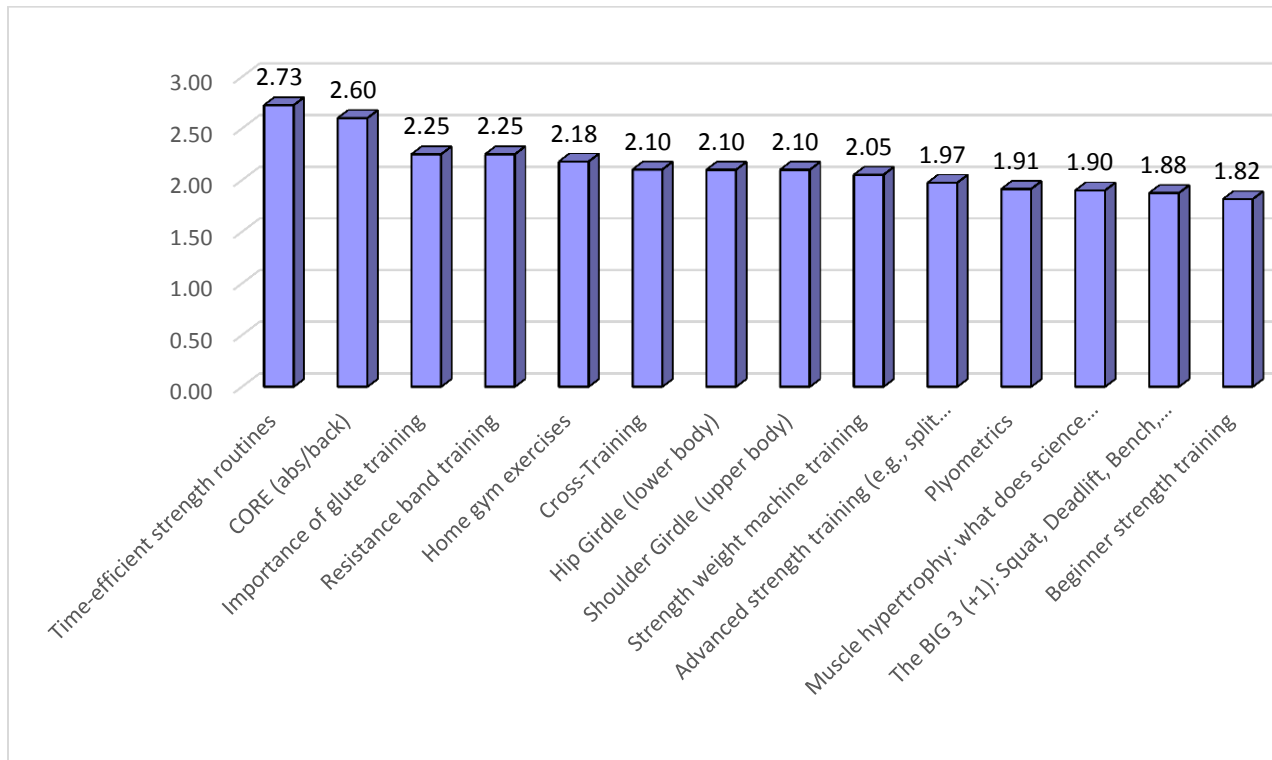


MCCORMACK FITNESS CENTER

MFC Member Interest Survey was distributed to the 225 members on the 2017 membership roster at the time of this initiative. Forty-one members returned surveys for a response rate of 18%. Survey respondents comprised of 65% males with 25% returnees aged 51-60 years and another 18% from the 41-50 year age bracket. Respondents desire to have seminars conducted on Tuesdays, around the lunch hour and under <30 minutes in length. MFC members prefer to obtain their fitness education through seminars, email, internet and written materials. Proposed seminars will utilize a combination of all these methods to reach the largest audience possible. Seminar topics will be chosen from a variety of categories based on the greatest likelihood of membership participation as indicated on the survey results. Survey results and recommendations are outlined in the attached report. The MFC Interest Survey was conducted in April, 2017 by Maria Canino, MS and Bruce Cohen, PhD.

*MEMBER INTEREST
SURVEY 2017*

Resistance Training Seminars



TOP 5 Resistance Training Seminars:

1. Time-efficient Strength Training
2. CORE
3. Glute /Hip Girdle Training
4. Resistance Band Training
5. Home Gym (add in travel exercises)

MFC Member Participation Likelihood:

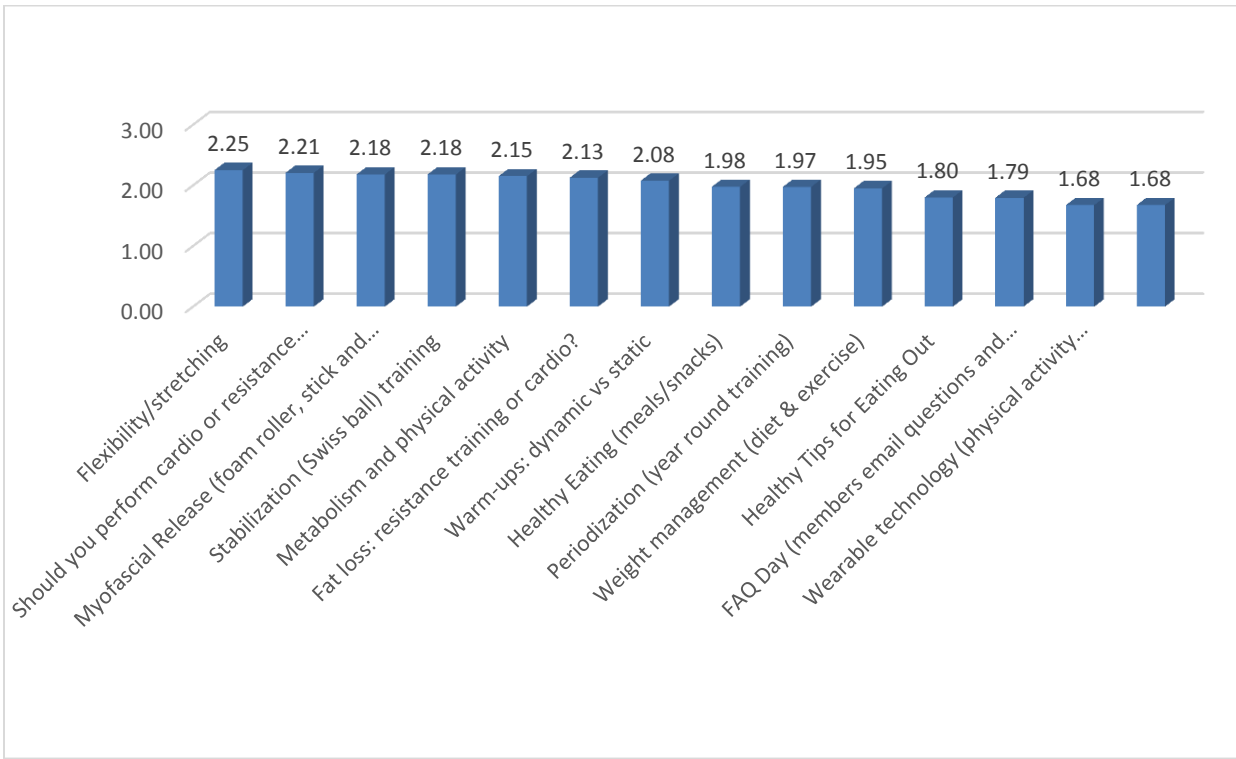
1 = unlikely, 2 = somewhat likely,

3 = likely, 4 = extremely likely

Seminars and Programming to be chosen based on the member self-reported likelihood of participation.

Hence, programs with higher scores will be selected for conduction in the upcoming 2-year period.

General Fitness Seminars



TOP 6 General Fitness:

1. Flexibility/Stretching (include info on dynamic vs static warm-up)
2. Cardio or Resistance First
3. Myofascial Release
4. Stabilization
5. Metabolism & PA
6. Fat Loss: Resistance Training or Cardio (Maybe combine #2 & #6?)

MFC Member Participation Likelihood:

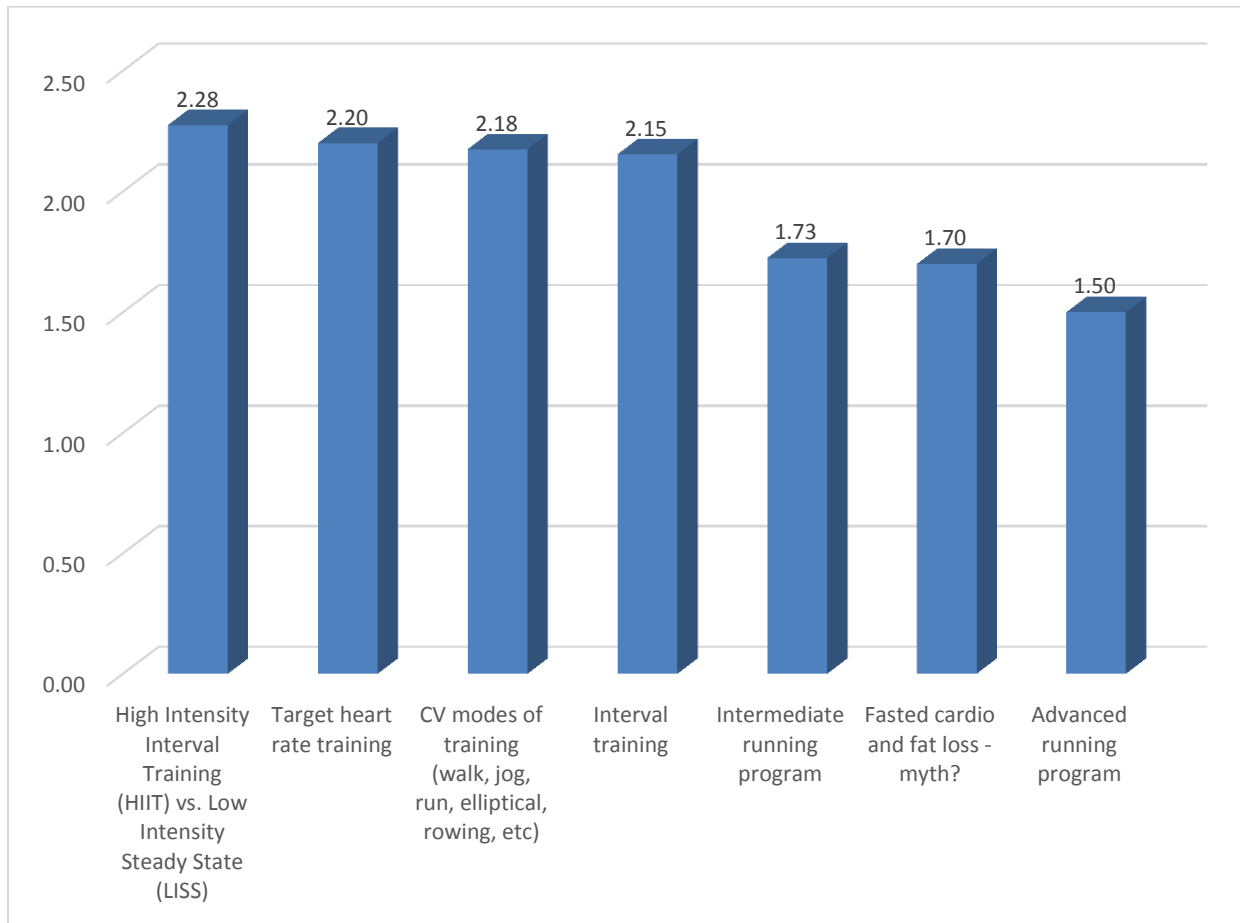
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Seminars and Programming to be chosen based on the member self-reported likelihood of participation.

Hence, programs with higher scores will be selected for conduction in the upcoming 2-year period.

Cardiovascular Seminars



TOP 4 CV Seminars:

1. HIIT vs LISS
2. THR
3. CV Modes
4. Interval Training

MFC Member Participation Likelihood:

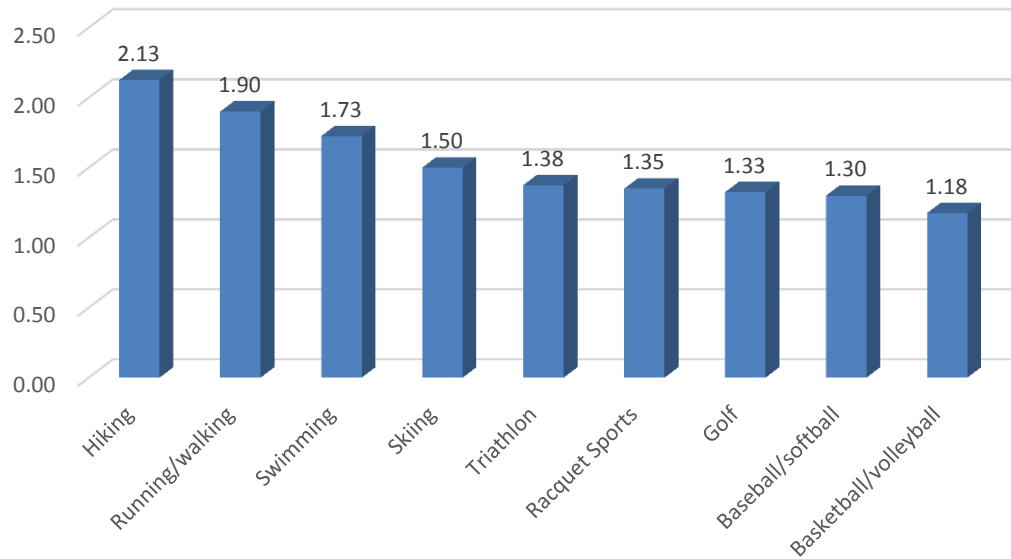
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Seminars and Programming to be chosen based on the member self-reported likelihood of participation.

Hence, programs with higher scores will be selected for conduction in the upcoming 2-year period.

Sport Training Seminars



TOP 2 Sport Specific Training Seminars:

1. Hiking
2. Running/Walking

MFC Member Participation Likelihood:

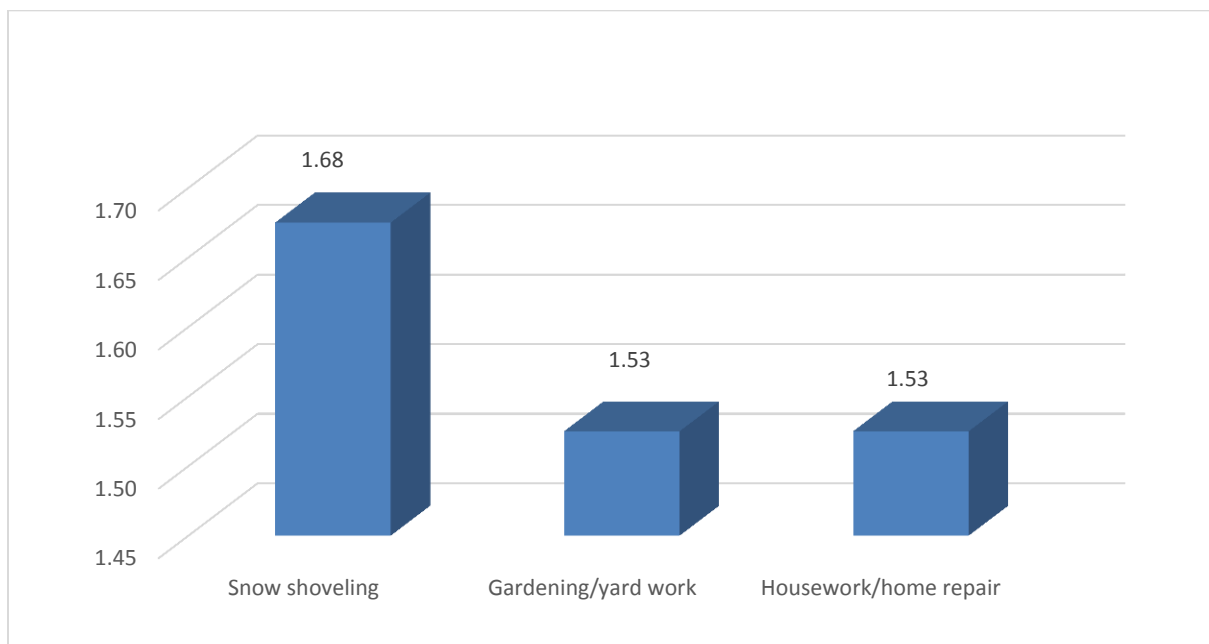
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Seminars and Programming to be chosen based on the member self-reported likelihood of participation.

Hence, programs with higher scores will be selected for conduction in the upcoming 2-year period.

Daily Living Physical Activity Seminars



Top Daily Living Activity Seminar:

1. Snow Shoveling

MFC Member Participation Likelihood:

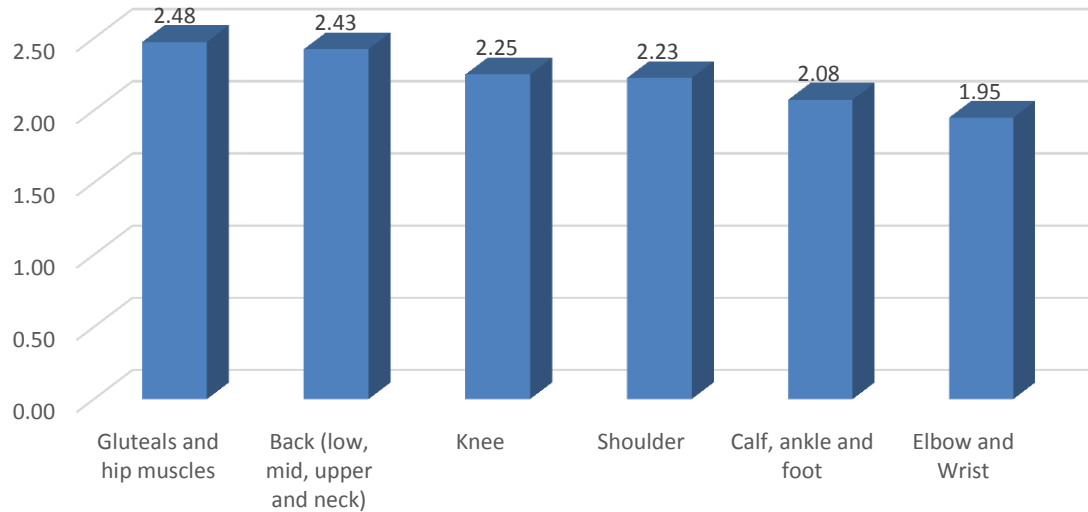
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3 = likely, 4 = extremely likely

Seminars and Programming to be chosen based on the member self-reported likelihood of participation.

Hence, programs with higher scores will be selected for conduction in the upcoming 2-year period.

Injury Prevention/Rehab Seminars



TOP 4 Injury Seminars:

1. Glutes/Hips
2. Back
3. Knee
4. Shoulder

MFC Member Participation Likelihood:

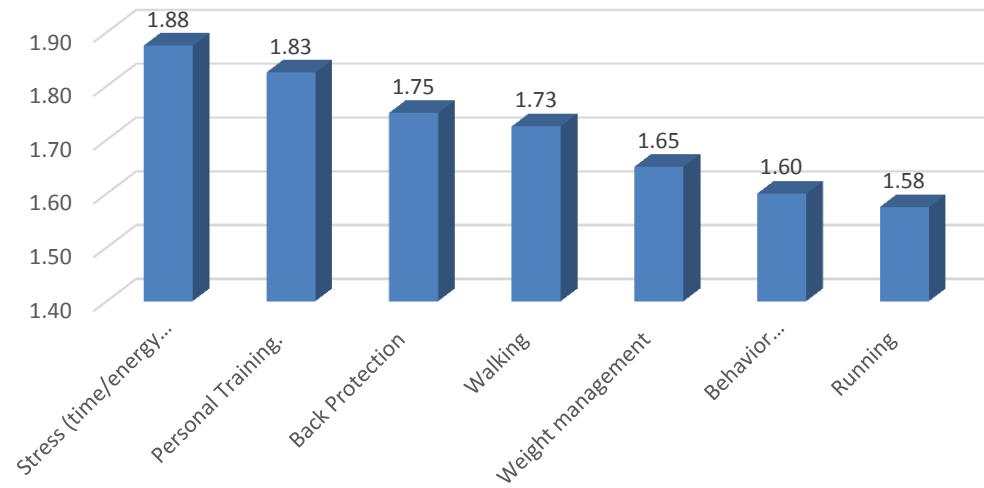
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3 = likely, 4 = extremely likely

Seminars and Programming to be chosen based on the member self-reported likelihood of participation.

Hence, programs with higher scores will be selected for conduction in the upcoming 2-year period.

Support Groups



MFC Member Participation Likelihood:

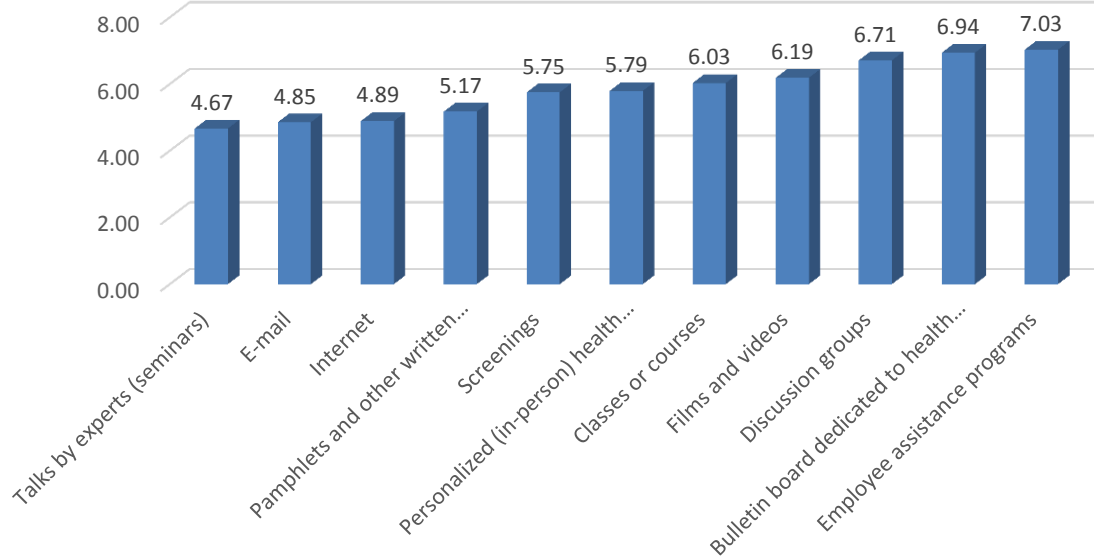
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3 = likely, 4 = extremely likely

Seminars and Programming to be chosen based on the member self-reported likelihood of participation.

Hence, programs with higher scores will be selected for conduction in the upcoming 2-year period.

Preferred Method Receive Education



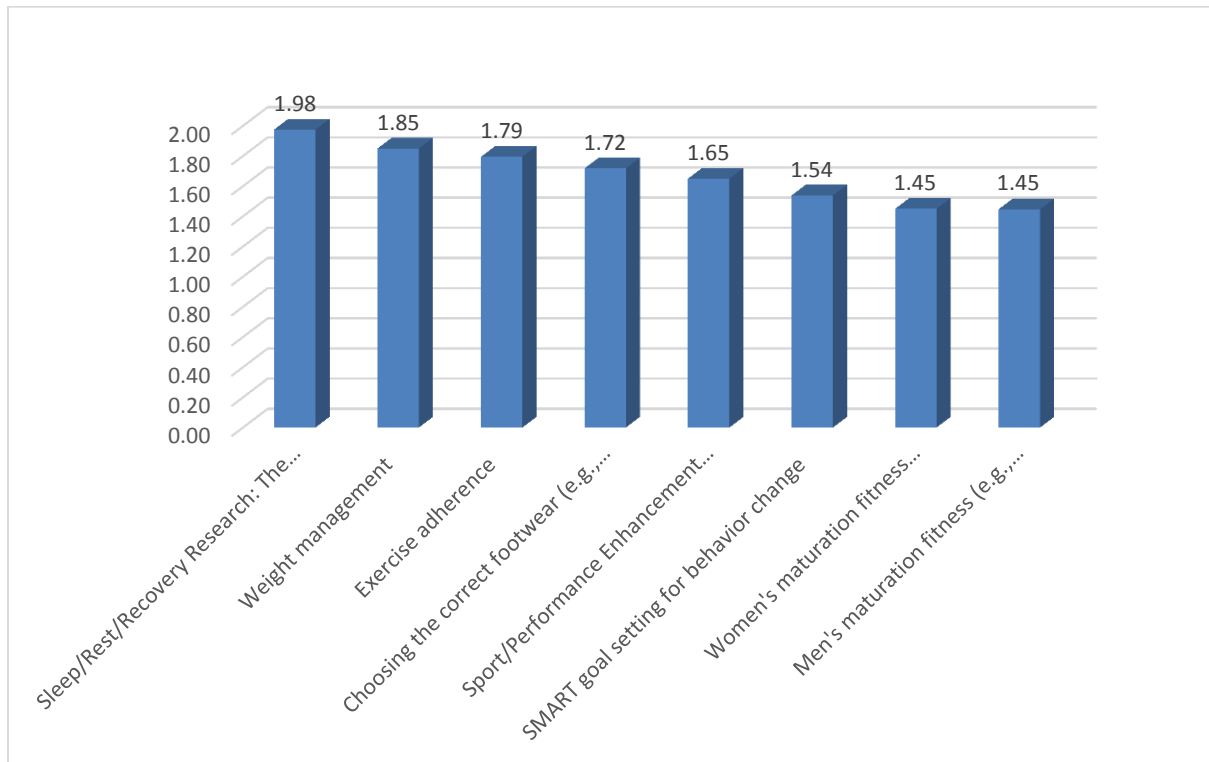
TOP 5 Preferred Education Learning Modes:

1. Seminars
2. E-mail
3. Internet
4. Written Material
5. Screenings

MFC Members were asked to rank order their preferred method for receiving their fitness education. Modes were ranked from 1 (most preferred) to 11 (least preferred).

Each topic will receive a combination of the top 5 modes along with the use of the bulletin board to display written materials.

Wellness Seminars



TOP 4 Wellness Seminars:

1. Sleep/Rest/Recover
2. Weight Management
3. Exercise Adherence
4. Correct Footwear

MFC Member Participation Likelihood:

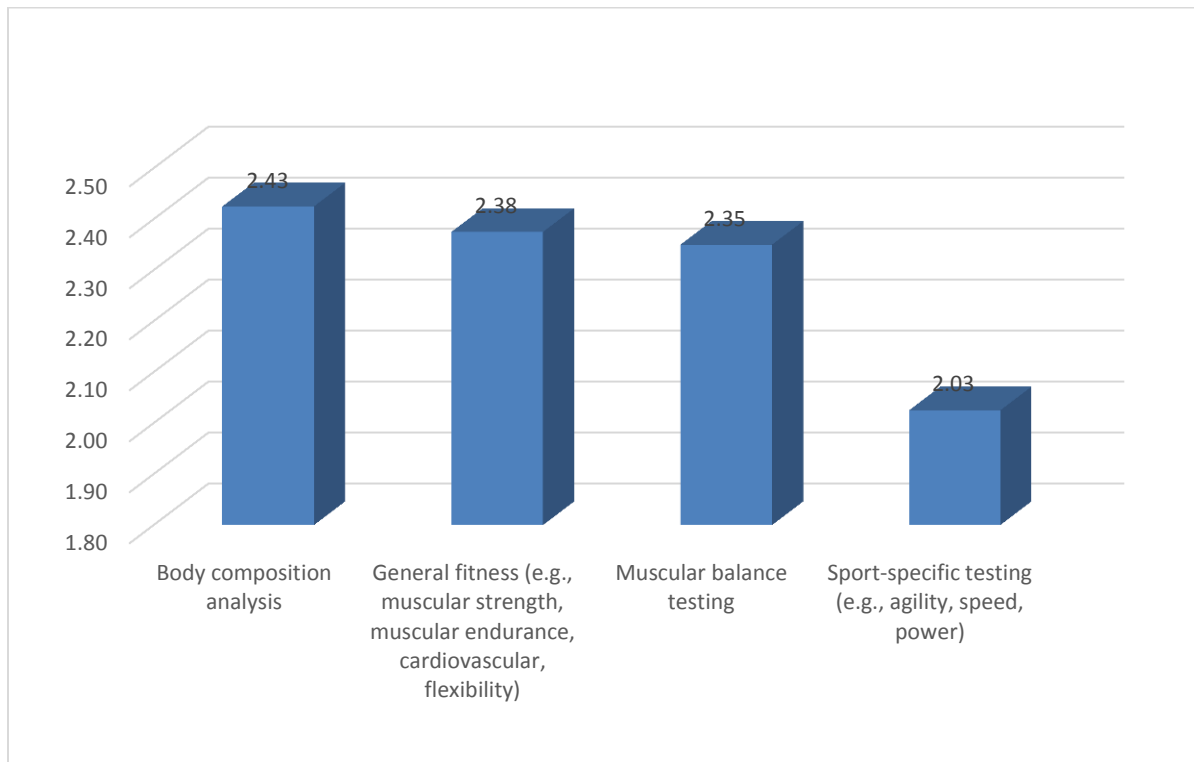
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3 = likely, 4 = extremely likely

Seminars and Programming to be chosen based on the member self-reported likelihood of participation.

Hence, programs with higher scores will be selected for conduction in the upcoming 2-year period.

Fitness Testing/Screening



TOP 2 Fitness Screenings:

1. Body Composition
2. Muscular Balance Testing

MFC Member Participation Likelihood:

1 = unlikely, 2 = somewhat likely,

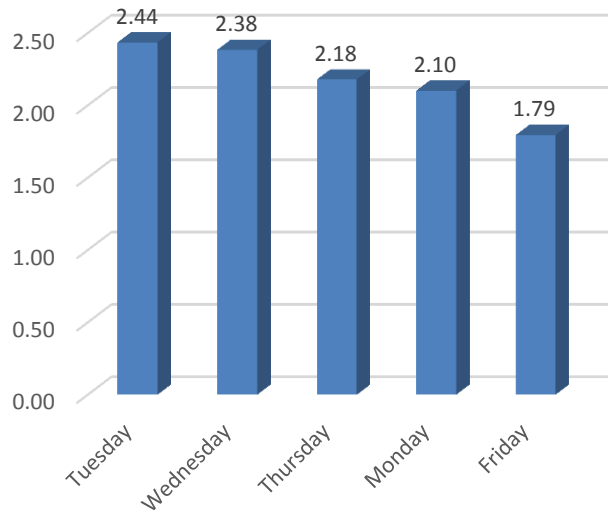
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Seminars and Programming to be chosen based on the member self-reported likelihood of participation.

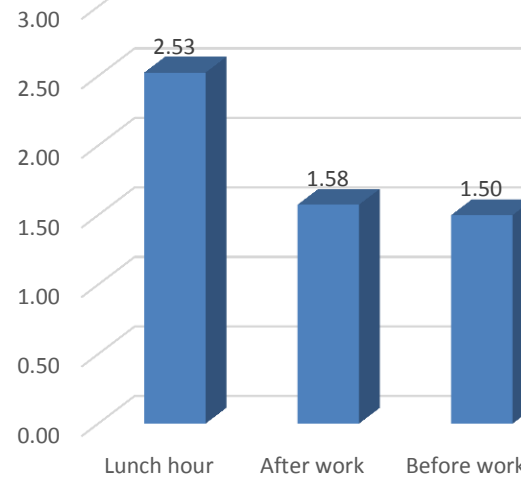
Hence, programs with higher scores will be selected for conduction in the upcoming 2-year period.

Seminar Schedule

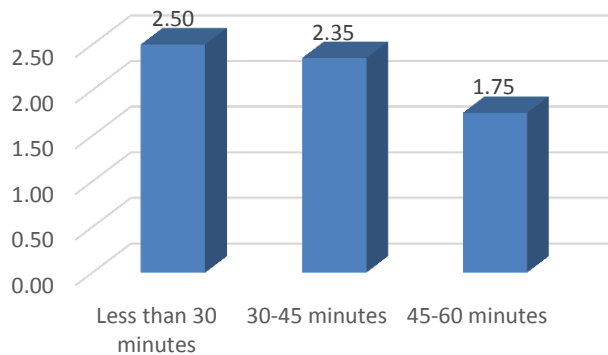
Seminar Day



Seminar Time of Day



Seminar Length



Preferred Seminar Day/Hour/Time

- Tuesday (Wednesday)
- Lunch Hour
- Less Than 30 minutes

MFC Member Participation Likelihood:

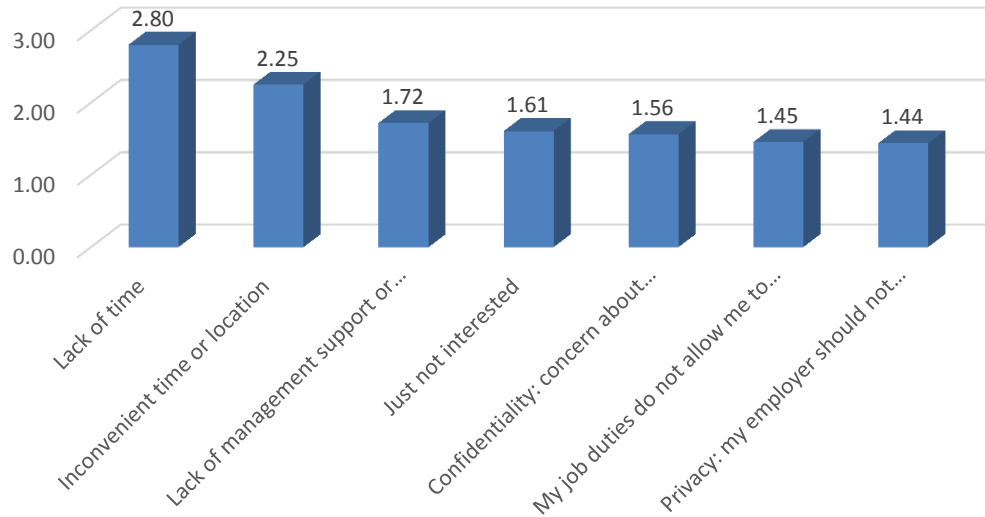
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Seminars and Programming to be chosen based on the member self-reported likelihood of participation.

Hence, programs with higher scores will be selected for conduction in the upcoming 2-year period.

Barriers to Program Participation



TOP BARRIERS:

1. Lack of Time
2. Inconvenient Time or Location

MFC Member Participation Likelihood:

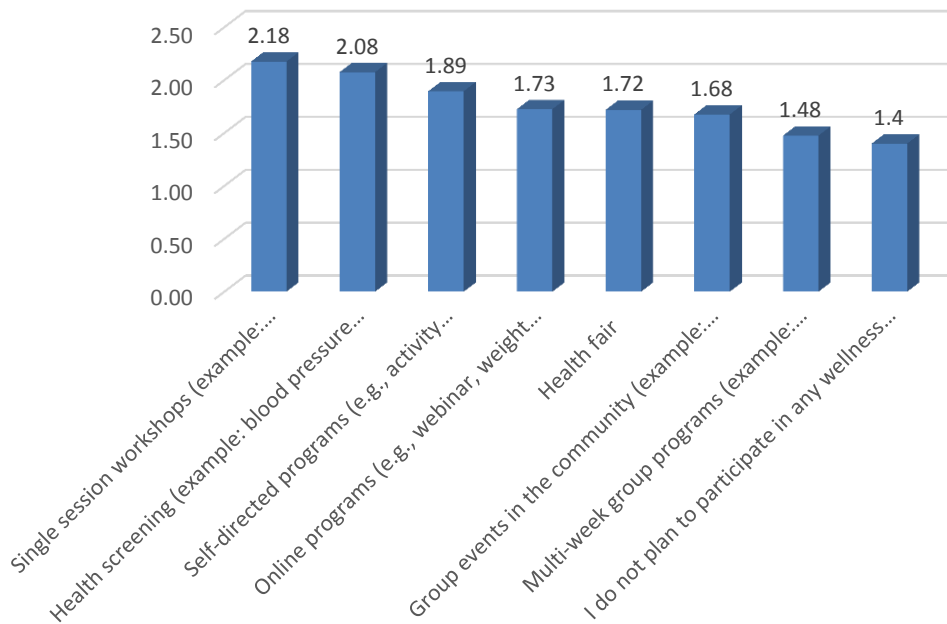
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Seminars and Programming to be chosen based on the member self-reported likelihood of participation.

Hence, programs with higher scores will be selected for conduction in the upcoming 2-year period.

Preferred Health Education Format



TOP 2 Program Formats:

1. Single Session Workshop
2. Health Screening

MFC Member Participation Likelihood:

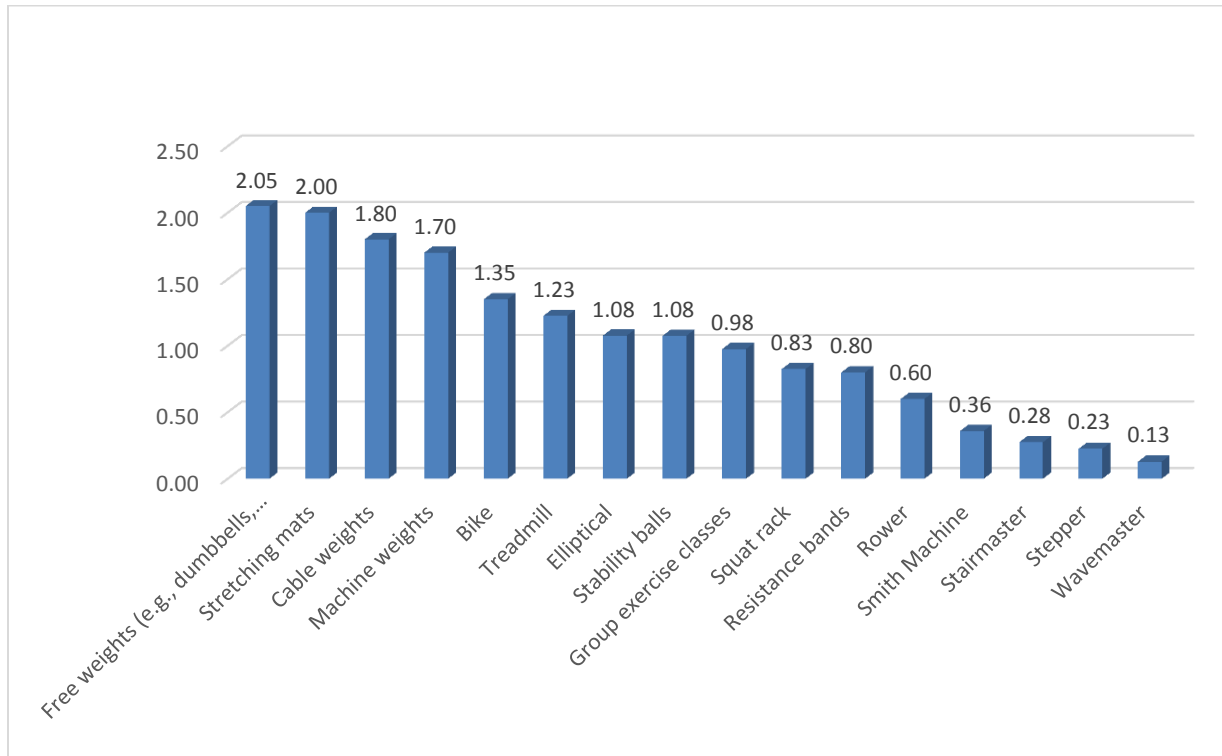
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3 = likely, 4 = extremely likely

Seminars and Programming to be chosen based on the member self-reported likelihood of participation.

Hence, programs with higher scores will be selected for conduction in the upcoming 2-year period.

Equipment Utilization



TOP 4 Equipment Categories Utilization:

1. Free Weights
2. Mats
3. Cable Weights
4. Machine Weights

Preference for Smith Machine vs. Squat Rack

SMITH = 57%

SQUAT = 43%

MFC Member Participation Likelihood:

1 = unlikely, 2 = somewhat likely,

3 = likely, 4 = extremely likely

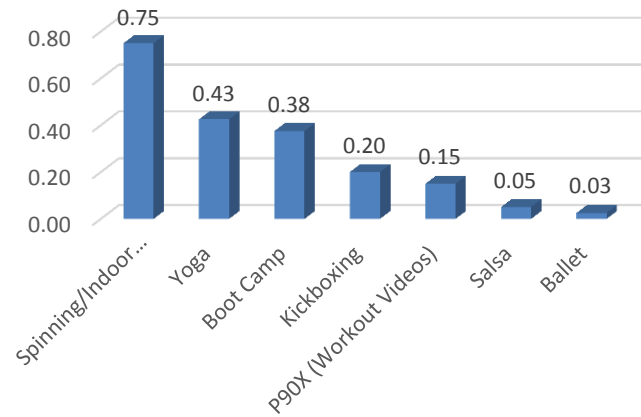
Seminars and Programming to be chosen based on the member self-reported likelihood of participation.

Hence, programs with higher scores will be selected for conduction in the upcoming 2-year period.

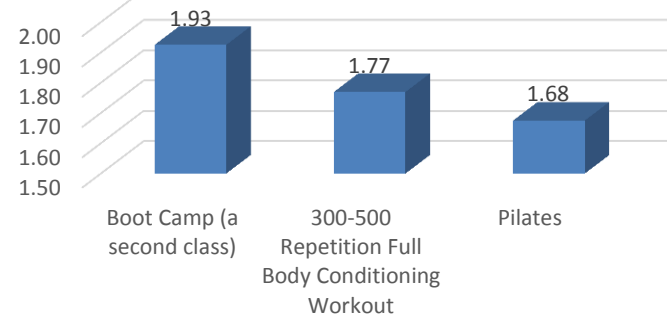
Members voiced their preference to retain the current use of the Smith Machine as opposed to its replacement with another Squat Rack cage. The old disassembled Squat Rack cage is in the MFC storage closet and could be utilized in the future should other space be realized through other equipment reduction.

Group Exercise Class Participation

Last 30 Days Group Exercise Class Participation



Future Group Exercise Class Participation



TOP 3 Group Exercise Classes:

1. SPIN
2. Yoga
3. Boot Camp

Future Class Preference: Another Boot Camp