

Program Data Sheet

Name of Program: Group Exercise Classes		
Date: Jan 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. Team Teaching initiated in Cardio Sculpt Thurs Evening power flex 1600 Class changed to 1715 on Fridays 2004 Added abdominal class on Friday 1630 prior to Powerflex	
Results:	
Positive results from Team Teaching: Adding variety to classes as well as teaching opportunitites.	
Elements to Change:	
Elements to Add:	
Adding a Prep-Step class, 1 st 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-10 Pilates-11 Step-10 Power flex: 6 Kick Box- 8 Cycle- 7 Abs-4 Cardio-sculpt-13 Step sculpt- 9	January 2004 CS - Started regularly scheduled classes this month. Very positive response. GC- Attendance slowly picking up again. SA-Class attendance has increased. SS-Class attendance has increased.
Elements to Change: No Changes	
Elements to Eliminate: (Empty)	
Elements to Add: Adding Prep Step Class 1 st Wed. of each Month beginning Feb.	
Other Comments: Positive results-moving day and time of Power flex class Positive results adding Friday 1600 Abs class Monday 5:15 cycle and Monday 1600 abs- low attendance	