

Group Fitness Class Evaluation

Name: _____

1. What class format did you take? _____
2. Who was your instructor? _____
3. Did the instructor check for new participants before the class began? _____
4. If so, did the instructor introduce him/her self to them before class? _____
5. Did the instructor give an overview of what was involved in the class? _____
6. Did the instructor provide options for all different fitness levels during the class? _____
7. Was the instructor easily understood and followed? _____
8. Did you enjoy the class? _____
9. If so, why?, or if not, why not? _____
10. Did you get a good workout from the class? _____
11. Did the instructor interact with participants after the class was finished? _____
12. On a scale from 1 to 10, 1 being the worse class you've ever done and 10 being the best, how would you rate the class you took? (Circle one) 1 2 3 4 5 6 7 8 9 10
13. Would you take this class again if you had the opportunity? _____
14. If you could pick one part of the class you remember most, what would it be? _____

Instructor's Signature: _____

Your Signature: _____