

FITNESS/WELLNESS SURVEY

1- Are there components of Wellness that you put more emphasis on then the state of your physical fitness ? Describe please.

2- How much time , daily, weekly or otherwise , do you exercise at enough intensity to create a fitness benefit ?

3- Do you exercise at home or elsewhere ? Explain please.

4- IF COMFORTABLE,describe your concern /issue preventing you from exercising.

5- Would you or your family consider becoming members of the Fitness Centre as it currently exists ? If not,WHY ?

6- What about if specific upgrades/renovations were initiated ?

7- What kind of upgrades would you like to see considered IF YOU ARE IN SUPPORT ?

8- What would be an acceptable family membership cost once major upgrades were completed ? Monthly _____, Semi-annually _____ and Yearly _____.

9- What is a realistic figure to be considered for such a venture ?

- **Including your name & contact info. is only required if you want to be contacted in the future for purposes of seeking clarification or discussing aspects of this survey.**

Thank you for your time,

Your Facilities Committee Members

Name _____

Contact info. _____