To be included in the drawing for a massage or personal training session please add you're name here _____

# Member Cardio Equipment Survey

This fall we will be updating our cardio equipment. This may include our treadmills, ellipticals, upright bikes, recumbent bikes, lateral ellipticals, Precore AMTs, StairMasters and rowing machines. We want to get your input prior to getting new equipment.

**Please give us your comments to the following:**

| **Likeability Scale**: For each type of cardio equipment, please rate how you have liked your workouts. | **Usage Scale**: Please indicate how often you use this type of cardio equipment: |
|---|---|
| 1 - Strongly Like | 1 - 1X/week |
| 2 - Somewhat Like | 2 - 2X/week |
| 3 - Somewhat Dislike | 3 - 3X/week |
| 4 - Strongly Dislike | 4 - 4+X/week |
| 5 - Do Not Use Enough To Comment | 5 - Never |

For each item, please comment on what feature/improvements you would like to see on the new equipment?

TREADMILLS

Likeability: 1 2 3 4 5

Usage: 1 2 3 4 5

Comments:

UPRIGHT BIKES

Likeability: 1 2 3 4 5

Usage: 1 2 3 4 5

Comments:

ELLIPTICALS (check the one(s) that you use)

*True CS900* ☐

*Precore 833* ☐

*Precore 835* ☐

Likeability: 1 2 3 4 5

Usage: 1 2 3 4 5

Comments:

RECUMBENT BIKES

Likeability: 1 2 3 4 5

Usage: 1 2 3 4 5

Comments:

SEATED ELLIPTICALS

Likeability: 1 2 3 4 5

Usage: 1 2 3 4 5

Comments:

See Other Side----→

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LATERAL ELLIPTICALS

*Octane LX8000*

Likeability: 1 2 3 4 5

Usage: 1 2 3 4 5

Comments:

STAIRMASTER 7000PT

Likeability: 1 2 3 4 5

Usage: 1 2 3 4 5

Comments:

PRECORE AMT835

Likeability: 1 2 3 4 5

Usage: 1 2 3 4 5

Comments:

ROWING MACHINES (check the one that you use)

*Concept2 Rower* ☐

*Water Rower Hi-Rise* ☐

Likeability: 1 2 3 4 5

Usage: 1 2 3 4 5

Comments:

If we may ask, what is your age and gender? _____

Would you be interested in giving us your feedback on any demo equipment when we get in? If so, please give us your name and contact number.

_____

Any additional comments?

Thank you so much for participating in this survey.

Robin Rudman
Director – Sports and Fitness

Rob Kriegshaber
Chair- Fitness Committee