

## Wesleyan Adult Fitness Program Participant Feedback Form

By responding to the following questions, you are helping us gather participant demographic information and program feedback related to your involvement in the Wesleyan Adult Fitness Program. We appreciate your assistance.

### General Participant Information

Are you currently employed by Wesleyan University?     Yes     No

If yes, how long have you been an employee of Wesleyan University?

less than 1 year     1 - 2 years     2 - 5 years  
 5 - 10 years     More than 10 years

Are you a retired employee of Wesleyan University?     Yes     No

Check the box that correlates with your age range.

20 - 25     26 - 30     31 - 39     40 - 49  
 50 or older

What is your gender?     Female     Male

How long have you been participating in Wesleyan Adult Fitness programming?

This is my first year     2 years     3 - 5 years  
 5 - 10 years     10 years or more

On average, how many fitness classes do you participate in each semester?

This is my first class     1 class per semester  
 2 classes per semester     3 or more classes

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## Class Specific Information

Please write in the name of the class you are currently in \_\_\_\_\_  
(Example: Zumba, Power Stretch, etc.)

How many sessions of this class did you attend? \_\_\_\_\_.

What outcome were you hoping to achieve through participation in this class?

Social - fun       Weight loss       Symptom reduction

Increased strength       Other \_\_\_\_\_

Please describe what you gained from participation in this class. \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Please describe how you experienced the overall quality of the instruction for this class. Consider the instructor's preparation, knowledge, organization and presentation. \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Would you take this class again from the same instructor?       Yes       No

Has your participation in the Wesleyan Adult Fitness program been a catalyst for making other lifestyle changes?       Yes       No

If Yes, please describe. \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Thank you.