

Program Data Sheet

Name of Program: Group Exercise Classes		
Date: November 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 Cardio Sculpt. Nov. 5		
Results:		
Pilot class had good attendance will do again in Dec. likely adding to regular schedule in Jan.		

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.	