

FITNESS for MEN and WOMEN at club Ritmika questionnaire

To help us become better and make the fitness program suitable for your needs and wishes we would appreciate your input by sharing your thoughts and ideas. Thank you for your time!.

Female

Male

E-mail:

Best time for you to train would be (check as many boxes as you like):

Day	Early mornings 7:30-9:00am	Breakfast 9:00-11:00am	Noon 12:00-1:30pm	Afternoon/ evening 5:00-7:00pm	Late evening 8:00-10:00pm
MON					
TUE					
WED					
THU					
FRI					
SAT					

Choose between the types of training you are interested in (check as many boxes as you like):

Endurance/ cardiovascular		Bootcamp	
Muscle endurance		Pilates	
Building muscles		Core training (abs and back focus)	
Functional muscle training		Post-natal	
“Back in shape”—starting slowly		Loosing weight	
Dance		Senior	

Which type of work out would suit you best:

Outside of the gym, in the open air	
Both outside and inside the gym	
Only inside the gym	

How many times a week are you interested to work out?

1		3	
2		4	

Are you interested in training while your kids are exercising?

Yes		No	
Yes		No	
Yes		No	

Are you willing to come in specially for your class?

Would you be interested in baby-sitting while training?

What would be the incentive for you to start your work out at Club Ritmika?

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