

Group Exercise Evaluations 2023

Hello, Sports Center members! We are conducting evaluations for our group exercise schedule and instructors. Please help us by giving your honest feedback about classes that you have taken in the past, and the classes you are currently taking. Surveys only take a few minutes to complete. For helping us out we are giving out a handful of small gift cards in a raffle format. The more evaluations you turn in, the more chances you have at winning. Participation in the raffle is totally optional, but we would appreciate your evaluation responses either way.

Rules:

1. MGSC members only - Submit evaluations for all the classes you have taken or currently take by 6/16/23
2. You must enter your name at the end of each survey you submit, but don't worry, all survey results will remain anonymous to instructors. We will only use your name to tally up how many raffle tickets to enter with your name on it.
3. On the week of 6/19, we will conduct the raffle on our instagram account. We will put up a sign with winners of the raffle in the main lobby of the Sports Center. If you see your name, then go to the front desk to claim your prize.

Thank you everyone. for your help and feedback!
MGSC Staff

Click on the classes you have taken or currently take to evaluate them.

Strength & Cardio

[Total Body Fit w/ Veronica](#)

[Total Body Fit w/ Jeff](#)

[Fab Fitness w/ Carmen](#)

[20/20/20 w/ Carmen](#)

[V - HIIT w/ Veronica](#)

[V Body Slam w/ Veronica](#)

[Sculpt w/ Veronica](#)

Dance Classes

[Bombay Jam w/ Anila](#)

[Zumba w/ Olive](#)

[Zumba w/ Monica](#)

[Mixed Fit w/ Aziza](#)

[Dance Commixture w/ Aziza](#)

Senior Classes

[Silver Sneakers Classic w/ Steve](#)

[Rock n Roll Aerobics w/ Mike](#)

[Silver Sneakers Circuit w/ Carmen](#)

[Senior Yoga Fitness w/ Steve](#)

Yoga / Tai Chi

[Tai Chi w/ Mike](#)

[Gentle Yoga w/ Makiko](#)

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