

**Fitness Instructor Survey**

Who was your personal trainer/ fitness instructor?

Please rate overall experience 1-5 by circling the appropriate number (1 being least effective 5 being most effective)

Was it easy to hear and understand the instructor?

**1 2 3 4 5**

Was the instructor happy, smiling, enthusiastic, etc.?

**1 2 3 4 5**

Does the instructor vary the session bringing new ideas and creativity to the group?

**1 2 3 4 5**

Does the instructor do a good job at motivating and keeping the energy levels within the session high?

**1 2 3 4 5**

Was the intensity of the class satisfactory to your needs?

**1 2 3 4 5**

Did the instructor’s style meet your needs?

**Yes No**

If you circled no what would you change?

Do you have any other comments, questions, or suggestions, about our instructors/ trainers?