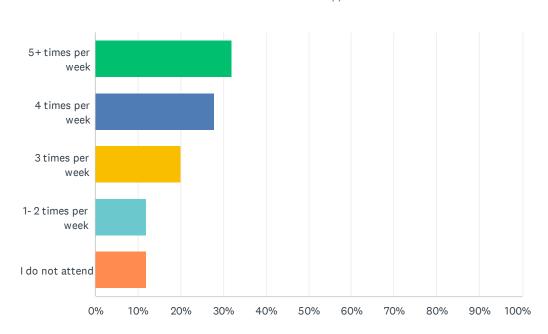
### Q1 How many days per week do you visit Oneida Family Fitness?



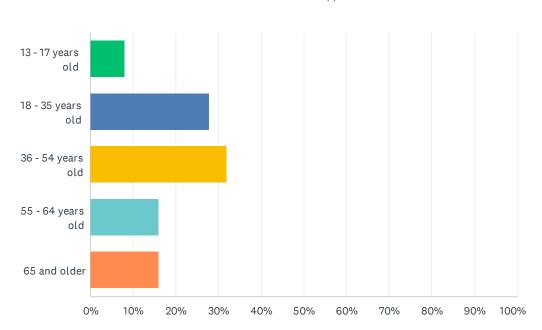


ANSWER CHOICES	RESPONSES	
5+ times per week	32.00%	8
4 times per week	28.00%	7
3 times per week	20.00%	5
1- 2 times per week	12.00%	3
I do not attend	12.00%	3
Total Respondents: 25		

#	IF YOU DO NOT ATTEND, WHY NOT?	DATE
1	Hours don't work for me and I can't bring my kids with me.	9/18/2024 1:03 PM
2	This has happened since June for shoulder rehab.	9/13/2024 9:51 AM
3	Closed :)	9/12/2024 11:30 AM
4	not open late enough for me, should be open till 9 or 10pm	9/10/2024 7:14 AM
5	Elevator broke, can't do stairs	9/10/2024 7:11 AM

## Q2 Which represents your age group?

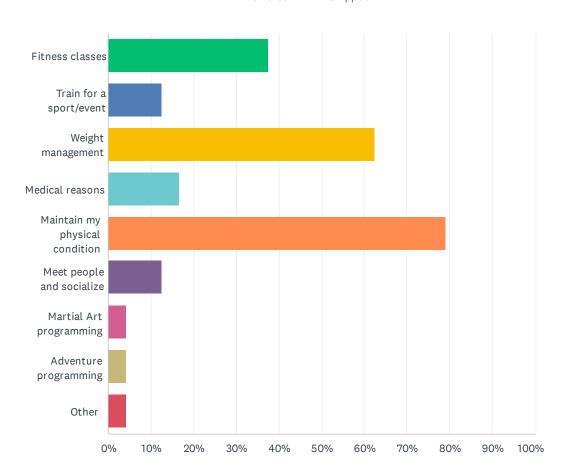




ANSWER CHOICES	RESPONSES	
13 - 17 years old	8.00%	2
18 - 35 years old	28.00%	7
36 - 54 years old	32.00%	8
55 - 64 years old	16.00%	4
65 and older	16.00%	4
Total Respondents: 25		

### Q3 I visit Oneida Family Fitness primarily for? Select all that apply:

Answered: 24 Skipped: 1

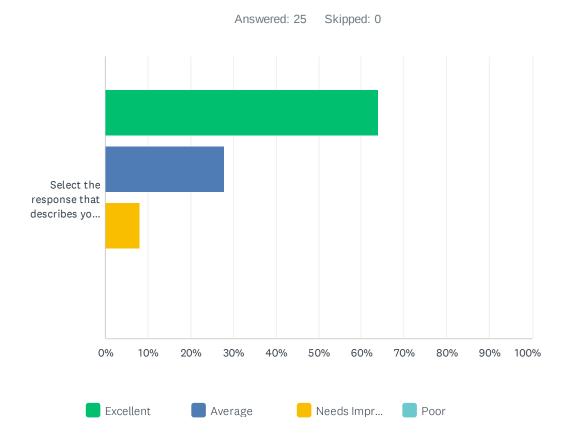


ANSWER CHOICES	RESPONSES	
Fitness classes	37.50%	9
Train for a sport/event	12.50%	3
Weight management	62.50%	15
Medical reasons	16.67%	4
Maintain my physical condition	79.17%	19
Meet people and socialize	12.50%	3
Martial Art programming	4.17%	1
Adventure programming	4.17%	1
Other	4.17%	1
Total Respondents: 24		

#	OTHER (PLEASE SPECIFY)	DATE
1	Mental Health	9/12/2024 11:17 AM

2 cope skill 9/12/2024 11:10 AM

## Q4 How do you rate our staff and customer service?

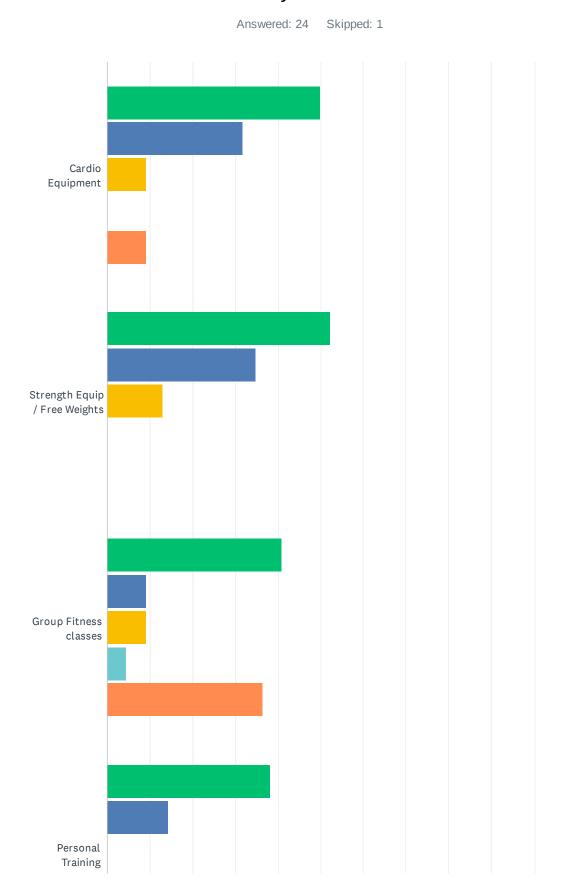


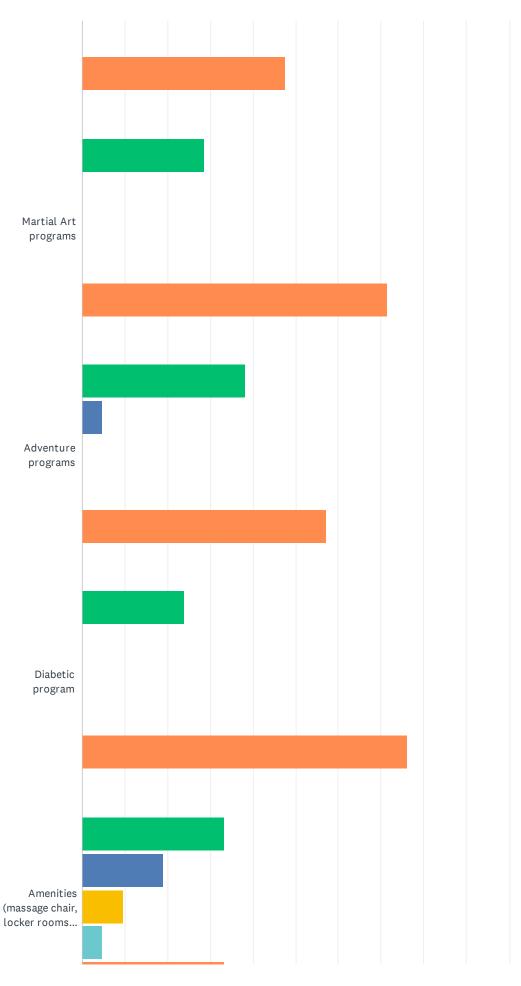
	EXCELLENT	AVERAGE	NEEDS IMPROVEMENT	POOR	TOTAL	WEIGHTED AVERAGE
Select the response that describes your overall impression.	64.00% 16	28.00% 7	8.00% 2	0.00%	25	3.56

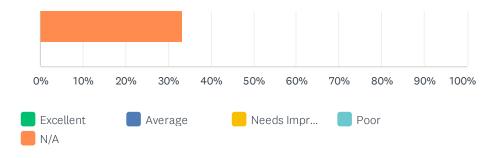
#	IS THERE A PARTICULAR STAFF MEMBER(S) THAT MAKES YOUR VISIT MORE ENJOYABLE? ADD ANY ADDITIONAL COMMENTS.	DATE
1	Front Desk is nice and welcoming	9/14/2024 10:20 PM
2	front desk- always excellent service. depends who is at the trainer desk- they definitely do or don't greet members. never amazing across the board at the trainer desk.	9/14/2024 11:23 AM
3	(Member wrote N/A to side of rating scale) I've only interacted with hello's and have a nice day. Everyone is friendly. Gloriacleaner does a fantastic consistent job. Front desk people are also always welcoming.	9/13/2024 9:51 AM
4	Cente, Hud, Christina	9/12/2024 10:54 PM
5	All of them are very welcoming	9/12/2024 11:30 AM
6	Everyone is pleasant and seems like they are doing a good job. The front desk is phenomenal!	9/12/2024 11:25 AM
7	Theresa-Always positive and ease to talk to Taylor-Excellent instructor and very sweet Hudson-Excellent trainer. Makes classes fun and engaging. Gloria-Wonderful cleaner! Always fun to talk to! Spotless facility!	9/12/2024 11:17 AM
8	Dude with curly hair is chill.	9/12/2024 11:10 AM
9	I think Clay and the front desk ladies are nice. Also this guy with a combover. They always are nice to me.	9/12/2024 11:04 AM

10	All of the staff members are extremely nice and helpful, and the custodial does an excellent job keeping the place nice and tidy and even smelling clean.	9/10/2024 6:39 PM
11	The girls at the desk are always SOOOO friendly!	9/10/2024 2:22 PM
12	Hudson and Taylor motivate me!!	9/10/2024 7:15 AM

# Q5 What is your overall rating for programs & services offered at Oneida Family Fitness?





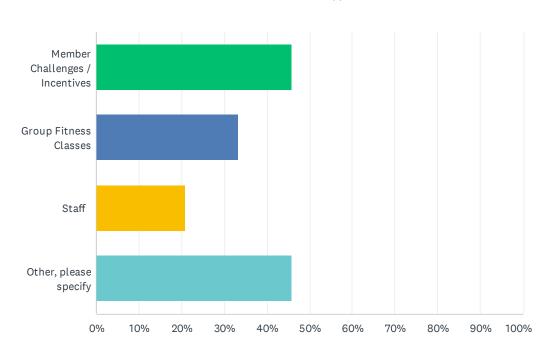


	EXCELLENT	AVERAGE	NEEDS IMPROVEMENT	POOR	N/A	TOTAL
Cardio Equipment	50.00% 11	31.82% 7	9.09% 2	0.00%	9.09% 2	22
Strength Equip / Free Weights	52.17% 12	34.78% 8	13.04%	0.00%	0.00%	23
Group Fitness classes	40.91% 9	9.09%	9.09%	4.55% 1	36.36% 8	22
Personal Training	38.10% 8	14.29% 3	0.00%	0.00%	47.62% 10	21
Martial Art programs	28.57% 6	0.00%	0.00%	0.00%	71.43% 15	21
Adventure programs	38.10% 8	4.76% 1	0.00%	0.00%	57.14% 12	21
Diabetic program	23.81%	0.00%	0.00%	0.00%	76.19% 16	21
Amenities (massage chair, locker rooms, pro shop, vending, towel rental)	33.33% 7	19.05% 4	9.52% 2	4.76%	33.33%	21

#	ADDITIONAL COMMENTS	DATE
1	the amount of quality group fitness classes is astoundingly low. we were told "we're understaffed" for the longest time. pre-covid, there were at least 3 classes every day consistently. now with full staff, the amount of classes or variety of classes hasn't increased. why?	9/14/2024 11:23 AM
2	Have never checked (amenities) out.	9/13/2024 9:51 AM
3	Group Fitness classescomment "Bad Times" written. The weight room is routinely on the machines dirty. Kids say the "N" word routinely and don't really work out sometimes. Maybe do more frequent rounds?	9/12/2024 11:25 AM
4	NEED A POOL	9/12/2024 11:18 AM
5	Wish you had a pool and open on more weekends. Yoga class?	9/12/2024 11:01 AM
6	Poor lighting in bathroom	9/12/2024 10:55 AM
7	the entire fitness staff are always very helpful and encouraging!!	9/10/2024 7:15 AM

## Q6 What best motivates you to keep active at Oneida Family Fitness? Select all that apply.





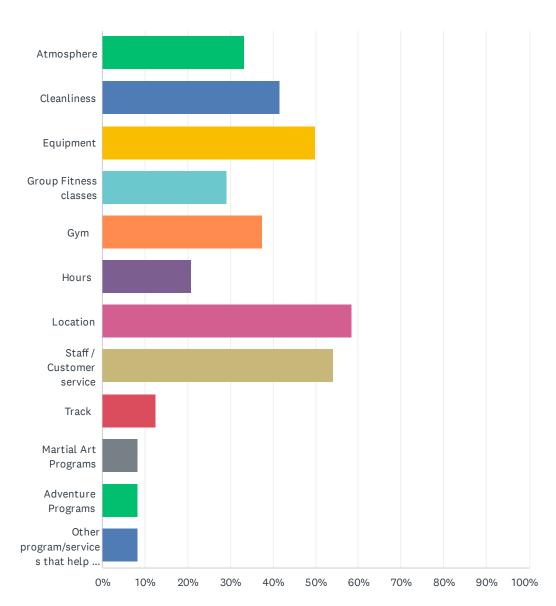
ANSWER CHOICES	RESPONSES	
Member Challenges / Incentives	45.83%	11
Group Fitness Classes	33.33%	8
Staff	20.83%	5
Other, please specify	45.83%	11
Total Respondents: 24		

Oneida nation owned facility  Myself staying with plan/attendance/self-care.  Personal health, free membership  maintaining weight & physical fitness  My overall health & well being  Exercise Cardio  gym  9/18/2024 1:03 PM  9/13/2024 9:51 AM  9/12/2024 10:54 PM  9/12/2024 1:07 PM  9/12/2024 11:30 AM  9/12/2024 11:18 AM  9/12/2024 11:10 AM	#	OTHER, PLEASE SPECIFY	DATE
3 Myself staying with plan/attendance/self-care. 9/13/2024 9:51 AM 4 Personal health, free membership 9/12/2024 10:54 PM 5 maintaining weight & physical fitness 9/12/2024 1:07 PM 6 My overall health & well being 9/12/2024 11:30 AM 7 Exercise Cardio 9/12/2024 11:18 AM 8 gym 9/12/2024 11:10 AM	1	Because the gym is private	9/23/2024 11:32 AM
4 Personal health, free membership 9/12/2024 10:54 PM 5 maintaining weight & physical fitness 9/12/2024 1:07 PM 6 My overall health & well being 9/12/2024 11:30 AM 7 Exercise Cardio 9/12/2024 11:18 AM 8 gym 9/12/2024 11:10 AM	2	Oneida nation owned facility	9/18/2024 1:03 PM
5       maintaining weight & physical fitness       9/12/2024 1:07 PM         6       My overall health & well being       9/12/2024 11:30 AM         7       Exercise Cardio       9/12/2024 11:18 AM         8       gym       9/12/2024 11:10 AM	3	Myself staying with plan/attendance/self-care.	9/13/2024 9:51 AM
6 My overall health & well being 9/12/2024 11:30 AM 7 Exercise Cardio 9/12/2024 11:18 AM 8 gym 9/12/2024 11:10 AM	4	Personal health, free membership	9/12/2024 10:54 PM
7 Exercise Cardio 9/12/2024 11:18 AM 8 gym 9/12/2024 11:10 AM	5	maintaining weight & physical fitness	9/12/2024 1:07 PM
8 gym 9/12/2024 11:10 AM	6	My overall health & well being	9/12/2024 11:30 AM
9,	7	Exercise Cardio	9/12/2024 11:18 AM
9 It's convenient because it's close 9/12/2024 11:04 AM	8	gym	9/12/2024 11:10 AM
	9	It's convenient because it's close	9/12/2024 11:04 AM
My son. :) and losing weight. Gifts & Acknowledgements too! 9/12/2024 11:01 AM	10	My son. :) and losing weight. Gifts & Acknowledgements too!	9/12/2024 11:01 AM

11 Myself 9/12/2024 10:55 AM

## Q7 What do you like MOST about Oneida Family Fitness? Select all that apply.



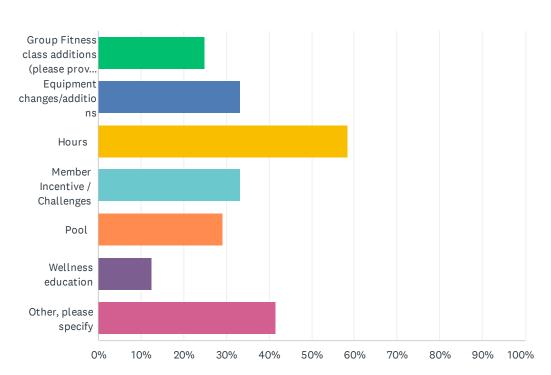


ANSWER CHOICES	RESPONSES	
Atmosphere	33.33%	8
Cleanliness	41.67%	10
Equipment	50.00%	12
Group Fitness classes	29.17%	7
Gym	37.50%	9
Hours	20.83%	5
Location	58.33%	14
Staff / Customer service	54.17%	13
Track	12.50%	3
Martial Art Programs	8.33%	2
Adventure Programs	8.33%	2
Other program/services that help me manage my health	8.33%	2
Total Respondents: 24		

#	OTHER PROGRAM/SERVICES THAT HELP ME MANAGE MY HEALTH	DATE
1	Love the new Gym.	9/12/2024 11:01 AM
2	It's free Jail vibes in hallways	9/12/2024 10:55 AM

# Q8 What would enhance your membership experience at Oneida Family Fitness? Select all that apply.





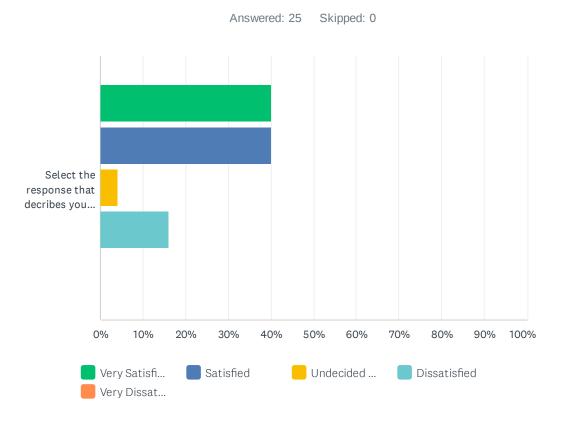
ANSWER CHOICES	RESPONSES	
Group Fitness class additions (please provide explanation)	25.00%	6
Equipment changes/additions	33.33%	8
Hours	58.33%	14
Member Incentive / Challenges	33.33%	8
Pool	29.17%	7
Wellness education	12.50%	3
Other, please specify	41.67%	10
Total Respondents: 24		

#	OTHER, PLEASE SPECIFY	DATE
1	stated above on group fitness classes. the hours of OFF consistently suck as well. pre-covid, the gym opened at 530 Mon -Fri. now that the pandemic is OVER in Oneida as an employer, the hours still haven't gone back to what they were pre-covid for opening. why?	9/14/2024 11:23 AM
2	Open an hour later	9/13/2024 9:51 AM
3	Sauna, bigger area- it can get crowded during busy hours.	9/12/2024 10:54 PM
4	Would be nice to swim	9/12/2024 1:07 PM
5	After 4PM yoga or Pilates/hot yoga/ barre classes. Enforce cleaning by members and clean	9/12/2024 11:25 AM

machines and window skills more often. The bathrooms are usually pretty good. There is sometimes mouse poop on the windowsills. Stay open M-F till 7 and Sat. 8-4.

6	Pool/sauna	9/12/2024 11:18 AM
7	Taylor-core classes nutrition classes	9/12/2024 11:17 AM
8	(Circled pool & checked)	9/12/2024 11:01 AM
9	Open on weekends	9/12/2024 10:55 AM
10	Chair yoga	9/10/2024 1:16 PM

## Q9 Overall, how satisfied are you with your Oneida Family Fitness membership? Please explain the reason for your rating.



	VERY SATISFIED	SATISFIED	UNDECIDED / NEUTRAL	DISSATISFIED	VERY DISSATISFIED	TOTAL	WEIGHTED AVERAGE
Select the response that decribes your overall impression.	40.00% 10	40.00% 10	4.00% 1	16.00% 4	0.00%	25	1.96

#	ADDITIONAL COMMENT	DATE
1	Not a family facility where my all ages can work out.	9/18/2024 1:03 PM
2	I love everything about it! I look forward to my noon classes!!	9/17/2024 8:57 PM
3	Locker room cleanliness is poor. The checklist says it's swept and mopped daily, but the floor and inside some lockers is unsanitary.	9/16/2024 3:55 PM
4	Hours aren't the best	9/14/2024 10:20 PM
5	for a free facility, it has it's great points, and again, for free, it's lacking a ton. better hours and improved/more variety in group fitness classes.	9/14/2024 11:23 AM
6	Location, hours, equipment I use have been appropriate for me.	9/13/2024 9:51 AM
7	Get BC to build a bigger building because when it gets even a little busy it feels claustrophobic quick. Have a designated stretch zone so people can warm up instead of in the halls or the room upstairs if its available.	9/12/2024 11:25 AM
8	Need Pool/Massage Therapist/Sauna	9/12/2024 11:18 AM
9	I love being here! When you're here you are family. I love the staff/knows me by name and they always challenge me to do better! I love it here!	9/12/2024 11:17 AM

10	I like it here, pretty much no negatives.	9/12/2024 11:04 AM
11	Brighten up the lights & paint the walls some brighter colorsNew carpet? Overall, I'm satisfied, especially because its free! :) Thanks!	9/12/2024 11:01 AM
12	Thank you all for being a great place to work out !!	9/10/2024 7:15 AM
13	location should be in Oneida	9/10/2024 7:14 AM
14	Elevator keeps breaking down unable to do stairs.	9/10/2024 7:11 AM