

Group Workout Class Survey Template

All questions are optional. Select one answer for each choice question.

Write your answers to the open questions in the space provided.

Think about the named class session. Share what helped you follow it and what could be clearer. Use the studio's direct contact route for urgent concerns.

1. How familiar were you with this type of class before today?

- ☐ First session
- ☐ A few previous sessions
- ☐ Regular participant
- ☐ Prefer not to say

2. How clear were the exercise instructions?

- ☐ Very unclear
- ☐ Somewhat unclear
- ☐ Neither clear nor unclear
- ☐ Somewhat clear
- ☐ Very clear

3. How did the class pace feel?

- ☐ Much too slow
- ☐ A little too slow
- ☐ About right
- ☐ A little too fast
- ☐ Much too fast
- ☐ Not sure

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4. How clear were the alternative exercise options?

- ☐ Very unclear
- ☐ Somewhat unclear
- ☐ Neither clear nor unclear
- ☐ Somewhat clear
- ☐ Very clear
- ☐ None were offered
- ☐ Did not need them

5. How easy was it to hear the instructor?

- ☐ Very difficult
- ☐ Somewhat difficult
- ☐ Neither difficult nor easy
- ☐ Somewhat easy
- ☐ Very easy
- ☐ Not applicable

6. What part of the session worked best for you?

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7. What would improve the next session?
