

MISSION VALLEY YMCA
CLASS EVALUATION FORM
AQUA-FIT/ARTHRITIS/DEEP WATER CLASSES

Name: _____ Email: _____
Home Phone: _____ Work Phone: _____
Gender: Male Female
Age: 18-24 25-39 40-54 55 +
Class: _____ Time: _____
Instructor's Name: _____

Please respond to the following items with regard to the class you have just completed. Your honest opinion will enable us to provide more effective courses and instruction in the future. Constructive comments motivate our instructors to make every effort to meet your needs.

1. Warm-Up Phase

- A. Did you stretch the major muscle groups of the upper body, torso & legs? Yes No
- B. Was there gradual movement before you began the aerobic section? Yes No
- C. Did you feel energized and ready for the aerobic section? Yes No

Cardiovascular Phase

- A. Was the aerobic exercise?
 too fast too slow just right
- B. Were you able to follow the movements? Yes No
- C. Did the activity hold your interest? Yes No

3. Muscular Strength Phase

- A. Did you use equipment Yes No
- B. Did the instructor define the muscle groups you were utilizing? Yes No
- C. Did the activity hold your interest? Yes No

4. **Cool Down Phase**

- A. Did you stretch the major muscle groups of the upper body torso and legs? Yes No
- B. Was there gradual movement before you began the cool down section? Yes No
- C. Did you feel relaxed at the completion of the class? Yes No

5. **Instruction**

- A. Could you hear the instructor? Yes No
- B. Were the directions clear and terminology clear? Yes No
- C. Did the class begin on time? Yes No
- D. Did the class end on time? Yes No
- E. Does the instructor regularly demonstrate skills, observe class and offer feedback? Yes No
- F. Did you exercise at your appropriate level? Yes No
- G. Does the instructor interact well with class participants? Yes No

Please explain: _____

6. **Other**

- A. What is your primary reason for choosing this class?
 Instructor Convenient time Workout level Friends
- B. Did you like the music? Yes No
- C. Ideas for new classes?

- D. What motivates you to come to class? _____

- E. Additional comments?

Thank you for your time and careful consideration.

Barb Madsen, Aquatic Fitness, YAA Coordinator

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YAA, Water Exercise and Arthritis Programs