15%	8%
General friendliness of reception staff	52%	34%	11%	2%
Opening hours	30%	43%	19%	9%

Q17. Are there any comments you would like to make regarding the Swimming Pool area?

28 comments were received, see below for details, for a full list of comments see appendix 2: -

- Cleanliness x 10
- Cost x 2
- Miscellaneous x 6
- Opening hours x 8
- Swimming lanes x 2

Data Tables:-

Table 1: Q2. Your age

	%	n
16-24	11%	13
25-34	10%	12
35-44	13%	16
45-54	17%	21
55-64	20%	24
65-74	26%	32
75+	2%	3

Table 2: How often do you use the Gym Area?

	%	n
Every day	4%	5
5 times a week	15%	18
3 to 5 times per week	33%	39
1 to 3 times per week	23%	27
Once a week	9%	11
Never	15%	18

Table 3: What time of the day do you normally use the gym?

	%	n
Early morning 7am – 9am	18%	19
Morning 9am – 12 noon	21%	22
Afternoon 12 noon – 5pm	25%	26
Early evening 5pm -7pm	23%	24
Late evening 7pm – 9pm	12%	12

Table 4: Which classes do you normally attend?

Aerobics	15
Aero-box	7
Aqua fit	18
Bootcamp	18
Body sculpt	9
Boxercise	3
Extend	1
HIIT (High intensity Interval Training)	16
Kettlecise	15
Legs, Bums and Tums	14
Pilates	4
Studio Cycle	5
Total Tone	14
Vitality	1
Zumba	13
50+classes	12

Table 5: Please tick the appropriate boxes in relation to your experience in the health spa area

	Very good	Good	Acceptable	Poor
Cleanliness of class area	12%	50%	21%	17%
Standard of spa equipment	10%	44%	35%	11%