

## Program Data Sheet

Name of Program: Group Exercise Classes		
Date: Dec 2003	Day of Week: M-F	Time:
Location: Fitness Center	Information Phone #: 3090	Price: No cost
Program Coordinators: Jeanette Coffman		
Phone #: 4771	Fax #:	e-mail Address:
Purpose of the Program: Provide a variety of group training classes throughout operational hours to enhance customers exercise options.		

Actions:	
Class attendance was recorded at each session: Customer opinions were gathered. Staffing was evaluated to access available instructors Pilot class was held 0930 for Fat Burn Cycle	
Results:	
Fat Burn Cycle Pilot class had good attendance adding to regular schedule in Jan.	
CS-Second Pilot class was very successful. Changed format a little, response was positive. 11 participants EC- Class attendance was low due to Holiday Season. Average 4 participants SA-Classes still going strong in spite of Holiday season. Averaging 8 participants. SS-Class attendance was low due to Holiday Season. Average 6 participants.	
Elements to Change: CS-Would like to implement more strength exercises using resist-a-ball.	
Thurs Evening power flex 1600 Class is being changed to 1715 on Fridays 2004	
Elements to Add:	
Adding abdominal class on Friday 1630 prior to Powerflex.	
Adding a Prep-Step class, 1 <sup>st</sup> Wed of each month 1645-1705 prior regular step class for Participants new to step	

## After Action Report

### Financial Analysis

Sales:		NA
COGS:		
Other Revenues:		
Labor:		
Other Expenses:		
NIBD:		

### Program Analysis

Attendance: Averages Yoga-9 Pilates- 7 Step-8 Power flex: AM-6, PM 0 Kick Box- 8 Cycle- 6 Abs- 5	November 2003 Attendance was down at all classes due to displacement of Fort Monroe personnel from the Hurricane
Elements to Change: 1630 Power flex will be changed to Fridays 1715 in Jan 2004.	
Elements to Eliminate:	
Elements to Add: Pilot Fat Burn cycle Dec. 8. Purchase additional Videos for cycle room Possible 1630 Wed. Abs class for Jan.	
Other Comments: Gel seats were purchased for cycle classes, positive customer feedback.	