

Program Data Sheet

Name of Program: Group Exercise Classes		
Date: March 2004	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.			
Results:			
Indicated on Monthly After Action Report			
Elements to Change:			
Elements to Add:			
.			

After Action Report

Financial Analysis

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

Program Analysis

Attendance: Averages Yoga-12 Pilates-10 Step-13 Power flex5 noon, 4 Pm. Kick Box-13 Cycle-12 Cardio-sculpt-8 Step sculpt- 9	April. 2004 CS – Attendance holding steady; will implement hi/lo. Averaging 8 participants. EC- Classes are doing well; considering adding a longer ride occasionally (60 minutes/55 on the bike). Averaging 12 participants SA-Classes are going well. Started advanced choreography for some sessions. Varied response. Averaging 13 participants. SS-Class attendance is steady. No longer have a core group. Different people all the time. Averaging 10 participants PF- Attendance down at noon class
Elements to Change:	
Elements to Eliminate:	
Eliminating Monday 1600 Abs class	
Elements to Add:	
May Calendar will reflect a Yoga for Strength class.. May Calendar will reflect double step class.	
Other Comments:	
Abs class removed from May Calendar. Fat Burn cycle class continuing to increase. As weather improves, class attendance will drop. Classes held at MWR expo, were well attended and the visual promoted attendance at facility classes 1300 M and W Cardio Sculpt has lost core group, but continues with good numbers from new participants.	