

Gym and Fitness Member Preference Survey

Please print and complete this survey to help us improve our facilities, equipment, and class offerings to better suit your fitness journey.

1. Member Profile

Full Name:

Member ID Number:

Email Address:

2. Workout Habits

How many days per week do you visit the gym? (e.g., 1-2, 3-4, 5+):

What is your preferred workout time? (e.g., Early Morning, Mid-day, Evening):

What is the average duration of your workouts? (e.g., 30 mins, 1 hour, 2 hours):

3. Fitness Goals and Preferences

What is your primary fitness goal? (e.g., Weight loss, Muscle gain, Endurance, Flexibility):

Which gym area do you use most? (e.g., Cardio zone, Free weights, Strength machines, Turf area):

What types of group fitness classes interest you? (e.g., Yoga, HIIT, Spin, Strength training):

4. Facility Feedback

What specific exercise equipment or machine would you like us to add?:

What additional facility amenities would you like to see? (e.g., Sauna, Juice bar, Towel service):

Please write any additional comments or suggestions for improvement below: