

# Formative Evaluation for the LeClub Fitness Center

**LET YOUR VOICE  
BE HEARD!**



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## Formative Evaluation for LeClub Fitness Center Executive Summary

In the sport and recreation management literature, there is a growing body of work that advocates evidence-based practice. In the healthy and fitness industry, managers have been called upon to demonstrate greater fiscal responsibility and accountability in what is described as difficult economic times. As a result, evaluative feedback from program, service and facility users and non-users are of paramount importance. To this end, a formative evaluation for the LeClub Fitness Center was completed in May 2006. The goal of this evaluative report is to provide evidence and recommendations pertaining to six guiding questions: (a) What type of programming is necessary to fulfill patron needs?, (b) How might LeClub operations be improved?, (c) What are patrons' perceived expectations of LeClub Staff?, (d) How can information be distributed to maximize patron involvement?, (e) What is the optimal facility design to enhance participation?, and (f) What services do patrons' perceive to be the most desirable?

The LeClub Fitness Center Survey 2006 was promoted for seven days prior to data collection through signage, promotional buttons, global email postings, and word of mouth. Data was collected between March 27<sup>th</sup> and April 7<sup>th</sup>, 2006. Computer workstations were set up at three locations: HMSU Commons, outside HMSU LeClub Fitness Center, and adjacent to the north gym in the Arena at "heavy traffic" times. Once the survey was complete, individuals were given an opportunity to enter the LeClub Survey 2006 drawing. The drawing for prizes, including movie passes, personal training sessions, LeClub membership and Walmart gift certificate, was conducted during the week following data collection.

Individuals identified as students, faculty & staff and members of the local community were asked to complete the evaluation survey. The survey consists of twenty-five items. The initial question was a filter question to determine membership status. LeClub members were asked to respond to six unique items. Non-members answered one unique item. Both members and non-members were asked to respond to nine program and service items, five demographic questions and three open-ended questions. Descriptive statistics including mean, standard deviation, and frequencies were generated for the 22 items (125 variables) included in the survey. Common themes were identified in the three open ended questions through content analysis.

The consultant team secured 902 completed surveys. *Caution is warranted.* A convenience sample was used in this evaluation report. As such, results may not be representative of the larger population.

Results and conclusions are outlined in sections 4 and 5 of the evaluative report. The following recommendations are presented for consideration:

### *What Type of Programming is Necessary to Fulfill Patron Needs?*

**Recommendation:** Current programs may be revised to include a variety of classes with flexible scheduling. Themed programs such as "Midterm Stress Relief Yoga" may be instituted on a trial basis to test feasibility and interest among patrons.

*How Might Current Operations Be Improved?*

**Recommendation:** Signage and promotional materials in multiple formats should be designed to be visually stimulating in order to attract attention. Additionally, LeClub staff should be used to promote events through word of mouth. Since the HMSU facility garners the most use, this area should be used as the primary location for promotions.

*What are Patrons' Perceived Expectations of LeClub Staff?*

**Recommendation:** Institute in-service training related to interpersonal communication skills and practical techniques to correct faulty technique or offer encouragement to patrons.

*How Can Information Be Distributed To Maximize Patron Involvement?*

**Recommendation:** Programming efforts are directed at identified topical areas. Moreover, information should be prepared in formats which are easily distributed in electronic or print form. Programs and services should be creatively promoted through visible campus signage and news outlets.

*What Is The Optimal Facility Design to Enhance Participation?*

**Recommendation:** Facility design should take into consideration that patrons may wish to have privacy while at the gym. Additionally, a limited number of segregated workout areas and computer kiosks should be tested within the facility to determine feasibility. A short list menu including water, juices, and quick snacks may be incorporated into facility operations on a trial basis.

*What Services Do Patrons' Perceive To Be The Most Desirable?*

**Recommendation:** Incorporate fee-based services into LeClub operations on a trial basis in order to better assess patrons' interest and demand.

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In the sport and recreation management literature, there is a growing body of work that advocates evidence-based practice. That is, making decisions about programs, services and policies based on verifiable data rather than intuition. Similarly, in the health and fitness industry, managers have been called upon to demonstrate greater fiscal responsibility and accountability in what is described as difficult economic times. As a result, evaluative feedback from program, service and facility users and non-users are of paramount importance. To this end, a formative evaluation for the LeClub Fitness Center was completed in May 2006.

### *Purpose of the Report*

In the case of the Director of Operations for the LeClub Fitness Center, there are four (4) basic ways evaluative feedback in this report can be used: (a) *enhance decision-making & problem solving* (b) *facilitate organizational management*, (c) *document performance*, and (d) *establish accountability*. Further, these results may be used to validate current operations or justify necessary change to internal and external constituents including patrons, staff, and university administrators.

### *Evaluation Goal*

Program, service and facility evaluation is an essential organizational tool in the management of health and fitness facilities. The goal of this evaluative report is to provide evidence and recommendations pertaining to six (6) guiding questions:

- (a) What type of programming is necessary to fulfill patron needs?
- (b) How might LeClub operations be improved?
- (c) What are patrons' perceived expectations of LeClub Staff?
- (d) How can information be distributed to maximize patron involvement?
- (e) What is the optimal facility design to enhance participation?

(f) What services do patrons' perceive to be the most desirable?

### *Background of LeClub Fitness Center*

Since 1987, the LeClub Fitness Center has operated at Indiana St. University. During its short tenure, significant changes have been made in the provision of programs and services as well as the design of facilities on campus. This section provides an overview of the LeClub Fitness Center including a brief history, mission statement, and description of facilities, programs and services, and staff members.

*History.* The following history is provided on the LeClub Fitness Center website:

The LeClub program or originally referred to as the Lifestyle Enhancement Center (LEC) was established in 1987 as part of the Student Health Promotion Program. The intended purpose of the ISU Student Health Promotion is to assist college students in taking proactive measures to advance self-care health practices and minimize the destructive attitudes, beliefs, and practices that undermine quality health during college years. The philosophy of the LeClub program is based upon "taking self responsibility for individual well being." For this reason, those who join the have elected to do so voluntarily and pay the minimal membership fee, as there are other programs and facilities available on campus which offer both fitness and wellness activities free of charge. The membership fees fund all expenses of the operation but also increase each member's sense of commitment to the program. As reported by O'Donnell & Ainsworth (1984) "participants tend to value more highly their investment in a program when membership fees are charged than when they are not."

The program was initially a cooperative effort, funded by various departments within the Division of Student Affairs, including the Hulman Memorial Student Union , Student Health Center, and Residential Life. The cohesiveness of these interdepartments provided the initial funding necessary to purchase exercise equipment, meet operational and personal expenses, and provided the seed money to develop program initiatives and promotional materials.

The program has experienced significant growth in the number of members and ages of clientele served, facility enhancements, development and implementation of group fitness programs, and individualized services that are now offered. With the inclusion of faculty, staff, alumni, and community members now accessing the LeClub, which prior to 1995 was exclusively for students, has created additional service demands upon the organization and its ability to deliver health and wellness services.

*Mission.* The mission of the LeClub Fitness Center is as follows:

The Mission of the LeClub program is to provide a safe and welcoming environment that encourages students, faculty, staff, alumni and community members to take responsibility for their own health by engaging in physical activity and to make healthy lifestyle decisions.

LeClub offers state of the art exercise equipment, health related educational programs, and group exercise classes. The LeClub Program provides students with experimental learning opportunities working in a comprehensive wellness based program. LeClub offers the equipment, facilities, and staff to help develop a healthier lifestyle with a wholesome nutrition plan and a exercise program that will: relieve stress, enhance energy level, improve sleep, tone muscles, lose unwanted weight and increase productivity.

*Description of facilities.* The LeClub Fitness Center operates three fitness areas located at Hulman Memorial Student Union (HMSU), Blumberg Hall, and Rhoads Hall. The HMSU location garners the highest volume of use. Each LeClub facility provides an array of free weight, selectorized and cardiovascular equipment. The most current equipment can be found at the HMSU location. The Rhoads LeClub has Hammer Strength equipment. Both the Rhoads and Blumberg facilities have an extensive amount of free weights for the serious, traditional lifter as well as a limited number of selectorized machines.

The placement of cardiovascular equipment within all three facilities is limited by available power supply/outlets. Free weights in Blumberg and Rhoads locations are placed toward the rear of the facility whereas cardiovascular equipment is accessible upon immediate entrance into the facility. The majority of programs are based at the HMSU LeClub. This is because of space constraints and year round availability.

*Description of programs and services.* The LeClub Fitness Center offers a variety of fitness programs taught by student instructors. No professional certifications are required. Classes are offered between two and four days a week and range in intensity.

The following classes are available:

*Body blast.* This program is one-third muscle toning, one-third muscle strength/endurance and one-third sheer intensity. The class is designed to work all muscle groups using a maximum of 30 pounds of weights, facilitated by an instructor with music. The Body Blast fitness program is offered two times a week Monday and Wednesdays.

*Body core.* This program is geared towards developing a strong and sleek midsection. Body Core is offered twice a week on Tuesday and Thursday's.

*Boxercise.* This program is a moderate to high impact, multiple station activity that provides an excellent opportunity to condition the upper body, abdominals and lower body. Boxercise is designed for all fitness levels and offered twice a week on Tuesday and Thursdays.

*Jiu-jitsu.* By adopting the "sport approach" to Jiu-Jitsu, LeClub hopes to offer practitioners an avenue of fitness, self-discipline, self-confidence and camaraderie missing in many health clubs. Jiu-Jitsu is offered four times a week on Tuesday and Thursdays.

Personal training services are available for an additional fee. Interested individuals may schedule one or more meetings with a staff member to discuss fitness, wellness or health issues. In addition, LeClub staff provide health assessments, nutritional consultations, and equipment orientations via appointment.

*Description of LeClub staff.* The LeClub Fitness Center is staffed by eighteen (18) student monitors enrolled at Indiana State University. Monitors are required to be in good academic standing and receive high performance reviews to be retained. Staff are responsible for conducting health assessments, promoting programs and activities, assisting patrons in the facility and maintaining a safe environment.

Staff members are required to participate in a two-day training workshop. Topics covered include emergency management (i.e., first aid, CPR, AED, etc.), health assessments (i.e., body composition, flexibility, strength, etc.), and customer service. Further, staff are trained to use the CSI computer software system. Finally, proper usage, spotting, and cleaning and maintenance of

equipment is reviewed. Staff members also attend monthly in-service training sessions.

### Literature Review

Obesity is one of the most serious and fastest growing health problems worldwide. In the United States alone, obesity is linked to over 300,000 deaths annually. As a growing, significant issue, obesity has the ability to impact an individual's quality of life and is considered a link to a variety of preventable illnesses (Glendening, Hearne, Segal, Juliano, & Earls, 2005; Lee, Chang, Liou, & Chang, 2006). With this growing trend of obesity in the United States, there has been a significant increase in healthy lifestyle concerns within the avenue of college age students (Volicer, Quattrocchi, Candelieri, & Nicolosi, 2003). Here, obesity and health concerns have manifested themselves into the development of recreational facilities. As a result, current literature has been flooded with studies regarding health education, facility development, fitness equipment trends, and programming opportunities in an attempt to increase student knowledge, participation, and activity level while in college.

#### *Obesity and the General Population*

A substantial number of Americans are characterized as having a sedentary lifestyle (Buckworth & Wallace, 2003). Moreover, the majority of obese and overweight adults reports being motivated to exercise but does not habitually follow through with an exercise regimen (Lee, Change, Liou, & Chang, 2006). The frequency of obese and overweight individuals is influenced by lifestyle behaviors and environmental factors. Lifestyle behaviors include how much and how often a person eats as well as the frequency and intensity of physical activity while environmental factors include scheduled exercise time and meal portion size (Glendening, Hearne, Segal, Juliano, & Earls, 2005; Racette, Deusinger, Strube, Highstein, & Deusinger, 2005; Wellman & Friedberg, 2002).

### *Obesity and College Students*

Lifestyle changes which occur during the transition period between adolescence and adulthood may lead young adults to decreased physical activity and increased caloric intake. Students are often attending college during all or part of this transition period. During the initial two years of college, Racette, et al. (2005) found almost 70% of students experienced a significant increase in weight. And this weight is often maintained such that students who are over 21 years are much more likely to be overweight than students less than 21 years of age (Volicer, Quattrocchi, Candelieri, & Nicolosi, 2003). Interestingly, male students are at much higher risk of becoming overweight as compared to female students. Moreover, younger students are much more likely to try to lose weight by exercise and/or dieting than older students (Volicer, et al., 2003).

Students indicate various reasons for engaging or not engaging in physical activity or maintaining a proper diet. Some college students argue they lack the time and resources (McWhorter, Tandy, & Wallmann, 2002) while others indicate social standards and self-esteem issues regarding body image obligated them to be physically fit or thin (Crider, Garman, Hayduk, & Hodel, 2004; Lowery, Kurpius, Befort, Blanks, Sollenburger, Nicpone & Huser, 2005). This is particularly true for women. In a study by Lowery, et al. (2005), women, during the first year of college, were found to have consistently lower self esteem and more frequent negative body image conceptions than men regardless of their exercise regimen.

In terms of physical activity, Hansen (2001) reported short periods of exercise may contribute to improvements in psychological health as well as increase energy and lower stress. However, Wellman and Friedberg (2002) reported less than 50% of people aged 12-21 years are highly active on a consistent basis. Further, less than 50% of students at a major university in

Oregon exercise for 20-30 minutes, three or more days a week (Cardinal, Cardinal, & Burger, 2005). In a study conducted by Dinger and Behrens (2005), college students' exercise patterns heightened during the week and would fall off during the weekend. This pattern is consistent with increased social activity which marginalizes the benefits and likelihood of exercise. As a result, this study has shown that increased accessibility to on-campus recreational facilities helps to sustain consistent work out patterns (Dinger & Behrens, 2005).

### *Healthy Lifestyle Initiatives*

Promoting healthy lifestyles among Americans may increase productivity as well as improved quality of life (Becker, McMahan, Allen, & Nelson, 2004). Further, weight loss reduces the risk for some diseases including diabetes, cancer, and heart disease (Glendenning, Hearne, Segal, Juliano, & Earls, 2005; Wellman & Friedberg, 2002). To this end, several initiatives have been initiated at the national and state level.

At the national level, *Communication, Action, Research, and Evaluation (CARE)* aims to promote healthy lifestyles by conducting research, teaching health care providers and students about prevention and treatment of obesity, providing more accessible facilities, and improving food options on campuses. *Healthy People 2010* is a strategy to encourage Americans to achieve a set of health objectives by 2010. This program has two goals: (a) increase the quality and length of life for all individuals and (b) decrease and eventually eliminate poor health conditions related to obesity for all individuals. *Dietary Guidelines for Americans 2000* includes a set of ten basic dietary guidelines for healthy eating. This is the first version of dietary guidelines to promote physical activity as well as explain proper portion sizes. *Healthier US Initiative* stems from the concept that increasing physical fitness and a healthy diet is essential to a longer life. The program is based on four principles essential to a healthier life: (a) be physically active

every day, (b) maintain a healthy diet, (c) take preventative measures, and (d) make healthy choices. This initiative encourages people to get outside more by promoting fee-free weekends at national and state parks as well as supporting the five a day plan (Wellman & Friedberg, 2002).

At the state level, *INShape Indiana* is a response to the 2005 Obesity Report (Glendening, Hearne, Segal, Juliano, & Earls, 2005) which identified Indiana as having one of the highest percentages of obese people. INShape Indiana encourages Hoosiers to lose weight and increase physical activity. The belief is that a healthier Indiana would increase worker productivity as well as reduce health care costs across the state ([www.inshape.IN.gov](http://www.inshape.IN.gov)).

### *Health and Fitness Facilities*

Beginning with Kleindienst and Weston's (1978) report on the benefits and logistics of recreational sport programs within universities, much work has been done on various aspects of facility development. Such studies aim to discover how facilities may be adapted to better serve patrons. Results have paved the way for the development of creative and innovative campus recreation facilities.

In terms of physical elements, users expect health and fitness facilities to provide (a) running track, (b) outdoor recreational areas, (c) pool, (d) courts for tennis, volleyball, and basketball, (e) gymnasium, (f) fitness floors, (g) exercise classrooms, (h) health promotion and wellness areas, (i) fitness testing areas, (j) weight room, (k) spas, and (l) locker rooms and shower areas (Fischbach & Shaver, 2006; Tharrett & Peterson, 1997). According to Fischbach and Shaver (2006), the structural design of recreational facilities can have a significant effect on users' experience. Similarly, Malmquist (1986, p. 24) found that students "fall[ing] in love with the building" key aspect of project success.

There are three main structural design components that attract student users: (a) transparency, (b) connectivity, and (c) flexibility. Transparency refers to the visual aspects of the facility (Kollie, 2005). From the exterior, transparency is the use of glass as a welcoming method for students passing by. From the interior it suggests more visual openness of the facility. Fischbach & Shaver (2006) refer to transparency as the extent to which facilities are aesthetically pleasing. In terms of connectivity, Kollie (2005) suggests a physical and visual connection between different areas of the facility is important because it encourages student socialization. According to Haderlie (1987), since recreation facilities play a large part in the recruitment of students, the socialization factor impacts the overall success of a facility on campus by creating a positive culture. Finally, flexibility refers to the ability of the facility to accommodate future expansion (Kollie, 2005). It is important that facilities be able to conform to the needs of their users both currently and in the future.

### *Health and Fitness Equipment*

Current trends in fitness equipment have shifted away from weight lifting to aerobic type machines (West, 2004). According to Herek (2003a), the vast majority of home fitness equipment currently sold is aerobic products (ex. treadmills, elliptical cross-trainers, and exercise bikes, etc.). This style of fitness equipment accounts for nearly 80% of equipment sold which generates approximately \$4 billion each year (Herek, 2003b; Troy, 2005). West (2004) suggests current trends are shaping fitness toward low-impact workouts which accounts for the sharp incline in both elliptical machines and stationary bikes.

### *Programs and Services*

Recent results indicate changes in programming and service trends (Wacholder, 2002). Diverse users have turned to a number of programs in search of a “full-body” workout (Milner,

2005). Recent programming has seen the phasing-out of step and high impact aerobic classes and a booming interest in Far East forms of exercise (West, 2004). Further, there has been a resurgence in “no pain, no gain” style workouts leaving more room for programs such as spinning, cardio kick-boxing, and cross-training boot camp (Agoglia, 2003; Wacholder, 2002).

The International Health, Racquet and Sportsclub Association (IHRSA) reported that personal training accounts for 50.5% of all income at private facilities (Agoglia, 2003). Dwyre (2005) revealed people most commonly hire trainers either because they lack direction or fear the public nature of fitness. When applied to campus recreation facilities, such research suggests a larger and more diverse user base will be attracted by the promotion of personal trainers. With such revenue opportunities, it is important for campus facilities consider their ability to house such a rising demand.

Based on the current knowledge of health and fitness of college students, it is important to encourage students in transition to maintain a healthy and regular nutrition and exercise routine. This may be accomplished by providing fitness programs, services and facilities geared toward college age students. Combined with the current United States strategies, these concerns can help fight the rising obesity problem specifically found within college-age students.

## Methodology

### *Population and Sample*

Individuals identified as students, faculty & staff and members of the local community were asked to complete the evaluation survey. The Indiana State University population includes 10,679 students, 463 faculty and 1194 staff members. The population of Terre Haute, Indiana is 149,192 people. At the time of the evaluation, there were 1876 members of the LeClub Fitness Center. Memberships are distributed as follows: 1756 students (877 men/879 women), 96 faculty and staff (52 men/44 women), and 24 local community members (8 men/16 women). A convenience sample was used in this evaluation study.

### *Evaluation Design*

The LeClub Fitness Center Survey 2006 was promoted for seven days prior to data collection (see Appendix B). Data was collected during a 14 day period between March 27<sup>th</sup> and April 7<sup>th</sup>, 2006. Computer workstations were set up at three locations: HMSU Commons, outside HMSU LeClub Fitness Center, and adjacent to the north gym in the Arena. Project consultants manned the workstations in 2 person teams with the intent to recruit individuals to complete the webform on the spot. Reminder flyers to encourage participation were provided to individuals passing by each station. Stations were operated during weekdays at varying times: 11:00AM-1:00PM at HMSU Commons, 3:00-7:00PM at HMSU LeClub Fitness Center, and 4:00-9:00PM at the Arena. Times were selected based on the increased likelihood of traffic in the specified location.

At each station, there were at least two computers operating at all times. In addition, hard copy questionnaires were used in the event the computers were occupied. Further, questionnaires were made available to members in the three LeClub Fitness Centers.

Once the survey was complete, individuals were given an opportunity to enter the LeClub Survey 2006 drawing. Participants were asked to send an email with personal contact information to Survey2006@yahoo.com. Project consultants distributed a reminder card. The drawing for prizes, including movie passes, personal training sessions, LeClub membership and Walmart gift certificate, was conducted during the week following data collection.

Using a random numbers table, corresponding email entries were selected for prizes. Prize winners were notified via email. Winners were given one week to respond to the email and/or claim their prize. A secondary drawing was held for unclaimed prizes.

### *Instrumentation*

The questionnaire developed for the LeClub Fitness Center Evaluation Report was derived from five surveys: (a) Ames Recreation Facility Study, City of Ames, Iowa; (b) Campus Recreation & Kiewit Fitness Center 2003 Campus Assessment, Creighton University (Creighton, Nebraska); (c) Campus Recreation Improvements-Market Analysis, University of Iowa (Iowa City, Iowa); (d) Division of Recreational Sports Student Survey 2004, University of Texas (Austin, Texas); and (e) LeClub Survey, Indiana State University (Terre Haute, IN). Items were selected to match one of six guiding questions: (a) What type of programming is necessary to fulfill patron needs?, (b) How might LeClub operations be improved?, (c) What are patrons' perceived expectations of LeClub staff?, (d) How might information be distributed to maximize patron involvement?, (e) What is the optimal facility design to enhance participation?, and (f) What services to patrons perceive to be most desirable? Word selection and response scales were adapted to reflect evaluation goals, enhance consistency, and maximize reliability (see Appendix A).

The survey consists of twenty-five (25) items. The initial question was a filter question to determine membership status. LeClub members were asked to respond to six unique items. Non-members answered one unique item. Both members and non-members were asked to respond to nine program and service items, five demographic questions and three open-ended questions.

*Questions for members.* LeClub members were asked to respond to six unique items. First, participants were asked their perceptions of eleven programs and services (i.e., body core, body blast, etc.). Second, participants were asked to rate their perception of staff performance on fourteen behaviors and personal characteristics (i.e., friendly, accessible, etc.). Third, participants were asked to rate their perception on seven aspects of operations (i.e., selection of music, schedule of classes, etc.). For each of these questions, participants answered on a five-point scale of responses (don't know = 0; poor = 1; fair = 2; good = 3; excellent = 4). Next, members were asked which LeClub Fitness Center (i.e., HMSU, Blumberg Hall, or Rhoads Hall) they used and the length of a typical workout (i.e., 0-15 minutes; 16-30 minutes, etc.). Finally, respondents rated their overall satisfaction based on a five-point scale (very dissatisfied = 0; somewhat dissatisfied = 1; neutral = 2; somewhat satisfied = 3; very satisfied = 4).

*Questions for non-members.* Non-members were asked to respond to one unique item. Non-members were asked to indicate the reason(s) for not using LeClub programs and services. Fourteen items were coded on a dichotomous scale (0 = not checked; 1 = checked).

*Questions for both members and non-members.* Members and non-members were asked to respond to nine program and service items. First, participants indicated the importance of nine goals (i.e., manage weight, improve muscle tone, etc.) in relation to their personal fitness routine on a five-point scale (not important = 0; somewhat unimportant = 1; neutral = 2; somewhat important = 3; very important = 4). Second, respondents rated their level of comfort on four

items related to using free weights and cardio equipment in front of windows on a five-point scale (very uncomfortable = 0; somewhat uncomfortable = 1; neutral = 2; somewhat comfortable = 3; very comfortable = 4). Next, participants were asked to report the frequency on a per week basis their use or intended use of fourteen pieces of equipment (i.e., treadmills, cable machines, etc.), fourteen programs (i.e., aquatics, pilates, boxercise), and five (5) services (i.e., online message board) that may be provided by the LeClub Fitness Center. For each of these questions, participants answered on a five-point scale (never = 0; 1-2 times = 1; 3-4 times = 2; 5-6 times = 3; 7+ times = 4).

Respondents indicated their level of interest in five programming categories (i.e., meal planning, cooking, etc.) and their willingness to utilize eight LeClub services for an additional fee (i.e., tanning, massage). For each of these questions, participants answered on a five-point scale (not interested = 0; somewhat uninterested = 1; neutral = 2; somewhat interested = 3; very interested = 4). Finally, participants indicated their preference for learning about programs and services (i.e., newsletter, consultation, etc.) and the manner of distributing information (i.e., distribution list, signage, etc.). Items were coded on a dichotomous scale (0 = not checked; 1 = checked).

*Demographic questions.* The survey requested all participants respond to five demographic questions: gender, academic standing, race/ethnic background, age, and zip code.

*Open-ended questions.* The survey concluded with three open-ended questions. The first question asked “From what you know of LeClub Fitness Center, what changes would you recommend or how can the LeClub staff be more helpful?” Next, respondents were asked “what fitness, nutritional or other health related educational topics are you most interested in receiving

information about?” Finally, participants were given the opportunity to provide additional comments when asked, “Please provide any additional comments in the space provided below.”

### *Statistical Analysis*

Descriptive statistics including mean, standard deviation, and frequencies were generated for the 22 items (125 variables) included in the survey. Common themes were identified in the three open ended questions through content analysis.

### *Limitations*

There were two limitations in this evaluation study. First, intramural sport competition was suspended during the second week of data collection. There was a significant decrease in the traffic on the north side of the arena. As a result, station 3 was moved to HMSU Commons, 5:00-9:00PM. The sample may include fewer individuals who participate in intramural sport competition. Second, due to schedule conflicts, several stations were shut down early throughout the data collection period. The sample may include fewer individuals who engage in campus activities during the evening hours.

## Results

The LeClub Fitness Center survey consists of twenty-five items. The initial question was a filter question to determine membership status. LeClub members were asked to respond to six unique items. Non-members answered one unique item. Both members and non-members were asked to respond to nine program and service questions, five demographic questions and three open-ended questions.

The consultant team secured 902 completed surveys. General findings are presented below. *Caution is warranted.* A convenience sample was used in this evaluation report. As such, results may not be representative of the larger population.

### *Membership Filter Question*

The initial question was a filter question to determine membership status. Results indicate 317 members completed surveys: 264 students (102 men/162 women), 34 faculty and staff (13 men/21 women), and 19 community members (10 men/9 women). 583 non-members completed surveys: 438 students (166 men/272 women), 132 faculty and staff (26 men/106 women), and 13 community members (2 men/11 women).

Demographic profiles of survey respondents are provided in Table 1 and Table 2. Among the members, survey participants were predominantly women (21.3%), under the age of 25 years (28.1%), and of white non-Hispanic background (29.5%). The majority of member respondents reside in the 47807 or 47809 areas. Among the non-members, survey participants were predominantly women (43.2%), under the age of 25 years (42.6%), and of white non-Hispanic background (50.1%). Similarly, the majority of non-member respondents reside in the 47807 or 47809 areas.

### *Questions for Members*

LeClub members were asked to respond to six unique items. First, participants were asked their perceptions of eleven programs and services in relation to meeting personal needs to reach fitness goals (see Tables 3-7). Members frequently cited they were not familiar with fitness programs and services provided by LeClub (range: 27.7% to 69.7%). Members who are familiar generally rated programs and services as “good” or “excellent”. As would be expected, members are much more aware of equipment available at the various facilities. Similarly, members tended to rate the provision of equipment as “good” or “excellent”. Women were much more likely to partake in programs and services. Although men were similar to women in rating programs and

services as “good” or “excellent”. These trends are consistent when considering academic standing, race/ethnicity, and age.

Second, respondents were asked to rate their perception of staff performance on fourteen behaviors and personal characteristics. Members perceived staff to be friendly ( $M=3.25$ ,  $SD=.80$ ), possessing a positive attitude ( $M=3.14$ ;  $SD=.83$ ), helpful ( $M=3.06$ ,  $SD=.91$ ), and acting in a professional manner ( $M=2.94$ ;  $SD=.84$ ). Staff performance areas receiving the lowest ratings include encouragement to reach goals ( $M=1.89$ ;  $SD=1.23$ ), rule enforcement ( $M=2.46$ ;  $SD=1.18$ ), and proper technique demonstration ( $M=2.47$ ;  $SD=1.46$ ) (see Tables 8-12). Men were more likely than women to indicate staff are motivated to assist and encourage me to reach my goals. Trends are stable in relation to academic standing, race/ethnicity and age.

Third, participants were asked to rate their perception on seven aspects of LeClub operations. As noted previously, members indicated they “don’t know” about fitness classes (31.0%) and event promotions (22.4%). Members were relatively pleased with facility cleanliness ( $M=3.15$ ;  $SD=.82$ ), variety of equipment offered ( $M=3.09$ ;  $SD=.83$ ), and maintenance of equipment in the facilities ( $M=3.09$ ;  $SD=.80$ ) (see Tables 13-17).

Next, members were asked to indicate their primary workout site and the length of a typical workout (see Tables 18-19). HMSU is the most frequently cited location (81.7%) followed by Rhoads Hall (9.5%) and Blumberg Hall (8.2%). A workout typically lasts between 31-60 minutes. Trends are consistent in terms of gender, academic standing, race/ethnicity and age.

Finally, respondents rated their overall satisfaction. 88.0% of members indicated they were “somewhat satisfied” or “very satisfied” with their LeClub membership ( $M=3.37$ ;  $SD=.76$ ). Members’ level of satisfaction by demographic is provided in Table 20. Membership satisfaction

levels were stable across the three LeClub facilities (see Table 21). Members indicating either “neutral”, “somewhat dissatisfied” or “very dissatisfied” in their LeClub membership were analyzed to determine areas of concern in LeClub programs and services, LeClub staff, and LeClub operations (see Tables 22-24).

#### *Questions for Non-Members*

Non-members were presented a list of fourteen items and were asked to indicate why they did not use programs and services. Five reasons most frequently cited by survey respondents include (a) cannot afford membership (44.4%), (b) exercising at other locations (39.6%), and (c) having other commitments (31.2%), (d) not aware of programs and services offered (20.6%), and (e) do not know how to get started (20.4%) (see Tables 25-29). For men, the single biggest reason for not enrolling in was they exercise at other locations. For women, membership cost appeared to be the predominant reason. Trends were consistent in terms of academic standing, race/ethnicity and age.

#### *Questions for Members and Non-Members*

Members and non-members were asked to respond to nine program and service questions. First, participants were asked to indicate the level of importance for nine fitness outcomes (see Tables 30-35). The top five outcomes include (a) improve overall health (M=3.46; SD=.72), (b) manage weight (M=3.17; SD=.89), (c) improve cardiovascular/aerobic conditioning (M=3.13; SD=.79), (d), improve muscle tone (M=3.10; SD=.85), and (e) sense of accomplishment (M=3.01; SD=.93). As would be expected, members tended to rate all outcomes somewhat higher than non-members. Men and women were similar in their ratings, although men rated improving muscle size and strength higher than women. Trends are stable in terms of academic standing, race/ethnicity and age.

Second, respondents were asked to rate their level of comfort using equipment in windowed areas. Participants indicated they were “somewhat comfortable” or “very comfortable” using cardiovascular machines (75.9%) and using free weights (58.9%) properly. To a lesser degree, participants indicated they were “somewhat comfortable” or “very comfortable” using cardiovascular machines (50.9%) and using free weights (39.6%) in front of windows. Members reported higher comfort levels than non-members across all items. Similarly, men reported higher comfort levels as compared to women. Trends were stable across items in terms of academic standing, race/ethnicity and age (see Tables 36-41).

Third, participants reported actual/intended usage of fourteen types of equipment found in LeClub facilities. The majority of respondents reported using weight lifting equipment up to four times a week and cardiovascular equipment up to six times per week (see Tables 42-48). Dumbbells/free weights (69.4%) and cable machines (61.6%) were cited most frequently among lifting equipment. Treadmills (58.5%) and cycling machines (56.0%) were frequently cited among cardio equipment. 65.9% of survey participants indicated they would use a personalized television one or more times per week. 67.2% of participants reported they would use a personalized stereo one or more times per week.

Next, participants reported actual/intended usage of fourteen programs offered by LeClub Fitness Center. Respondents indicated an intention to use body core (50.2%) followed by butts n’ guts (46.7%) and indoor cycling (45.2%) at least one time per week. These trends are consistent across membership, gender, academic standing, race/ethnicity and age (see Tables 49-54).

Survey respondents were asked to indicate how often they would use five facility amenities if provided at a fitness center (see Tables 55-60). 65% of participants indicated they would use a separate workout area for men and women and a concession area at least one time

per week. Women indicated an intention to use all facility amenities at a rate much higher than men. Trends are stable in terms of academic standing, race/ethnicity and age.

When asked to indicate a preferred method for learning about LeClub programs and services, respondents indicated (a) posted signs/global email (65.3%), (b) review LeClub homepage (42.9%), (c) Statesman (41.5%) as the preferred methods. Individuals were less inclined to speak to LeClub staff (32.0%) or join a distribution list/list serv (23.8%). Trends were stable across membership, gender, academic standing, race/ethnicity and age (see Tables 61-67).

Participants were asked to indicate their level of interest in five educational programs (see Tables 68-73). The results indicate patrons are interested in (a) developing an effective exercise program ( $M=2.87$ ;  $SD=.99$ ), (b) developing a healthy nutrition plan ( $M=2.74$ ;  $SD=1.08$ ), (c) cooking nutritious, quick, low cost meals ( $M=2.72$ ;  $SD=1.14$ ), and (d) making healthy lifestyle changes ( $M=2.67$ ;  $SD=1.09$ ). To a lesser degree, respondents are interested in programming related to preparing for a fitness/body building contest ( $M=1.14$ ;  $SD=1.28$ ). These trends are stable across membership, gender, academic standing, race/ethnicity and age.

When asked to indicate a preferred method for accessing information on health related educational topics, participants reported an internet link via LeClub homepage (60.3%) and picking up a pamphlet/newsletter/flyer (53.3%) as their top choices. Consulting with a professional (36.8%), completing an online learning module (30.0%), and signing up for classroom sessions (21.1%) were less preferred. Trends were stable across membership, gender, academic standing, race/ethnicity and age (see Tables 74-79).

Participants were asked to indicate the level of interest in eight services if provided for an additional fee (see Tables 80-85). Respondents indicated they were most interested in services typically found in a fitness center such as a fitness program prepared by a professional ( $M=2.71$ ;

SD=1.21) and massages (M=2.71; SD=1.32). Further, there was interest in working out with a personal trainer (M=2.46; SD=1.29) and having a health assessment (M=2.40; SD=1.27). To a lesser degree, patrons were interested in salon type services such as tanning (M=1.92; SD=1.54), manicure/pedicure (M=2.01; SD=1.49), facial/body wrap (M=1.82; SD=1.43), and waxing (M=1.60; SD=1.41). These trends are stable across membership, gender, academic standing, race/ethnicity and age.

### *Demographic Questions*

The survey requested all participants respond to five demographic questions: gender, academic standing, race/ethnic background, age, and zip code (see Table 1 and Table 2). The majority of surveys were completed by women (64.6%). Participation was greatest among college seniors (28.7%) followed closely by juniors (18.9%) and faculty/staff (18.4%). White, non-Hispanic respondents had the greatest representation at 79.6%. 70.6% of participants were 25 years and younger. Most participants indicated living in one of four zip codes: 47809 (27.5%), 47807 (20.5%), 47802 (12.5%), and 47803 (10.9%).

### *Open Ended Questions*

The survey concluded with three open-ended questions (see Appendix C). The first question asked “From what you know of LeClub Fitness Center, what changes would you recommend or how can the LeClub staff be more helpful?” Five themes emerged from members responses: (a) change facility size and/or layout; (b) more, different or the same equipment provided at each location; (c) offer classes at different hours; (d) increase the hours of operation at each location; and (e) staff assistance and cleaning the facility. Many non-members indicated they were not familiar with LeClub programs and services. Non-members who were familiar

with LeClub indicated cost of membership, hours of operation, space and equipment offerings, and staff assistance as areas for change.

Next, respondents were asked “what fitness, nutritional or other health related educational topics are you most interested in receiving information about?” Members indicated they would like information related to changing body composition; gain lean muscle mass and lose excess fat. Moreover, members suggested they needed information about fitness program planning and eating nutritionally on a budget/campus. Nonmembers indicated wanting similar information as members, noting programs on specific topics were desired: diabetes, asthma, tendonitis, arthritis, healthy heart, and women’s health. Further, nonmembers wanted the opportunity to check in with professionals on a variety of topics.

Finally, participants were given the opportunity to provide additional comments when asked, “Please provide any additional comments in the space provided below.” Many members indicated LeClub was a wonderful place to workout and were pleased with the service provided by staff. Others indicated changes related to size, hours of operation, facility cleanliness, and greater staff assistance was warranted. Nonmembers suggested providing additional information on the website and a monthly membership plan. Several respondents indicated they did not feel comfortable exercising in front of the windows. Moreover, there seemed to be a concern that LeClub was for “young” or “in shape” persons. Older participants or those less comfortable with their body expressed hesitation about joining the LeClub Fitness Center.

### Conclusions & Recommendations

Program, service and facility evaluation is an essential organizational tool in the management of health and fitness facilities. The goal of this evaluative report is to provide evidence and recommendations pertaining to six guiding questions:

### *What Type Of Programming Is Necessary To Fulfill Patron Needs?*

Respondents indicated improving overall health, managing weight, improving aerobic conditioning and muscle tone as important fitness outcomes. Current programs such as body core, body blast, and boxercise are rated highly among members who are familiar with the schedule of classes. Non-members indicated a strong desire for more guided programs and services.

**Recommendation:** Current programs may be revised to include a variety of classes with flexible scheduling. Themed programs such as “Midterm Stress Relief Yoga” may be instituted on a trial basis to test feasibility and interest among patrons.

### *How May LeClub Operations be Improved?*

In general, LeClub members perceive LeClub operations as good or excellent. However, a high percentage of respondents indicated they “don’t know” about fitness class schedules or event promotions. Open-ended responses indicated hours of operation, cleanliness, and staff assistance as areas for change.

**Recommendation:** Signage and promotional materials in multiple formats should be visually stimulating in order to attract attention. Additionally, LeClub staff should be used to promote events through word of mouth. Since the HMSU facility garners the most use, this area should be used as the primary location for promotions.

### *What Are Patrons’ Perceived Expectations Of LeClub Staff?*

Members indicated they expect LeClub staff members to be interactive, knowledgeable, friendly, and available. The majority of respondents gave good or excellent marks for staff friendliness, professionalism, helpfulness, and attitude. Some respondents shared personal experiences where LeClub staff members were not friendly, professional or available. Members

indicated in open-ended questions they wanted staff to assist more throughout the workouts (e.g., encouragement, assisting with technique, etc.).

**Recommendation:** Institute in-service training related to interpersonal communication skills and practical techniques to correct faulty technique or offer encouragement to patrons.

#### *How Can Information Be Distributed To Maximize Patron Involvement?*

Survey participants indicated they believed several fitness goals were important including: improve overall health, manage weight, improve aerobic conditioning and muscle tone. Further, there is an expressed interest in educational programs pertaining to healthy lifestyle changes, developing an effective exercise program, developing a healthy nutrition plan, and ideas on cooking nutritious/quick/low cost meals. Additional health and wellness programs areas of interest were noted in the open-ended responses. Program areas of interest include asthma, tendonitis, arthritis, healthy heart, women's health. Respondents indicated they wished to receive information in a passive manner such as through a newsletter/pamphlet/flyer, homepage internet link, posted signs/global email or campus newspaper. Participants were much less inclined to meet with a professional, talk with staff members or complete an online learning module.

**Recommendation:** Programming efforts are directed at identified topical areas. Moreover, information should be prepared in formats which are easily distributed in electronic or print form. Programs and services should be creatively promoted through visible campus signage and news outlets.

#### *What Is The Optimal Facility Design To Enhance Participation?*

The majority of respondents indicated they were comfortable using equipment and machines properly. Female participants were much less comfortable using free weights and

cardio machines in front of windows. Many expressed concern about the HMSU facility windows in their open-ended responses. Male respondents were less concerned about working out in front of windows.

Creating a variety of spaces to give members options may be beneficial. Patrons expressed a desire for a larger shower space, designated areas for stretching, and more equipment for total body lifts (i.e., clean, press, etc.). Further, some respondents indicated a perception that LeClub caters primarily to young, “in shape” individuals. Over 50% of respondents indicated they would use a separate workout area, computer kiosk and concession area at least one time per week. Similarly, 45% of participants indicated they would use a personalized television or stereo at least one time per week. These numbers are promising given survey participants may have limited experience with these amenities.

**Recommendation:** Facility design should take into consideration that patrons may wish to have privacy while at the gym. Additionally, a limited number of segregated workout areas and computer kiosks should be tested within the facility to determine feasibility. A short list menu including water, juices, and quick snacks may be incorporated into facility operations on a trial basis.

#### *What Services Do Patron’s Perceive To Be The Most Desirable?*

Respondents indicated they were most interested in services typically found in a fitness center such as a fitness program prepared by a professional, working out with a personal trainer, health assessments, and massages. To a lesser degree, patrons were interested in salon type services such as tanning, manicure/pedicure, facial/body wrap, and waxing. To some degree, this lack of interest may reflect patrons’ concern about cost for luxury type services.

**Recommendation:** Incorporate fee-based services into LeClub operations on a trial basis in order to better assess patrons' interest and demand.

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Table 1

Demographic Profile of Survey Respondents (N=902)

Demographic	Men		Women		Total	
Classification (N=900)						
Freshman	47	5.2%	90	10.0%	137	15.2%
Sophomore	48	5.3%	86	9.6%	134	14.9%
Junior	58	6.4%	112	12.4%	170	18.9%
Senior	114	12.7%	144	16.0%	258	28.7%
Graduate student	1	0.1%	0	0.2%	3	0.3%
Faculty/Staff	39	4.3%	127	14.1%	166	18.4%
Alumni	9	1.0%	8	0.9%	17	1.9%
Community member	3	0.3%	12	1.3%	15	1.7%
Background (N=877)						
Asian/Pacific Islander	18	2.1%	22	2.5%	40	4.6%
American Indian/Alaskan Native	2	0.2%	4	0.5%	6	0.7%
Black, African American	48	5.5%	60	6.8%	108	12.3%
Hispanic, Latino/a	8	0.9%	14	1.6%	22	2.5%
White, Non-Hispanic	227	25.9%	471	53.7%	698	79.6%
International	1	0.1%	1	0.1%	2	0.2%
Other	0	0.0%	1	0.1%	1	0.1%
Age (N=899)						
16-20	89	9.9%	179	19.9%	268	29.8%
21-25	151	16.8%	216	24.0%	367	40.8%
26-30	34	3.8%	48	5.3%	82	9.1%
31-35	11	1.2%	26	2.9%	37	4.1%
36-40	7	0.8%	22	2.4%	29	3.2%
41-45	4	0.4%	22	2.4%	26	2.9%
46-50	6	0.7%	21	2.3%	27	3.0%
51-55	11	1.2%	29	3.2%	40	4.4%
56-60	4	0.4%	12	1.3%	16	1.8%
61+	2	0.2%	5	0.6%	7	0.8%

Table 2

## Demographic Profile of LeClub Members and Nonmembers (N=902)

Demographic	Member		Non Member		Total	
Gender (N=900)						
Men	125	13.9%	194	21.6%	317	35.4%
Women	192	21.3%	389	43.2%	583	64.6%
Classification (N=900)						
Freshman	54	6.0%	83	9.2%		
Sophomore	51	5.7%	83	9.2%		
Junior	58	6.4%	112	12.4%		
Senior	98	10.9%	160	17.8%		
Graduate student	3	0.3%	0	0.0%		
Faculty/Staff	34	3.8%	132	14.7%		
Alumni	10	1.1%	7	0.8%		
Community member	9	1.0%	6	0.7%		
Background (N=879)						
Asian/Pacific Islander	13	1.5%	27	3.1%		
American Indian/Alaskan Native	1	0.1%	5	0.6%		
Black, African American	26	3.0%	82	9.3%		
Hispanic, Latino/a	8	0.9%	14	1.6%		
White, Non-Hispanic	259	29.5%	440	50.1%		
International	2	0.2%	0	0.0%		
Other	1	0.1%	1	0.1%		
Age (N=901)						
16-20	109	12.1%	159	17.6%		
21-25	144	16.0%	225	25.0%		
26-30	19	2.1%	63	7.0%		
31-35	12	1.3%	25	2.8%		
36-40	4	0.4%	25	2.8%		
41-45	8	0.9%	18	2.0%		
46-50	8	0.9%	19	2.1%		
51-55	9	1.0%	31	3.4%		
56-60	2	0.2%	14	1.6%		
61+	1	0.1%	6	0.7%		
Zip Code (N=901)						
47802	38		75		113	12.5%
47803	32		66		98	10.9%
47804	5		18		23	2.6%
47805	3		14		17	1.9%
47807	65		120		185	20.5%
47808	5		4		9	1.0%
47809	104		144		248	27.5%
47834	3		12		15	1.7%
47842	2		8		10	1.1%
47885	4		9		13	1.4%
61944	2		4		6	0.7%
62441	2		5		7	0.8%
Other	51		106		157	17.4%

Table 3

Composite Members' Perception of LeClub Programs and Services (N=317)

Item	Don't Know	Poor	Fair	Good	Excellent	Mean	SD
Body core	115	4	32	71	35	1.64	1.58
Body blast	124	6	29	60	38	1.54	1.61
Boxercise	133	11	35	45	34	1.36	1.55
Indoor cycling	171	10	31	58	47	1.37	1.61
Jiu-Jitsu	216	14	21	42	24	0.88	1.40
Personal training	200	12	26	46	31	1.03	1.48
Health assessments	179	18	27	57	35	1.21	1.53
Nutritional consultations	221	15	22	35	23	0.81	1.36
Selection of free weights	99	6	36	93	83	2.17	1.61
Selection of weight machines	88	7	32	101	88	2.30	1.58
Selection of cardio machines	95	9	33	86	92	2.23	1.62

Table 4

Members' Perception of LeClub Programs and Services by Gender (N=317)

Item	Don't Know	Poor	Fair	Good	Excellent	Mean	SD
<b>Body core</b>	<b>115</b>	<b>4</b>	<b>32</b>	<b>71</b>	<b>35</b>	<b>1.64</b>	<b>1.58</b>
Male	45	1	13	30	13	1.66	1.58
Female	70	3	19	41	22	1.63	1.59
<b>Body blast</b>	<b>124</b>	<b>6</b>	<b>29</b>	<b>60</b>	<b>38</b>	<b>1.54</b>	<b>1.61</b>
Male	51	2	12	20	17	1.51	1.63
Female	73	4	17	40	21	1.56	1.59
<b>Boxercise</b>	<b>133</b>	<b>11</b>	<b>35</b>	<b>45</b>	<b>34</b>	<b>1.36</b>	<b>1.55</b>
Male	53	4	11	20	14	1.39	1.59
Female	80	7	24	25	20	1.35	1.54
<b>Indoor cycling</b>	<b>171</b>	<b>10</b>	<b>31</b>	<b>58</b>	<b>47</b>	<b>1.37</b>	<b>1.61</b>
Male	63	2	16	21	23	1.51	1.65
Female	108	8	15	37	24	1.28	1.57
<b>Jiu-Jitsu</b>	<b>216</b>	<b>14</b>	<b>21</b>	<b>42</b>	<b>24</b>	<b>0.88</b>	<b>1.40</b>
Male	77	4	12	23	9	1.06	1.45
Female	139	10	9	19	15	0.76	1.35
<b>Personal training</b>	<b>200</b>	<b>12</b>	<b>26</b>	<b>46</b>	<b>31</b>	<b>1.03</b>	<b>1.48</b>
Male	74	7	12	22	10	1.10	1.46
Female	126	5	14	24	21	0.99	1.50
<b>Health assessments</b>	<b>179</b>	<b>18</b>	<b>27</b>	<b>57</b>	<b>35</b>	<b>1.21</b>	<b>1.53</b>
Male	62	12	12	22	17	1.36	1.55
Female	11	6	15	35	18	1.12	1.51
<b>Nutritional consultations</b>	<b>221</b>	<b>15</b>	<b>22</b>	<b>35</b>	<b>23</b>	<b>0.81</b>	<b>1.36</b>
Male	76	9	10	17	13	1.06	1.48
Female	145	6	12	18	10	0.65	1.25
<b>Selection of free weights</b>	<b>99</b>	<b>6</b>	<b>36</b>	<b>93</b>	<b>83</b>	<b>2.17</b>	<b>1.61</b>
Male	27	3	22	38	35	2.41	1.47
Female	72	3	14	55	48	2.02	1.68
<b>Selection of weight machines</b>	<b>88</b>	<b>7</b>	<b>32</b>	<b>101</b>	<b>88</b>	<b>2.30</b>	<b>1.58</b>
Male	26	4	14	43	38	2.50	1.48
Female	62	3	18	58	50	2.16	1.63
<b>Selection of cardio machines</b>	<b>95</b>	<b>9</b>	<b>33</b>	<b>86</b>	<b>92</b>	<b>2.23</b>	<b>1.62</b>
Male	31	4	13	44	33	2.35	1.53
Female	64	5	20	42	59	2.14	1.68

Table 5

Members' Perception of LeClub Programs and Services by Standing (N=317)

Item	Don't Know	Poor	Fair	Good	Excellent	Mean	SD
<b>Body core</b>	<b>115</b>	<b>4</b>	<b>32</b>	<b>71</b>	<b>35</b>	<b>1.64</b>	<b>1.58</b>
Freshman	15	1	4	17	4	1.85	1.53
Sophomore	15	1	10	7	8	1.80	1.57
Junior	18	1	4	14	8	1.84	1.64
Senior	38	1	10	22	12	1.63	1.61
Graduate student	0	0	0	1	2	3.67	0.58
Faculty/Staff	19	0	4	4	0	0.74	1.20
Alumni	4	0	0	4	1	1.78	1.72
Community member	6	0	0	2	0	0.75	1.39
<b>Body blast</b>	<b>124</b>	<b>6</b>	<b>29</b>	<b>60</b>	<b>38</b>	<b>1.54</b>	<b>1.61</b>
Freshman	17	1	3	14	6	1.78	1.62
Sophomore	16	2	9	7	7	1.68	1.56
Junior	18	1	4	15	7	1.82	1.16
Senior	43	2	7	15	16	1.51	1.69
Graduate student	0	0	1	1	1	3.00	1.00
Faculty/Staff	21	0	4	2	0	0.52	1.01
Alumni	4	0	0	4	1	1.78	1.72
Community member	5	0	1	2	0	1.00	1.41
<b>Boxercise</b>	<b>133</b>	<b>11</b>	<b>35</b>	<b>45</b>	<b>34</b>	<b>1.36</b>	<b>1.55</b>
Freshman	19	2	7	6	7	1.51	1.60
Sophomore	17	3	7	7	7	1.61	1.58
Junior	22	2	6	12	4	1.43	1.52
Senior	42	4	9	15	13	1.43	1.61
Graduate student	0	0	0	1	2	3.67	0.58
Faculty/Staff	22	0	5	0	0	0.37	0.79
Alumni	4	0	1	3	1	1.67	1.66
Community member	7	0	0	1	0	0.38	1.06
<b>Indoor cycling</b>	<b>171</b>	<b>10</b>	<b>31</b>	<b>58</b>	<b>47</b>	<b>1.37</b>	<b>1.61</b>
Freshman	27	2	8	12	5	1.37	1.51
Sophomore	28	2	4	12	5	1.29	1.55
Junior	32	1	2	11	12	1.48	1.74
Senior	51	3	12	16	16	1.42	1.62
Graduate student	0	0	1	0	2	3.33	1.16
Faculty/Staff	24	0	2	3	5	0.97	1.59
Alumni	7	0	1	1	1	0.90	1.52
Community member	2	2	1	3	1	1.89	1.45
<b>Jiu-Jitsu</b>	<b>216</b>	<b>14</b>	<b>21</b>	<b>42</b>	<b>24</b>	<b>0.88</b>	<b>1.40</b>
Freshman	34	2	2	12	4	1.07	1.50
Sophomore	34	5	3	7	2	0.78	1.27
Junior	36	4	2	8	8	1.10	1.58
Senior	69	2	9	12	6	0.82	1.35
Graduate student	1	0	1	1	0	1.67	1.53
Faculty/Staff	27	0	4	1	2	0.56	1.19
Alumni	7	1	0	0	2	0.90	1.66
Community member	8	0	0	1	0	0.33	1.00

Table 5 (cond.)

Item	Don't					Mean	SD
	Know	Poor	Fair	Good	Excellent		
<b>Personal training</b>	<b>200</b>	<b>12</b>	<b>26</b>	<b>46</b>	<b>31</b>	<b>1.03</b>	<b>1.49</b>
Freshman	29	2	6	8	9	1.78	1.63
Sophomore	36	3	1	9	2	0.78	1.33
Junior	31	0	8	9	9	1.39	1.62
Senior	70	6	7	11	4	0.70	1.24
Graduate student	1	0	0	1	0	1.50	2.12
Faculty/Staff	22	0	3	5	4	1.09	1.56
Alumni	7	1	1	1	0	0.60	1.08
Community member	4	0	0	2	3	2.00	1.94
<b>Health assessments</b>	<b>179</b>	<b>18</b>	<b>27</b>	<b>57</b>	<b>35</b>	<b>1.21</b>	<b>1.53</b>
Freshman	25	3	6	16	4	1.46	1.50
Sophomore	31	3	4	8	5	1.08	1.50
Junior	31	1	4	11	10	1.44	1.68
Senior	60	8	6	13	11	1.05	1.50
Graduate student	0	0	0	2	1	3.33	0.58
Faculty/Staff	19	2	6	4	3	1.12	1.43
Alumni	8	0	1	1	0	0.50	1.08
Community member	5	1	0	2	1	1.22	1.64
<b>Nutritional consultations</b>	<b>221</b>	<b>15</b>	<b>22</b>	<b>35</b>	<b>23</b>	<b>0.81</b>	<b>1.36</b>
Freshman	33	2	7	8	4	1.04	1.43
Sophomore	43	4	3	5	1	0.57	1.10
Junior	38	0	3	5	7	0.84	1.50
Senior	67	8	4	9	10	0.85	1.42
Graduate student	1	0	1	1	0	1.67	1.53
Faculty/Staff	25	0	4	4	1	0.71	1.24
Alumni	8	1	0	1	0	0.40	0.97
Community member	6	0	0	2	0	0.75	1.39
<b>Selection of free weights</b>	<b>99</b>	<b>6</b>	<b>36</b>	<b>93</b>	<b>83</b>	<b>2.17</b>	<b>1.61</b>
Freshman	23	0	7	12	12	1.81	1.68
Sophomore	15	3	7	16	10	2.06	1.54
Junior	19	0	7	21	11	2.09	1.57
Senior	30	3	12	22	31	2.21	1.65
Graduate student	0	0	0	3	0	3.00	0.00
Faculty/Staff	8	0	1	13	12	2.62	1.56
Alumni	3	0	2	4	1	2.00	1.49
Community member	1	0	0	2	6	3.33	1.32
<b>Selection of weight machines</b>	<b>88</b>	<b>7</b>	<b>32</b>	<b>101</b>	<b>88</b>	<b>2.30</b>	<b>1.58</b>
Freshman	19	1	7	15	11	1.96	1.62
Sophomore	15	2	7	14	13	2.16	1.59
Junior	18	1	6	17	16	2.21	1.63
Senior	24	3	8	30	33	2.46	1.55
Graduate student	0	0	1	2	0	2.67	0.58
Faculty/Staff	9	0	0	16	9	2.47	1.56
Alumni	3	0	1	6	0	2.00	1.41
Community member	0	0	2	1	6	3.44	0.88
<b>Selection of cardio machines</b>	<b>95</b>	<b>9</b>	<b>33</b>	<b>86</b>	<b>92</b>	<b>2.23</b>	<b>1.62</b>
Freshman	20	3	5	14	11	1.87	1.64
Sophomore	15	3	4	14	14	2.18	1.64
Junior	22	0	4	16	16	2.07	1.72
Senior	25	3	12	26	32	2.38	1.58
Graduate student	0	0	0	2	1	3.33	0.58
Faculty/Staff	10	0	4	10	10	2.29	1.62
Alumni	3	0	3	2	2	2.00	1.56
Community member	0	0	1	2	6	3.56	0.73

Table 6

## Members' Perception of LeClub Programs and Services by Race/Ethnicity (N=317)

Item	Don't					Mean	SD
	Know	Poor	Fair	Good	Excellent		
<b>Body core</b>	<b>113</b>	<b>4</b>	<b>30</b>	<b>70</b>	<b>34</b>	<b>1.63</b>	<b>1.59</b>
Asian/Pacific Islander	2	0	0	6	1	2.44	1.42
American Indian/Alaskan Native	0	0	0	1	0	3.00	0.00
Black, African American	15	0	3	4	1	0.96	1.40
Hispanic, Latino/a	2	0	3	2	1	2.00	1.41
White, Non-Hispanic	94	4	24	55	30	1.63	1.60
International	0	0	0	1	1	3.50	0.71
Other	0	0	0	1	0	3.00	0.00
<b>Body blast</b>	<b>122</b>	<b>6</b>	<b>27</b>	<b>59</b>	<b>37</b>	<b>1.53</b>	<b>1.61</b>
Asian/Pacific Islander	2	0	1	5	1	2.33	1.41
American Indian/Alaskan Native	0	0	0	1	0	3.00	0.00
Black, African American	16	0	1	4	2	0.96	1.52
Hispanic, Latino/a	4	0	2	2	0	1.25	1.39
White, Non-Hispanic	100	5	23	45	34	1.56	1.63
International	0	1	0	1	0	2.00	1.41
Other	0	0	0	1	0	3.00	0.00
<b>Boxercise</b>	<b>129</b>	<b>11</b>	<b>34</b>	<b>45</b>	<b>33</b>	<b>1.37</b>	<b>1.55</b>
Asian/Pacific Islander	1	0	3	3	2	2.56	1.24
American Indian/Alaskan Native	0	0	0	1	0	3.00	0.00
Black, African American	15	2	3	3	0	0.74	1.14
Hispanic, Latino/a	5	0	1	2	0	1.00	1.41
White, Non-Hispanic	108	8	27	34	31	1.38	1.58
International	0	1	0	1	0	2.00	1.41
Other	0	0	0	1	0	3.00	0.00
<b>Indoor cycling</b>	<b>167</b>	<b>9</b>	<b>31</b>	<b>57</b>	<b>46</b>	<b>1.37</b>	<b>1.61</b>
Asian/Pacific Islander	2	0	1	8	2	2.62	1.26
American Indian/Alaskan Native	0	0	0	1	0	3.00	0.00
Black, African American	16	1	2	5	2	1.08	1.50
Hispanic, Latino/a	4	0	3	1	0	1.13	1.25
White, Non-Hispanic	145	7	25	41	41	1.33	1.62
International	0	1	0	0	1	2.50	2.12
Other	0	0	0	1	0	3.00	0.00
<b>Jiu-Jitsu</b>	<b>211</b>	<b>14</b>	<b>20</b>	<b>41</b>	<b>24</b>	<b>0.88</b>	<b>1.40</b>
Asian/Pacific Islander	3	0	4	4	2	2.15	1.41
American Indian/Alaskan Native	0	0	0	1	0	3.00	0.00
Black, African American	19	1	1	4	1	0.73	1.31
Hispanic, Latino/a	7	1	0	0	0	0.13	0.35
White, Non-Hispanic	182	11	15	30	21	0.83	1.39
International	0	1	0	1	0	2.00	1.41
Other	0	0	0	1	0	3.00	0.00
<b>Personal training</b>	<b>194</b>	<b>12</b>	<b>25</b>	<b>46</b>	<b>31</b>	<b>1.10</b>	<b>1.49</b>
Asian/Pacific Islander	4	0	1	6	1	2.00	1.54
American Indian/Alaskan Native	0	0	0	1	0	3.00	0.00
Black, African American	17	1	1	6	1	0.96	1.43
Hispanic, Latino/a	7	1	0	0	0	0.13	0.35
White, Non-Hispanic	166	9	23	31	29	1.02	1.49
International	0	1	0	1	0	2.00	1.41
Other	0	0	0	1	0	3.00	0.00

Table 6 (cond.)

Item	Don't					Mean	SD
	Know	Poor	Fair	Good	Excellent		
<b>Health assessments</b>	<b>174</b>	<b>18</b>	<b>27</b>	<b>56</b>	<b>34</b>	<b>1.22</b>	<b>1.53</b>
Asian/Pacific Islander	4	0	2	7	0	1.92	1.38
American Indian/Alaskan Native	0	0	0	1	0	3.00	0.00
Black, African American	15	0	3	7	1	1.19	1.47
Hispanic, Latino/a	5	1	1	1	0	0.75	1.17
White, Non-Hispanic	150	16	20	40	32	1.18	1.54
International	0	1	0	0	1	2.50	2.12
Other	0	0	1	0	0	2.00	0.00
<b>Nutritional consultations</b>	<b>215</b>	<b>15</b>	<b>22</b>	<b>35</b>	<b>22</b>	<b>0.82</b>	<b>1.35</b>
Asian/Pacific Islander	5	1	2	4	1	1.62	1.50
American Indian/Alaskan Native	0	0	0	1	0	3.00	0.00
Black, African American	20	1	2	3	0	0.54	1.07
Hispanic, Latino/a	6	1	0	1	0	0.50	1.07
White, Non-Hispanic	184	11	18	25	20	0.78	1.35
International	0	1	0	1	0	2.00	1.41
Other	0	0	0	0	1	4.00	0.00
<b>Selection of free weights</b>	<b>99</b>	<b>6</b>	<b>34</b>	<b>90</b>	<b>81</b>	<b>2.15</b>	<b>1.62</b>
Asian/Pacific Islander	1	0	2	6	4	2.92	1.12
American Indian/Alaskan Native	0	0	1	0	0	2.00	0.00
Black, African American	9	0	6	6	5	1.92	1.57
Hispanic, Latino/a	2	1	1	4	0	1.88	1.36
White, Non-Hispanic	87	4	23	73	72	2.15	1.66
International	0	1	0	1	0	2.00	1.41
Other	0	0	1	0	0	2.00	0.00
<b>Selection of weight machines</b>	<b>87</b>	<b>6</b>	<b>30</b>	<b>101</b>	<b>85</b>	<b>2.29</b>	<b>1.58</b>
Asian/Pacific Islander	1	0	2	5	5	3.00	1.16
American Indian/Alaskan Native	0	0	0	1	0	3.00	0.00
Black, African American	7	1	5	7	6	2.15	1.54
Hispanic, Latino/a	1	0	1	5	1	2.63	1.19
White, Non-Hispanic	78	4	22	81	73	2.26	1.62
International	0	1	0	1	0	2.00	1.41
Other	0	0	0	1	0	3.00	0.00
<b>Selection of cardio machines</b>	<b>94</b>	<b>9</b>	<b>31</b>	<b>84</b>	<b>90</b>	<b>2.22</b>	<b>1.63</b>
Asian/Pacific Islander	2	0	2	5	4	2.69	1.38
American Indian/Alaskan Native	0	0	0	1	0	3.00	0.00
Black, African American	6	1	6	5	8	2.31	0.00
Hispanic, Latino/a	2	0	4	1	1	1.88	1.36
White, Non-Hispanic	84	7	19	70	77	2.19	1.67
International	0	1	0	1	0	2.00	1.41
Other	0	0	0	1	0	3.00	0.00

Table 7

Members' Perception of LeClub Programs and Services by Age (N=317)

Item	Don't					Mean	SD
	Know	Poor	Fair	Good	Excellent		
<b>Body core</b>	<b>115</b>	<b>4</b>	<b>32</b>	<b>70</b>	<b>35</b>	<b>1.63</b>	<b>1.58</b>
16-21	34	2	13	24	13	1.77	1.60
21-25	49	2	14	35	16	1.72	1.58
26-30	8	0	2	5	2	1.59	14.62
31-35	5	0	0	3	3	1.91	1.87
36-40	3	0	0	1	0	0.75	1.50
41-45	5	0	0	2	1	1.25	1.75
46-50	4	0	2	0	0	0.67	1.03
51-55	5	0	1	0	0	0.33	0.82
56-60	2	0	0	0	0	0.00	0.00
61+	0	0	0	0	0	0.00	0.00
<b>Body blast</b>	<b>124</b>	<b>6</b>	<b>29</b>	<b>59</b>	<b>38</b>	<b>1.54</b>	<b>1.60</b>
16-21	36	2	11	22	15	1.74	1.62
21-25	53	3	12	30	18	1.63	1.62
26-30	9	1	3	2	2	1.24	1.52
31-35	6	0	1	2	2	1.45	1.75
36-40	4	0	0	0	0	0.00	0.00
41-45	5	0	0	2	1	1.25	1.75
46-50	4	0	1	1	0	0.83	1.33
51-55	5	0	1	0	0	0.33	0.82
56-60	2	0	0	0	0	0.00	0.00
61+	0	0	0	0	0	0.00	0.00
<b>Boxercise</b>	<b>132</b>	<b>11</b>	<b>35</b>	<b>45</b>	<b>34</b>	<b>1.37</b>	<b>1.55</b>
16-21	39	4	15	13	15	1.55	1.59
21-25	60	4	13	26	14	1.40	1.57
26-30	7	2	1	5	2	1.59	1.58
31-35	6	1	2	1	1	1.09	1.45
36-40	3	0	1	0	0	0.50	1.00
41-45	5	0	1	0	2	1.25	1.83
46-50	5	0	1	0	0	0.66	0.82
51-55	5	0	1	0	0	0.33	0.82
56-60	2	0	0	0	0	0.00	0.00
61+	0	0	0	0	0	0.00	0.00
<b>Indoor cycling</b>	<b>171</b>	<b>9</b>	<b>31</b>	<b>58</b>	<b>47</b>	<b>1.37</b>	<b>1.61</b>
16-21	57	4	9	28	11	1.38	1.56
21-25	76	3	16	22	27	1.45	1.66
26-30	9	2	5	2	1	1.16	1.30
31-35	8	0	0	2	2	1.17	1.75
36-40	3	0	0	0	1	1.00	2.00
41-45	6	0	0	1	1	0.87	1.64
46-50	5	0	0	0	3	1.22	2.07
51-55	5	0	1	3	0	2.00	1.48
56-60	1	0	0	0	1	0.00	0.00
61+	1	0	0	0	0	0.00	0.00

Table 7 (cond.)

Item	Don't Know	Poor	Fair	Good	Excellent	Mean	SD
<b>Jiu-Jitsu</b>	<b>215</b>	<b>14</b>	<b>21</b>	<b>42</b>	<b>24</b>	<b>0.88</b>	<b>1.40</b>
16-21	70	7	3	22	7	0.98	1.44
21-25	95	6	11	17	15	0.97	1.47
26-30	13	1	3	1	1	0.74	1.24
31-35	10	0	0	2	0	0.50	1.17
36-40	4	0	0	0	0	0.00	0.00
41-45	8	0	0	0	0	0.00	0.00
46-50	5	0	2	0	1	1.00	1.51
51-55	7	0	2	0	0	0.44	0.88
56-60	2	0	0	0	0	0.00	0.00
61+	1	0	0	0	0	0.00	0.00
<b>Personal training</b>	<b>199</b>	<b>12</b>	<b>26</b>	<b>46</b>	<b>31</b>	<b>1.04</b>	<b>1.48</b>
16-21	69	3	8	16	13	1.09	1.54
21-25	86	6	13	24	14	1.12	1.50
26-30	13	3	1	1	0	0.44	0.86
31-35	10	0	1	0	1	0.50	1.24
36-40	1	0	0	2	1	2.50	1.73
41-45	6	0	1	1	0	0.63	1.19
46-50	7	0	0	0	1	0.50	1.41
51-55	5	0	2	2	0	1.11	1.36
56-60	1	0	0	0	1	2.00	2.83
61+	1	0	0	0	0	0.00	0.00
<b>Health assessments</b>	<b>178</b>	<b>18</b>	<b>27</b>	<b>57</b>	<b>35</b>	<b>1.22</b>	<b>1.53</b>
16-21	62	6	8	21	12	1.22	1.54
21-25	78	8	12	27	18	1.29	1.57
26-30	13	2	1	2	1	0.74	1.28
31-35	9	0	0	2	1	0.83	1.53
36-40	3	0	1	0	0	0.50	1.00
41-45	2	0	2	3	1	2.13	1.46
46-50	6	2	0	0	0	0.25	0.46
51-55	4	0	3	2	0	1.33	1.32
56-60	0	0	0	0	2	4.00	0.00
61+	1	0	0	0	0	0.00	0.00
<b>Nutritional consultants</b>	<b>220</b>	<b>15</b>	<b>22</b>	<b>35</b>	<b>23</b>	<b>0.81</b>	<b>1.36</b>
16-21	78	4	9	12	6	0.75	1.30
21-25	96	8	8	17	14	0.92	1.45
26-30	14	3	1	0	1	0.47	1.02
31-35	9	0	0	2	1	0.83	1.53
36-40	3	0	1	0	0	0.50	1.00
41-45	7	0	0	1	0	0.39	1.06
46-50	6	0	2	0	0	0.50	0.93
51-55	6	0	1	2	0	0.89	1.36
56-60	0	0	0	1	1	3.50	0.71
61+	1	0	0	0	0	0.00	0.00

Table 7 (cond.)

Item	Don't Know	Poor	Fair	Good	Excellent	Mean	SD
<b>Selection of free weights</b>	<b>99</b>	<b>6</b>	<b>36</b>	<b>92</b>	<b>83</b>	<b>2.17</b>	<b>1.61</b>
16-21	42	2	15	28	22	1.87	1.62
21-25	39	4	18	44	39	2.25	1.56
26-30	8	0	2	5	4	1.84	1.71
31-35	2	0	0	3	7	3.08	1.51
36-40	0	0	1	3	0	2.75	0.50
41-45	3	0	0	5	0	1.88	1.55
46-50	2	0	0	2	4	2.75	1.75
51-55	3	0	0	2	4	2.44	1.88
56-60	0	0	0	0	2	4.00	0.00
61+	0	0	0	0	1	4.00	1.00
<b>Selection of weight machines</b>	<b>88</b>	<b>7</b>	<b>31</b>	<b>101</b>	<b>88</b>	<b>2.30</b>	<b>1.58</b>
16-21	37	2	16	30	23	2.00	1.59
21-25	35	5	11	48	45	2.44	1.55
26-30	5	0	4	5	5	2.26	1.56
31-35	3	0	0	4	5	2.67	1.67
36-40	0	0	0	4	0	3.00	0.00
41-45	2	0	0	5	1	2.37	1.51
46-50	2	0	0	3	3	2.63	1.69
51-55	3	0	0	2	4	2.44	1.88
56-60	0	0	0	0	2	4.00	0.00
61+	1	0	0	0	0	0.00	0.00
<b>Selection of cardio machines</b>	<b>95</b>	<b>9</b>	<b>33</b>	<b>86</b>	<b>91</b>	<b>2.22</b>	<b>1.62</b>
16-21	40	5	10	25	27	1.94	1.68
21-25	38	3	13	46	44	2.38	1.58
26-30	4	1	5	4	5	2.26	1.49
31-35	4	0	1	3	4	2.25	1.77
36-40	0	0	2	2	0	2.50	0.58
41-45	3	0	2	2	1	1.75	1.58
46-50	2	0	0	2	4	2.75	1.75
51-55	3	0	0	2	4	2.44	1.88
56-60	0	0	0	0	2	4.00	0.00
61+	1	0	0	0	0	0.00	0.00

**Table 8**

Composite Members' Perception of LeClub Staff (N=317)

Item	Don't Know	Poor	Fair	Good	Excellent	Mean	SD
Motivated to assist me	17	29	75	130	65	2.62	1.08
Encourage me to reach my goals	56	57	99	72	31	1.89	1.23
Act in a professional manner	2	15	64	154	81	2.94	0.84
Able to answer my questions	21	10	48	144	93	2.67	1.08
Possess a positive attitude	4	6	49	141	116	3.14	0.83
Provide useful information	19	23	73	130	71	2.67	1.09
Know how to use the equipment	40	6	34	124	111	2.83	1.29
Demonstrate proper technique	65	11	42	106	92	2.47	1.46
Know about programs/services	32	9	50	129	96	2.78	1.20
Enforce rules	34	22	77	128	54	2.46	1.18
Accessible	11	12	62	147	84	2.89	0.96
Friendly	1	10	35	133	137	3.25	0.80
Helpful	7	10	50	138	111	3.06	0.91
Energetic	8	18	71	129	90	2.87	0.98

Table 9

Members' Perception of LeClub Staff by Gender (N=317)

Item	Don't Know	Poor	Fair	Good	Excellent	Mean	SD
<b>Motivated to assist me</b>	<b>17</b>	<b>29</b>	<b>75</b>	<b>130</b>	<b>65</b>	<b>2.62</b>	<b>1.08</b>
Male	5	6	31	58	24	2.73	0.97
Female	12	23	44	72	41	2.56	1.14
<b>Encourage me to reach my goals</b>	<b>56</b>	<b>57</b>	<b>99</b>	<b>72</b>	<b>31</b>	<b>1.89</b>	<b>1.23</b>
Male	18	14	42	38	12	2.10	1.18
Female	38	43	57	34	19	1.75	1.24
<b>Act in a professional manner</b>	<b>2</b>	<b>15</b>	<b>64</b>	<b>154</b>	<b>81</b>	<b>2.94</b>	<b>0.84</b>
Male	2	7	23	59	33	2.92	0.91
Female	0	8	41	95	48	2.95	0.80
<b>Able to answer my questions</b>	<b>21</b>	<b>10</b>	<b>48</b>	<b>144</b>	<b>93</b>	<b>2.67</b>	<b>1.08</b>
Male	7	4	20	59	34	2.88	1.03
Female	14	6	28	85	59	2.88	1.11
<b>Possess a positive attitude</b>	<b>4</b>	<b>6</b>	<b>49</b>	<b>141</b>	<b>116</b>	<b>3.14</b>	<b>0.83</b>
Male	2	1	19	56	46	3.15	0.83
Female	2	5	30	85	70	3.13	0.84
<b>Provide useful information</b>	<b>19</b>	<b>23</b>	<b>73</b>	<b>130</b>	<b>71</b>	<b>2.67</b>	<b>1.09</b>
Male	6	6	31	53	28	2.73	1.02
Female	13	17	42	77	43	2.62	1.13
<b>Know how to use the equipment</b>	<b>40</b>	<b>6</b>	<b>34</b>	<b>124</b>	<b>111</b>	<b>2.83</b>	<b>1.29</b>
Male	14	3	15	44	48	2.88	1.27
Female	26	3	19	80	63	2.79	1.30
<b>Demonstrate proper technique</b>	<b>65</b>	<b>11</b>	<b>42</b>	<b>106</b>	<b>92</b>	<b>2.47</b>	<b>1.46</b>
Male	22	6	20	40	36	2.50	1.42
Female	43	5	22	66	56	2.45	1.50
<b>Know about programs/services</b>	<b>32</b>	<b>9</b>	<b>50</b>	<b>129</b>	<b>96</b>	<b>2.78</b>	<b>1.20</b>
Male	9	3	19	57	36	2.87	1.09
Female	23	6	31	72	60	2.73	1.27
<b>Enforce rules</b>	<b>34</b>	<b>22</b>	<b>77</b>	<b>128</b>	<b>54</b>	<b>2.46</b>	<b>1.18</b>
Male	12	7	31	54	20	2.51	1.13
Female	22	15	46	74	34	2.43	1.21
<b>Accessible</b>	<b>11</b>	<b>12</b>	<b>62</b>	<b>147</b>	<b>84</b>	<b>2.89</b>	<b>0.96</b>
Male	4	3	26	60	31	2.90	0.92
Female	7	9	36	87	53	2.89	0.99
<b>Friendly</b>	<b>1</b>	<b>10</b>	<b>35</b>	<b>133</b>	<b>137</b>	<b>3.25</b>	<b>0.80</b>
Male	1	2	11	56	54	3.29	0.76
Female	0	8	24	77	83	3.22	0.82

Table 9 (cond.)

Item	Don't Know	Poor	Fair	Good	Excellent	Mean	SD
<b>Helpful</b>	<b>7</b>	<b>10</b>	<b>50</b>	<b>138</b>	<b>111</b>	<b>3.06</b>	<b>0.91</b>
Male	3	1	19	62	39	3.07	0.85
Female	4	9	31	76	72	3.06	0.96
<b>Energetic</b>	<b>8</b>	<b>18</b>	<b>71</b>	<b>129</b>	<b>90</b>	<b>2.87</b>	<b>0.98</b>
Male	3	5	32	49	35	2.87	0.95
Female	5	13	39	80	55	2.87	0.99

Table 10

Members' Perception of LeClub Staff by Standing (N=317)

Item	Don't					Mean	SD
	Know	Poor	Fair	Good	Excellent		
<b>Motivated to assist me</b>	<b>17</b>	<b>29</b>	<b>75</b>	<b>130</b>	<b>65</b>	<b>2.62</b>	<b>1.08</b>
Freshman	5	10	9	24	5	2.26	1.16
Sophomore	3	4	13	21	10	2.61	1.08
Junior	2	5	13	27	11	2.69	1.00
Senior	5	5	27	35	26	2.73	1.07
Graduate student	0	0	1	0	2	3.33	1.16
Faculty/Staff	2	4	9	15	5	2.56	0.99
Alumni	0	0	1	5	4	3.30	0.68
Community member	1	1	2	3	2	2.44	1.33
<b>Encourage me to reach my goals</b>	<b>56</b>	<b>57</b>	<b>99</b>	<b>72</b>	<b>31</b>	<b>1.89</b>	<b>1.23</b>
Freshman	8	12	18	14	1	1.77	1.07
Sophomore	7	6	21	14	3	2.00	1.10
Junior	8	15	12	18	5	1.95	1.22
Senior	19	15	29	18	17	1.99	1.35
Graduate student	0	0	2	0	1	2.67	1.16
Faculty/Staff	10	6	13	3	2	1.44	1.19
Alumni	2	1	3	2	2	2.10	1.45
Community member	2	2	1	3	0	1.63	1.30
<b>Act in a professional manner</b>	<b>2</b>	<b>15</b>	<b>64</b>	<b>154</b>	<b>81</b>	<b>2.94</b>	<b>0.84</b>
Freshman	0	1	8	32	12	3.40	0.68
Sophomore	0	4	8	23	16	3.00	0.89
Junior	0	1	14	27	16	3.00	0.77
Senior	2	6	20	45	25	2.87	0.94
Graduate student	0	0	0	2	1	3.33	0.58
Faculty/Staff	0	2	12	16	4	2.65	0.77
Alumni	0	0	0	6	4	3.40	0.52
Community member	0	1	2	3	3	2.89	1.05
<b>Able to answer my questions</b>	<b>21</b>	<b>10</b>	<b>48</b>	<b>144</b>	<b>93</b>	<b>2.67</b>	<b>1.08</b>
Freshman	5	2	8	18	20	2.87	1.24
Sophomore	2	1	6	24	18	3.08	0.96
Junior	2	2	5	32	17	3.03	0.97
Senior	7	3	15	47	26	2.84	1.08
Graduate student	0	0	1	1	1	3.00	1.00
Faculty/Staff	4	2	11	13	4	2.32	1.15
Alumni	0	0	0	6	4	3.40	0.52
Community member	1	0	2	3	3	2.78	1.30
<b>Possess a positive attitude</b>	<b>4</b>	<b>6</b>	<b>49</b>	<b>141</b>	<b>116</b>	<b>3.14</b>	<b>0.83</b>
Freshman	1	0	7	26	19	3.17	0.80
Sophomore	0	3	6	24	18	3.12	0.84
Junior	1	0	8	28	21	3.17	0.80
Senior	2	0	14	41	41	3.21	0.84
Graduate student	0	0	1	0	2	3.33	1.16
Faculty/Staff	0	2	10	14	8	2.82	0.87
Alumni	0	0	1	4	5	3.40	0.70
Community member	0	1	2	4	2	2.78	0.97

Table 10 (cond.)

Item	Don't Know	Poor	Fair	Good	Excellent	Mean	SD
<b>Provide useful information</b>	<b>19</b>	<b>23</b>	<b>73</b>	<b>130</b>	<b>71</b>	<b>2.67</b>	<b>1.09</b>
Freshman	4	8	6	23	12	2.58	1.22
Sophomore	5	3	15	15	13	2.55	1.22
Junior	1	4	11	29	13	2.84	0.91
Senior	4	5	23	42	24	2.79	1.01
Graduate student	0	0	1	1	1	3.00	1.00
Faculty/Staff	4	3	13	11	3	2.18	1.11
Alumni	1	0	1	6	2	2.80	1.14
Community member	0	0	3	3	3	3.00	0.87
<b>Know how to use the equipment</b>	<b>40</b>	<b>6</b>	<b>34</b>	<b>124</b>	<b>111</b>	<b>2.83</b>	<b>1.29</b>
Freshman	8	2	3	21	19	2.77	1.38
Sophomore	6	1	8	13	23	2.90	1.33
Junior	7	0	4	23	24	2.98	1.26
Senior	6	2	13	47	29	2.94	1.04
Graduate student	0	0	0	1	2	3.67	0.58
Faculty/Staff	10	1	6	12	5	2.03	1.49
Alumni	1	0	0	2	7	3.40	1.27
Community member	2	0	0	5	2	2.56	1.51
<b>Demonstrate proper technique</b>	<b>65</b>	<b>11</b>	<b>42</b>	<b>106</b>	<b>92</b>	<b>2.47</b>	<b>1.46</b>
Freshman	10	4	5	14	20	2.57	1.53
Sophomore	7	1	9	19	15	2.67	1.31
Junior	10	1	4	25	18	2.69	1.39
Senior	17	4	19	32	26	2.47	1.39
Graduate student	0	0	1	1	1	3.00	1.00
Faculty/Staff	14	1	4	10	5	1.74	1.60
Alumni	3	0	0	2	5	2.60	1.84
Community member	4	0	0	3	2	1.89	1.83
<b>Know about programs/services</b>	<b>32</b>	<b>9</b>	<b>50</b>	<b>129</b>	<b>96</b>	<b>2.78</b>	<b>1.20</b>
Freshman	5	3	6	17	22	2.91	1.28
Sophomore	5	2	8	18	18	2.82	1.24
Junior	7	0	6	28	17	2.83	1.22
Senior	9	3	18	41	27	2.76	1.17
Graduate student	0	0	1	1	1	3.00	1.00
Faculty/Staff	6	1	8	14	5	2.32	1.30
Alumni	0	0	1	5	4	3.30	0.68
Community member	0	0	2	5	2	3.00	0.71
<b>Enforce rules</b>	<b>34</b>	<b>22</b>	<b>77</b>	<b>128</b>	<b>54</b>	<b>2.46</b>	<b>1.18</b>
Freshman	5	4	9	22	12	2.62	1.21
Sophomore	3	3	15	20	10	2.61	1.06
Junior	7	1	12	30	8	2.53	1.14
Senior	10	9	25	35	19	2.45	1.20
Graduate student	0	0	1	0	2	3.33	1.16
Faculty/Staff	8	4	12	9	1	1.74	1.19
Alumni	1	0	0	8	1	2.80	1.03
Community member	0	1	3	4	1	2.56	0.88

Table 10 (cond.)

Item	Don't Know	Poor	Fair	Good	Excellent	Mean	SD
<b>Accessible</b>	<b>11</b>	<b>12</b>	<b>62</b>	<b>147</b>	<b>84</b>	<b>2.89</b>	<b>0.96</b>
Freshman	3	2	9	25	14	2.85	1.05
Sophomore	1	3	7	26	14	2.96	0.92
Junior	0	1	11	29	17	3.07	0.75
Senior	5	2	19	42	29	2.91	1.02
Graduate student	0	0	1	1	1	3.00	1.00
Faculty/Staff	2	2	14	13	3	2.38	0.95
Alumni	0	0	1	6	3	3.20	0.63
Community member	0	2	0	4	3	2.89	1.17
<b>Friendly</b>	<b>1</b>	<b>10</b>	<b>35</b>	<b>133</b>	<b>137</b>	<b>3.25</b>	<b>0.80</b>
Freshman	0	1	9	21	22	3.21	0.79
Sophomore	0	3	6	22	20	3.16	0.86
Junior	0	1	3	31	23	3.31	0.65
Senior	1	1	7	40	49	3.38	0.75
Graduate student	0	0	1	0	2	3.33	1.16
Faculty/Staff	0	3	7	11	13	3.00	0.99
Alumni	0	0	0	5	5	3.50	0.53
Community member	0	1	2	3	3	2.89	1.05
<b>Helpful</b>	<b>7</b>	<b>10</b>	<b>50</b>	<b>138</b>	<b>111</b>	<b>3.06</b>	<b>0.91</b>
Freshman	1	0	10	20	22	3.17	0.87
Sophomore	2	4	5	24	16	2.94	1.05
Junior	2	1	6	30	19	3.09	0.90
Senior	2	2	16	40	38	3.12	0.90
Graduate student	0	0	1	1	1	3.00	1.00
Faculty/Staff	0	3	10	15	6	2.71	0.87
Alumni	0	0	0	5	5	3.50	0.53
Community member	0	0	2	3	4	3.22	0.83
<b>Energetic</b>	<b>8</b>	<b>18</b>	<b>71</b>	<b>129</b>	<b>90</b>	<b>2.87</b>	<b>0.98</b>
Freshman	3	2	9	25	14	2.85	1.05
Sophomore	1	4	11	17	18	2.92	1.04
Junior	3	1	12	25	17	2.90	1.02
Senior	1	3	25	39	30	2.96	0.88
Graduate student	0	0	1	1	1	3.00	1.00
Faculty/Staff	0	6	10	15	3	2.44	0.89
Alumni	0	0	2	3	5	3.30	0.82
Community member	0	2	1	4	2	2.67	1.12

Table 11

Members' Perception of LeClub Staff by Race/Ethnicity (N=317)

Item	Don't					Mean	SD
	Know	Poor	Fair	Good	Excellent		
<b>Motivated to assist me</b>	<b>17</b>	<b>28</b>	<b>72</b>	<b>129</b>	<b>63</b>	<b>2.62</b>	<b>1.08</b>
Asian/Pacific Islander	1	2	3	3	4	2.54	1.33
American Indian/Alaskan Native	0	0	1	0	0	2.00	0.00
Black, African American	1	4	6	12	3	2.46	1.03
Hispanic, Latino/a	0	0	3	4	1	2.75	0.71
White, Non-Hispanic	15	20	58	110	55	2.66	1.08
International	0	1	1	0	0	1.50	0.71
Other	0	1	0	0	0	1.00	0.00
<b>Encourage me to reach my goals</b>	<b>56</b>	<b>56</b>	<b>96</b>	<b>70</b>	<b>31</b>	<b>1.88</b>	<b>1.24</b>
Asian/Pacific Islander	2	3	2	4	2	2.08	1.38
American Indian/Alaskan Native	0	0	1	0	0	2.00	0.00
Black, African American	4	4	10	6	2	1.92	1.16
Hispanic, Latino/a	2	2	3	0	1	1.50	1.31
White, Non-Hispanic	48	46	78	60	26	1.88	1.25
International	0	1	1	0	0	1.50	0.71
Other	0	0	1	0	0	2.00	0.00
<b>Act in a professional manner</b>	<b>2</b>	<b>15</b>	<b>60</b>	<b>153</b>	<b>79</b>	<b>2.94</b>	<b>0.84</b>
Asian/Pacific Islander	0	0	5	5	3	2.85	0.80
American Indian/Alaskan Native	0	0	1	0	0	2.00	0.00
Black, African American	1	2	4	13	6	2.81	1.02
Hispanic, Latino/a	0	2	1	3	2	2.63	1.19
White, Non-Hispanic	1	10	49	130	68	2.98	0.80
International	0	1	0	1	0	2.00	1.41
Other	0	0	0	1	0	3.00	0.00
<b>Able to answer my questions</b>	<b>21</b>	<b>10</b>	<b>45</b>	<b>141</b>	<b>92</b>	<b>2.88</b>	<b>1.08</b>
Asian/Pacific Islander	1	0	3	5	4	2.85	1.14
American Indian/Alaskan Native	0	0	1	0	0	2.00	0.00
Black, African American	1	2	4	12	7	2.85	1.05
Hispanic, Latino/a	0	0	2	4	2	3.00	0.77
White, Non-Hispanic	19	7	34	119	79	2.90	1.10
International	0	1	1	0	0	1.50	0.71
Other	0	0	0	1	0	3.00	0.00
<b>Possess a positive attitude</b>	<b>4</b>	<b>6</b>	<b>46</b>	<b>140</b>	<b>113</b>	<b>3.14</b>	<b>0.83</b>
Asian/Pacific Islander	0	0	3	4	6	3.23	0.83
American Indian/Alaskan Native	0	0	1	0	0	2.00	0.00
Black, African American	2	1	3	12	8	2.88	1.14
Hispanic, Latino/a	0	0	1	2	5	3.50	0.76
White, Non-Hispanic	2	4	36	122	94	3.17	0.78
International	0	1	1	0	0	1.50	2.00
Other	0	0	1	0	0	2.00	0.00
<b>Provide useful information</b>	<b>19</b>	<b>23</b>	<b>70</b>	<b>128</b>	<b>69</b>	<b>2.66</b>	<b>1.09</b>
Asian/Pacific Islander	1	2	4	5	1	2.23	1.09
American Indian/Alaskan Native	0	0	1	0	0	2.00	0.00
Black, African American	2	4	5	11	4	2.42	1.17
Hispanic, Latino/a	0	0	1	5	2	3.13	0.64
White, Non-Hispanic	16	16	58	106	62	2.71	1.09
International	0	1	1	0	0	1.50	0.71
Other	0	0	0	1	0	3.00	0.00

Table 11 (cond.)

Item	Don't					Mean	SD
	Know	Poor	Fair	Good	Excellent		
<b>Know how to use the equipment</b>	<b>40</b>	<b>6</b>	<b>31</b>	<b>122</b>	<b>109</b>	<b>2.82</b>	<b>1.30</b>
Asian/Pacific Islander	2	0	1	7	3	2.69	1.32
American Indian/Alaskan Native	0	0	0	1	0	3.00	0.00
Black, African American	6	0	3	10	7	2.46	1.50
Hispanic, Latino/a	0	0	1	5	2	3.13	0.64
White, Non-Hispanic	32	5	26	98	96	2.86	1.29
International	0	1	0	0	1	2.50	2.12
Other	0	0	0	1	0	3.00	0.00
<b>Demonstrate proper technique</b>	<b>64</b>	<b>11</b>	<b>40</b>	<b>103</b>	<b>91</b>	<b>2.47</b>	<b>1.47</b>
Asian/Pacific Islander	3	1	3	3	3	2.15	1.52
American Indian/Alaskan Native	0	0	0	1	0	3.00	0.00
Black, African American	6	2	7	7	4	2.04	1.40
Hispanic, Latino/a	2	0	0	4	2	2.50	1.60
White, Non-Hispanic	53	7	28	88	82	2.54	1.48
International	0	1	1	0	0	1.50	0.71
Other	0	0	1	0	0	2.00	0.00
<b>Know about programs/services</b>	<b>31</b>	<b>9</b>	<b>47</b>	<b>128</b>	<b>94</b>	<b>2.79</b>	<b>1.20</b>
Asian/Pacific Islander	2	0	3	6	2	2.46	1.27
American Indian/Alaskan Native	0	0	0	1	0	3.00	0.00
Black, African American	4	3	4	9	6	2.38	1.39
Hispanic, Latino/a	0	0	0	6	2	3.25	0.46
White, Non-Hispanic	25	5	39	106	83	2.84	1.18
International	0	1	1	0	0	1.50	0.71
Other	0	0	0	0	1	4.00	0.00
<b>Enforce rules</b>	<b>34</b>	<b>21</b>	<b>74</b>	<b>127</b>	<b>52</b>	<b>2.46</b>	<b>1.18</b>
Asian/Pacific Islander	1	0	5	5	2	2.54	1.05
American Indian/Alaskan Native	0	0	0	1	0	3.00	0.00
Black, African American	3	2	4	11	6	2.58	1.27
Hispanic, Latino/a	0	0	1	7	0	2.88	0.35
White, Non-Hispanic	30	18	63	103	44	2.44	1.19
International	0	1	1	0	0	0.00	0.00
Other							
<b>Accessible</b>	<b>11</b>	<b>12</b>	<b>58</b>	<b>146</b>	<b>82</b>	<b>2.89</b>	<b>0.96</b>
Asian/Pacific Islander	0	1	3	6	3	2.85	0.90
American Indian/Alaskan Native	0	0	1	0	0	2.00	0.00
Black, African American	2	2	7	7	8	2.65	1.23
Hispanic, Latino/a	0	0	1	5	2	3.13	0.64
White, Non-Hispanic	9	8	44	128	69	2.93	0.94
International	0	1	1	0	0	1.50	0.71
Other	0	0	1	0	0	2.00	0.00
<b>Friendly</b>	<b>1</b>	<b>10</b>	<b>34</b>	<b>130</b>	<b>134</b>	<b>3.25</b>	<b>0.80</b>
Asian/Pacific Islander	0	0	1	8	4	3.23	0.60
American Indian/Alaskan Native	0	0	1	0	0	2.00	0.00
Black, African American	1	2	3	10	10	3.00	1.10
Hispanic, Latino/a	0	0	0	3	5	3.63	0.52
White, Non-Hispanic	0	7	28	108	115	3.28	0.77
International	0	1	1	0	0	1.50	0.71
Other	0	0	0	1	0	3.00	0.00

Table 11 (cond.)

Item	Don't Know	Poor	Fair	Good	Excellent	Mean	SD
<b>Helpful</b>	<b>7</b>	<b>9</b>	<b>49</b>	<b>136</b>	<b>108</b>	<b>3.06</b>	<b>0.91</b>
Asian/Pacific Islander	0	0	3	6	4	3.08	0.76
American Indian/Alaskan Native	0	0	0	1	0	3.00	0.00
Black, African American	3	3	4	8	8	2.58	1.36
Hispanic, Latino/a	0	0	1	3	4	3.38	0.74
White, Non-Hispanic	4	5	40	117	92	3.12	0.85
International	0	1	1	0	0	1.50	0.71
Other	0	0	0	1	0	3.00	0.00
<b>Energetic</b>	<b>8</b>	<b>17</b>	<b>69</b>	<b>128</b>	<b>87</b>	<b>2.87</b>	<b>0.97</b>
Asian/Pacific Islander	0	0	3	7	3	3.00	0.71
American Indian/Alaskan Native	0	0	1	0	0	2.00	0.00
Black, African American	4	2	3	12	5	2.46	1.33
Hispanic, Latino/a	0	0	2	3	3	3.13	0.84
White, Non-Hispanic	4	14	59	105	76	2.91	0.94
International	0	1	1	0	0	1.50	0.71
Other	0	0	0	1	0	3.00	0.00

Table 12

Members' Perception of LeClub Staff by Age (N=317)

Item	Don't					Mean	SD
	Know	Poor	Fair	Good	Excellent		
<b>Motivated to assist me</b>	<b>17</b>	<b>29</b>	<b>75</b>	<b>130</b>	<b>64</b>	<b>2.62</b>	<b>1.07</b>
16-20	8	13	22	50	15	2.47	1.11
21-25	7	11	38	55	33	2.67	1.06
26-30	1	0	7	7	4	2.68	1.00
31-35	0	0	2	3	7	3.42	0.79
36-40	0	1	1	2	0	2.25	0.96
41-45	0	2	2	3	1	2.38	1.06
46-50	0	1	2	5	0	2.50	0.76
51-55	1	1	1	4	2	2.56	1.33
56-60	0	0	0	1	1	3.50	0.71
61+	0	0	0	0	1	4.00	0.00
<b>Encourage me to reach my goals</b>	<b>17</b>	<b>29</b>	<b>75</b>	<b>130</b>	<b>60</b>	<b>1.89</b>	<b>1.23</b>
16-20	8	13	22	50	15	1.90	1.09
21-25	7	11	38	55	33	1.97	1.26
26-30	1	0	7	7	7	1.53	1.50
31-35	0	0	2	3	0	2.08	1.62
36-40	0	1	1	2	1	1.75	0.50
41-45	0	2	2	3	0	1.25	0.89
46-50	0	1	2	5	0	0.75	0.89
51-55	1	1	1	4	2	1.78	1.20
56-60	0	0	0	1	1	3.50	0.71
61+	0	0	0	0	1	4.00	0.00
<b>Act in a professional manner</b>	<b>2</b>	<b>15</b>	<b>64</b>	<b>154</b>	<b>80</b>	<b>2.94</b>	<b>0.84</b>
16-20	0	5	14	62	27	3.03	0.76
21-25	1	8	33	63	39	2.91	0.88
26-30	1	0	5	8	5	2.84	1.02
31-35	0	0	2	5	5	3.25	0.75
36-40	0	1	0	3	0	2.50	1.00
41-45	0	1	1	5	1	2.75	0.89
46-50	0	0	7	1	0	2.13	0.35
51-55	0	0	2	6	1	2.89	0.60
56-60	0	0	0	1	1	3.50	0.71
61+	0	0	0	0	1	4.00	0.00
<b>Able to answer my questions</b>	<b>21</b>	<b>10</b>	<b>48</b>	<b>144</b>	<b>92</b>	<b>2.88</b>	<b>1.08</b>
16-20	7	3	13	48	37	2.97	1.08
21-25	7	4	22	69	42	2.94	1.00
26-30	4	1	1	8	5	2.47	1.50
31-35	0	0	2	6	4	3.17	0.72
36-40	0	1	3	0	0	1.75	0.50
41-45	1	0	2	4	1	2.50	1.20
46-50	2	0	3	3	0	1.88	1.25
51-55	0	1	1	6	1	2.78	0.83
56-60	0	0	1	0	1	3.00	1.41
61+	0	0	0	0	1	4.00	0.00

Table 12 (cond.)

Item	Don't Know	Poor	Fair	Good	Excellent	Mean	SD
<b>Possess a positive attitude</b>	<b>4</b>	<b>6</b>	<b>49</b>	<b>141</b>	<b>115</b>	<b>3.13</b>	<b>0.83</b>
16-20	2	2	12	56	36	3.13	0.82
21-25	1	3	21	61	58	3.19	0.81
26-30	1	0	5	7	6	2.89	1.05
31-35	0	0	1	3	8	3.58	0.67
36-40	0	0	2	2	0	2.50	0.58
41-45	0	1	1	3	3	3.00	1.07
46-50	0	0	6	2	0	2.25	0.46
51-55	0	0	1	6	2	3.11	0.60
56-60	0	0	0	1	1	3.50	0.71
61+	0	0	0	0	1	4.00	0.00
<b>Provide useful information</b>	<b>19</b>	<b>23</b>	<b>73</b>	<b>130</b>	<b>70</b>	<b>2.66</b>	<b>1.09</b>
16-20	10	10	21	44	23	2.56	1.19
21-25	3	8	35	61	37	2.84	0.94
26-30	1	1	7	6	4	2.58	1.07
31-35	1	0	2	6	3	2.83	1.12
36-40	0	1	1	2	0	2.25	0.96
41-45	1	1	3	3	0	2.00	1.07
46-50	2	1	4	1	0	1.50	1.07
51-55	1	1	0	6	1	2.56	1.24
56-60	0	0	0	1	1	3.50	0.71
61+	0	0	0	0	1	4.00	0.00
<b>Know how to use equipment</b>	<b>40</b>	<b>6</b>	<b>34</b>	<b>124</b>	<b>110</b>	<b>2.82</b>	<b>1.29</b>
16-20	14	2	10	43	39	2.84	1.30
21-25	14	3	16	56	54	2.93	1.21
26-30	3	0	1	7	8	2.89	1.41
31-35	2	0	2	4	4	2.67	1.44
36-40	0	1	0	3	0	2.50	1.00
41-45	2	0	2	3	1	2.13	1.46
46-50	3	0	2	2	1	1.75	1.58
51-55	2	0	1	4	2	2.44	1.51
56-60	0	0	0	1	1	3.50	0.71
61+	0	0	0	1	0	4.00	0.00
<b>Demonstrate proper technique</b>	<b>65</b>	<b>11</b>	<b>42</b>	<b>106</b>	<b>91</b>	<b>2.47</b>	<b>1.46</b>
16-20	16	5	12	40	35	2.68	1.37
21-25	28	5	21	47	43	2.50	1.45
26-30	6	0	3	5	5	2.16	1.64
31-35	4	0	2	3	3	2.08	1.68
36-40	1	1	0	2	0	1.75	1.50
41-45	4	0	2	1	1	1.38	1.60
46-50	3	0	1	4	0	1.75	1.49
51-55	3	0	1	3	2	2.11	1.69
56-60	0	0	0	1	1	3.50	0.71
61+	0	0	0	0	1	4.00	0.00

Table 12 (cond.)

Item	Don't					Mean	SD
	Know	Poor	Fair	Good	Excellent		
<b>Know about programs/services</b>	<b>32</b>	<b>9</b>	<b>50</b>	<b>129</b>	<b>95</b>	<b>2.78</b>	<b>1.20</b>
16-20	10	4	14	43	37	2.86	1.20
21-25	15	3	20	63	43	2.81	1.20
26-30	2	1	4	7	5	2.63	1.26
31-35	2	0	2	2	6	2.83	1.53
36-40	1	0	2	1	0	1.76	0.92
41-45	0	1	2	4	1	2.63	1.20
46-50	1	0	2	4	1	2.50	1.00
51-55	1	0	3	5	0	2.33	1.41
56-60	0	0	1	0	1	3.00	0.71
61+	0	0	0	0	1	4.00	0.00
<b>Enforce rules</b>	<b>34</b>	<b>22</b>	<b>77</b>	<b>128</b>	<b>53</b>	<b>2.46</b>	<b>1.18</b>
16-20	7	7	26	48	19	2.61	1.06
21-25	14	10	33	62	25	2.51	1.15
26-30	5	1	3	6	4	2.16	1.54
31-35	3	0	1	4	4	2.50	1.62
36-40	0	1	3	0	0	1.75	0.50
41-45	1	0	3	3	1	2.38	1.19
46-50	2	3	1	2	0	1.38	1.19
51-55	2	0	5	2	0	1.78	1.09
56-60	0	0	2	0	0	2.00	2.00
61+	0	0	0	1	0	3.00	0.00
<b>Accessible</b>	<b>11</b>	<b>12</b>	<b>62</b>	<b>147</b>	<b>83</b>	<b>2.89</b>	<b>0.96</b>
16-20	4	4	17	56	27	2.91	0.94
21-25	4	6	25	69	40	2.94	0.93
26-30	1	0	5	6	7	2.95	1.08
31-35	0	0	2	5	5	3.25	0.75
36-40	1	0	3	0	0	1.50	1.00
41-45	1	1	2	4	0	2.13	1.13
46-50	0	1	4	3	0	2.25	0.71
51-55	0	0	4	3	2	2.78	0.83
56-60	0	0	0	1	1	3.50	0.71
61+	0	0	0	0	1	4.00	0.00
<b>Friendly</b>	<b>1</b>	<b>10</b>	<b>35</b>	<b>135</b>	<b>136</b>	<b>3.25</b>	<b>0.80</b>
16-20	0	4	13	49	42	3.19	0.79
21-25	0	2	15	62	65	3.32	0.72
26-30	1	1	1	7	9	3.16	1.12
31-35	0	0	0	6	6	3.50	0.52
36-40	0	1	0	2	1	2.75	1.26
41-45	0	1	2	2	3	2.88	1.13
46-50	0	1	4	2	1	2.38	0.92
51-55	0	0	0	2	7	3.78	0.44
56-60	0	0	0	2	1	3.50	0.71
61+	0	0	0	1	1	4.00	0.00

Table 12 (cond.)

Item	Don't Know	Poor	Fair	Good	Excellent	Mean	SD
<b>Helpful</b>	<b>7</b>	<b>10</b>	<b>50</b>	<b>138</b>	<b>110</b>	<b>3.06</b>	<b>0.91</b>
16-20	4	3	15	49	37	3.04	0.97
21-25	1	4	22	62	55	3.15	0.83
26-30	2	0	3	8	6	2.84	1.21
31-35	0	0	2	4	6	3.33	0.78
36-40	0	1	1	2	0	2.25	0.96
41-45	0	1	2	5	0	2.50	0.76
46-50	0	1	4	2	1	2.38	0.92
51-55	0	0	1	5	3	3.22	0.67
56-60	0	0	0	1	1	3.50	0.71
61+	0	0	0	0	1	4.00	0.00
<b>Energetic</b>	<b>9</b>	<b>18</b>	<b>71</b>	<b>129</b>	<b>89</b>	<b>2.87</b>	<b>0.98</b>
16-20	5	6	18	47	32	2.88	1.05
21-25	1	5	35	58	45	2.98	0.87
26-30	2	1	5	7	4	2.53	1.22
31-35	0	0	4	2	6	3.17	0.94
36-40	0	1	2	1	0	2.00	0.82
41-45	0	2	1	5	0	2.38	0.92
46-50	0	3	2	3	0	2.00	0.93
51-55	0	0	4	3	2	2.78	0.83
56-60	0	0	0	2	0	3.00	0.00
61+	1	0	0	1	0	3.00	0.00

**Table 13**

Composite Members' Perception of LeClub Operations (N=317)

Item	Don't Know	Poor	Fair	Good	Excellent	Mean	SD
Variety of equipment offered	3	6	58	140	109	3.09	0.83
Maintenance of equipment	2	7	56	148	103	3.09	0.80
Cleanliness of facilities	1	9	52	134	120	3.15	0.82
Selection of music	4	28	78	145	61	2.73	0.92
Volume of music	5	30	63	151	67	2.78	0.94
Schedule of fitness classes	98	22	74	92	30	1.79	1.39
Promotion of events	71	32	78	91	44	2.02	1.36

Table 14

Members' Perception of LeClub Operations by Gender (N=317)

Item	Don't Know	Poor	Fair	Good	Excellent	Mean	SD
<b>Variety of equipment offered</b>	<b>3</b>	<b>6</b>	<b>58</b>	<b>140</b>	<b>109</b>	<b>3.09</b>	<b>0.83</b>
Male	2	2	22	59	39	3.06	0.84
Female	1	4	36	81	70	3.12	0.82
<b>Maintenance of equipment</b>	<b>2</b>	<b>7</b>	<b>56</b>	<b>148</b>	<b>103</b>	<b>3.09</b>	<b>0.80</b>
Male	1	4	17	63	39	3.09	0.81
Female	1	3	39	85	64	3.08	0.80
<b>Cleanliness of facilities</b>	<b>1</b>	<b>9</b>	<b>52</b>	<b>134</b>	<b>120</b>	<b>3.15</b>	<b>0.82</b>
Male	0	3	14	57	49	3.21	0.80
Female	1	6	38	77	71	3.11	0.83
<b>Selection of music</b>	<b>4</b>	<b>28</b>	<b>78</b>	<b>145</b>	<b>61</b>	<b>2.73</b>	<b>0.92</b>
Male	3	6	32	61	22	2.75	0.89
Female	1	22	46	84	39	2.72	0.94
<b>Volume of music</b>	<b>5</b>	<b>30</b>	<b>63</b>	<b>151</b>	<b>67</b>	<b>2.78</b>	<b>0.94</b>
Male	3	9	24	69	22	2.79	0.90
Female	2	21	42	82	45	2.77	0.97
<b>Schedule of fitness classes</b>	<b>98</b>	<b>22</b>	<b>74</b>	<b>92</b>	<b>30</b>	<b>1.79</b>	<b>1.39</b>
Male	49	6	22	35	12	1.64	1.48
Female	49	16	52	57	18	1.89	1.33
<b>Promotion of events</b>	<b>71</b>	<b>32</b>	<b>78</b>	<b>91</b>	<b>44</b>	<b>2.02</b>	<b>1.36</b>
Male	28	13	32	31	20	2.02	1.39
Female	43	19	46	60	24	2.02	1.35

Table 15

Members' Perception of LeClub Operations by Standing (N=317)

Item	Don't					Mean	SD
	Know	Poor	Fair	Good	Excellent		
<b>Variety of equipment offered</b>	<b>3</b>	<b>6</b>	<b>58</b>	<b>140</b>	<b>109</b>	<b>3.09</b>	<b>0.83</b>
Freshman	0	2	14	18	19	3.02	0.89
Sophomore	1	3	10	19	18	2.98	0.99
Junior	1	0	9	29	19	3.12	0.80
Senior	1	1	21	44	31	3.05	0.82
Graduate student	0	0	0	2	1	3.33	0.58
Faculty/Staff	0	0	1	20	13	3.35	0.54
Alumni	0	0	3	5	2	2.90	0.74
Community member	0	0	0	3	6	3.67	0.50
<b>Maintenance of equipment</b>	<b>2</b>	<b>7</b>	<b>56</b>	<b>148</b>	<b>103</b>	<b>3.09</b>	<b>0.80</b>
Freshman	0	1	12	22	18	3.08	0.81
Sophomore	1	3	11	18	18	2.96	1.00
Junior	0	2	4	33	19	3.19	0.71
Senior	1	1	19	45	32	3.08	0.81
Graduate student	0	0	0	3	0	3.00	0.00
Faculty/Staff	0	0	8	18	8	3.00	0.70
Alumni	0	0	1	6	3	3.20	0.63
Community member	0	0	1	3	5	3.44	0.73
<b>Cleanliness of facilities</b>	<b>1</b>	<b>9</b>	<b>52</b>	<b>134</b>	<b>120</b>	<b>3.15</b>	<b>0.82</b>
Freshman	0	0	8	21	24	3.30	0.72
Sophomore	0	2	8	17	24	3.24	0.86
Junior	0	2	9	23	24	3.19	0.83
Senior	1	3	15	47	32	3.08	0.83
Graduate student	0	0	0	2	1	3.33	0.58
Faculty/Staff	0	2	9	15	8	2.85	0.86
Alumni	0	0	1	5	4	3.30	0.68
Community member	0	0	2	4	3	3.11	0.78
<b>Selection of music</b>	<b>4</b>	<b>28</b>	<b>78</b>	<b>145</b>	<b>61</b>	<b>2.73</b>	<b>0.92</b>
Freshman	0	3	11	29	10	2.87	0.79
Sophomore	0	2	12	24	13	2.94	0.81
Junior	1	1	16	28	12	2.84	0.83
Senior	1	10	25	42	19	2.70	0.93
Graduate student	0	0	1	2	0	2.67	0.58
Faculty/Staff	2	12	10	8	2	1.88	1.04
Alumni	0	0	1	6	3	3.20	0.63
Community member	0	0	2	5	2	3.00	0.71
<b>Volume of music</b>	<b>5</b>	<b>30</b>	<b>63</b>	<b>151</b>	<b>67</b>	<b>2.78</b>	<b>0.94</b>
Freshman	0	2	8	30	13	3.02	0.75
Sophomore	1	2	9	26	13	2.94	0.88
Junior	1	4	12	30	11	2.79	0.89
Senior	1	7	23	45	22	2.82	0.90
Graduate student	0	0	2	1	0	2.33	0.58
Faculty/Staff	2	14	7	8	3	1.88	1.12
Alumni	0	0	1	7	2	3.10	0.57
Community member	0	1	1	4	3	3.00	1.00

Table 15 (cond.)

Item	Don't Know	Poor	Fair	Good	Excellent	Mean	SD
<b>Schedule of fitness classes</b>	<b>98</b>	<b>22</b>	<b>74</b>	<b>92</b>	<b>30</b>	<b>1.79</b>	<b>1.39</b>
Freshman	13	3	11	21	5	2.04	1.36
Sophomore	17	3	11	11	9	1.84	1.53
Junior	13	5	17	19	4	1.93	1.27
Senior	29	5	23	30	11	1.89	1.41
Graduate student	0	0	1	2	0	2.67	0.58
Faculty/Staff	17	3	8	5	1	1.12	1.27
Alumni	7	0	1	2	0	0.80	1.32
Community member	2	3	2	2	0	1.44	1.13
<b>Promotion of events</b>	<b>71</b>	<b>32</b>	<b>78</b>	<b>91</b>	<b>44</b>	<b>2.02</b>	<b>1.36</b>
Freshman	8	8	12	15	10	2.21	1.34
Sophomore	9	4	14	13	11	2.25	1.37
Junior	13	8	14	19	4	1.88	1.29
Senior	25	7	24	29	13	1.98	1.39
Graduate student	0	0	2	1	0	2.33	0.58
Faculty/Staff	15	2	6	6	5	1.53	1.56
Alumni	1	1	4	4	0	2.10	0.99
Community member	0	2	2	4	1	2.44	1.01

Table 16

Members' Perception of LeClub Operations by Race/Ethnicity (N=317)

Item	Don't					Mean	SD
	Know	Poor	Fair	Good	Excellent		
<b>Variety of equipment offered</b>	<b>3</b>	<b>6</b>	<b>55</b>	<b>139</b>	<b>106</b>	<b>3.10</b>	<b>0.82</b>
Asian/Pacific Islander	0	1	3	7	2	2.77	0.83
American Indian/Alaskan Native	0	0	0	0	1	4.00	0.00
Black, African American	2	1	3	15	5	2.77	1.07
Hispanic, Latino/a	0	0	3	3	2	2.88	0.84
White, Non-Hispanic	1	2	46	113	96	3.17	0.77
International	0	1	0	1	0	2.00	1.41
Other	0	1	0	0	0	1.00	0.00
<b>Maintenance of equipment</b>	<b>2</b>	<b>7</b>	<b>56</b>	<b>143</b>	<b>101</b>	<b>3.08</b>	<b>0.08</b>
Asian/Pacific Islander	0	1	3	6	3	2.85	0.90
American Indian/Alaskan Native	0	0	0	1	0	3.00	0.00
Black, African American	1	1	6	13	5	2.77	0.95
Hispanic, Latino/a	0	1	1	4	2	2.88	0.99
White, Non-Hispanic	1	3	45	118	91	3.14	0.77
International	0	1	0	1	0	2.00	1.41
Other	0	0	1	0	0	2.00	0.00
<b>Cleanliness of facilities</b>	<b>1</b>	<b>9</b>	<b>51</b>	<b>130</b>	<b>118</b>	<b>3.15</b>	<b>0.82</b>
Asian/Pacific Islander	0	2	3	5	3	2.69	1.03
American Indian/Alaskan Native	0	0	0	1	0	3.00	0.00
Black, African American	1	2	3	12	8	2.92	1.06
Hispanic, Latino/a	0	0	1	5	2	3.13	0.04
White, Non-Hispanic	0	4	43	106	105	3.21	0.77
International	0	1	0	1	0	2.00	1.41
Other	0	0	1	0	0	2.00	0.00
<b>Selection of music</b>	<b>4</b>	<b>27</b>	<b>77</b>	<b>141</b>	<b>60</b>	<b>2.73</b>	<b>0.92</b>
Asian/Pacific Islander	0	3	5	4	1	2.23	0.93
American Indian/Alaskan Native	0	0	0	1	0	3.00	0.00
Black, African American	2	1	6	13	4	2.62	1.06
Hispanic, Latino/a	0	1	2	4	1	2.63	0.92
White, Non-Hispanic	2	21	64	117	54	2.78	0.90
International	0	1	0	1	0	2.00	1.41
Other	0	0	0	1	0	3.00	0.00
<b>Volume of music</b>	<b>5</b>	<b>30</b>	<b>61</b>	<b>147</b>	<b>66</b>	<b>2.77</b>	<b>0.95</b>
Asian/Pacific Islander	0	2	4	6	1	2.46	0.88
American Indian/Alaskan Native	0	0	0	1	0	3.00	0.00
Black, African American	2	0	5	12	7	2.85	1.08
Hispanic, Latino/a	0	1	3	3	1	2.50	0.93
White, Non-Hispanic	3	26	47	125	57	2.80	0.94
International	0	1	1	0	0	1.50	0.71
Other	0	0	1	0	0	2.00	0.00

Table 16 (cond.)

Item	Don't Know	Poor	Fair	Good	Excellent	Mean	SD
<b>Schedule of fitness classes</b>	<b>95</b>	<b>21</b>	<b>73</b>	<b>91</b>	<b>29</b>	<b>2.77</b>	<b>0.95</b>
Asian/Pacific Islander	2	2	3	4	2	2.15	1.34
American Indian/Alaskan Native	0	0	0	1	0	3.00	0.00
Black, African American	11	2	2	8	3	1.62	1.58
Hispanic, Latino/a	3	0	3	2	0	1.50	1.31
White, Non-Hispanic	79	16	63	76	24	1.81	1.39
International	0	1	1	0	0	1.50	0.71
Other	0	0	1	0	0	2.00	0.00
<b>Promotion of events</b>	<b>67</b>	<b>31</b>	<b>77</b>	<b>90</b>	<b>44</b>	<b>2.04</b>	<b>1.35</b>
Asian/Pacific Islander	5	2	1	5	0	1.46	1.39
American Indian/Alaskan Native	0	0	0	1	0	3.00	0.00
Black, African American	6	6	4	6	4	1.85	1.43
Hispanic, Latino/a	2	1	2	3	0	1.75	1.28
White, Non-Hispanic	54	21	68	75	40	1.10	1.35
International	0	1	1	0	0	1.50	0.71
Other	0	0	1	0	0	2.00	0.71

Table 17

Members' Perception of LeClub Operations by Age (N=317)

Item	Don't Know	Poor	Fair	Good	Excellent	Mean	SD
<b>Equipment offered</b>	<b>3</b>	<b>6</b>	<b>58</b>	<b>140</b>	<b>108</b>	<b>3.09</b>	<b>0.83</b>
16-20	2	4	23	41	38	3.01	0.94
21-25	0	2	29	67	46	3.09	0.76
26-30	1	0	4	11	3	3.50	0.92
31-35	0	0	1	4	7	3.00	0.67
36-40	0	0	0	4	0	3.38	0.00
41-45	0	0	1	3	4	3.38	0.74
46-50	0	0	0	5	3	3.44	0.52
51-55	0	0	0	5	4	4.00	0.53
56-60	0	0	0	0	2	4.00	0.00
61+	0	0	0	0	1	4.00	0.00
<b>Maintenance of equipment</b>	<b>2</b>	<b>7</b>	<b>56</b>	<b>147</b>	<b>103</b>	<b>3.09</b>	<b>0.80</b>
16-20	1	4	20	46	37	3.06	0.87
21-25	0	3	19	74	48	3.16	0.73
26-30	1	0	5	9	4	2.79	0.98
31-35	0	0	3	3	6	3.25	0.87
36-40	0	0	2	2	0	2.50	0.58
41-45	0	0	1	4	3	3.25	0.71
46-50	0	0	3	2	3	3.00	0.93
51-55	0	0	3	5	1	2.78	0.67
56-60	0	0	0	1	1	3.50	0.71
61+	0	0	0	1	0	3.00	0.00
<b>Cleanliness</b>	<b>1</b>	<b>9</b>	<b>52</b>	<b>133</b>	<b>120</b>	<b>3.15</b>	<b>0.82</b>
16-20	0	2	17	40	49	3.26	0.79
21-25	0	3	19	68	54	3.20	0.74
26-30	1	2	5	8	3	2.53	1.07
31-35	0	0	2	5	5	3.25	0.75
36-40	0	1	1	2	0	2.25	0.96
41-45	0	0	2	2	4	3.25	0.89
46-50	0	1	3	2	2	2.63	1.06
51-55	0	0	3	5	1	2.78	0.67
56-60	0	0	0	1	1	3.50	0.71
61+	0	0	0	0	1	4.00	0.00
<b>Selection of music</b>	<b>4</b>	<b>28</b>	<b>78</b>	<b>144</b>	<b>61</b>	<b>2.73</b>	<b>0.92</b>
16-20	1	5	23	57	22	2.87	0.82
21-25	0	9	36	66	33	2.85	0.84
26-30	1	1	6	10	1	2.47	0.91
31-35	0	2	3	4	3	2.67	1.07
36-40	0	1	1	1	1	2.50	1.29
41-45	1	3	2	1	1	1.75	1.28
46-50	1	3	4	0	0	1.38	0.74
51-55	0	2	3	4	0	2.22	0.83
56-60	0	1	0	1	0	2.00	1.41
61+	0	1	0	0	0	1.00	0.00

Table 17 (cond.)

Item	Don't Know	Poor	Fair	Good	Excellent	Mean	SD
<b>Volume of music</b>	<b>5</b>	<b>29</b>	<b>63</b>	<b>150</b>	<b>67</b>	<b>2.77</b>	<b>0.94</b>
16-20	2	3	19	59	25	2.94	0.83
21-25	0	9	31	70	34	2.90	0.83
26-30	1	2	4	10	2	2.53	1.02
31-35	0	2	2	4	4	2.83	1.12
36-40	0	2	1	0	1	2.00	1.41
41-45	1	3	2	2	0	1.63	1.06
46-50	1	4	2	1	0	1.38	0.92
51-55	0	2	2	4	0	2.11	0.93
56-60	0	1	0	0	1	2.50	2.12
61+	0	1	0	0	0	1.00	0.00
<b>Schedule of classes</b>	<b>98</b>	<b>21</b>	<b>74</b>	<b>92</b>	<b>30</b>	<b>1.79</b>	<b>1.40</b>
16-20	30	5	25	36	12	1.95	1.40
21-25	37	11	37	45	14	1.92	1.35
26-30	9	2	5	1	2	1.21	1.40
31-35	7	1	0	2	2	1.25	1.71
36-40	2	0	1	1	0	1.25	1.50
41-45	3	0	1	4	0	1.75	1.49
46-50	3	1	3	1	0	1.25	1.17
51-55	5	1	2	1	0	0.89	1.17
56-60	1	0	0	1	0	1.50	2.12
61+	1	0	0	0	0	0.00	0.00
<b>Promtion of events</b>	<b>71</b>	<b>31</b>	<b>78</b>	<b>380</b>	<b>44</b>	<b>2.02</b>	<b>1.36</b>
16-20	16	12	29	321	19	2.24	1.29
21-25	36	12	34	45	17	1.97	1.37
26-30	4	4	6	4	1	1.68	1.20
31-35	3	0	1	4	4	2.50	1.62
36-40	1	1	1	1	0	1.50	1.29
41-45	3	0	2	3	0	1.63	1.41
46-50	3	1	2	1	1	1.50	1.51
51-55	4	1	3	1	0	1.11	1.17
56-60	1	0	0	0	1	2.00	2.83
61+	0	0	0	0	1	4.00	0.00

**Table 18**

Usage Profile of LeClub Members by Location (N=317)

Demographic	HMSU		Blumberg		Rhoads		Total	
<b>Gender</b>								
Men	97	30.0%	11	3.5%	17	5.4%	125	39.4%
Women	164	51.7%	15	4.7%	13	4.1%	192	60.6%
<b>Classification</b>								
Freshman	30	9.5%	15	4.7%	9	2.8%	54	17.0%
Sophomore	44	13.9%	3	0.9%	4	1.3%	51	16.1%
Junior	51	16.1%	2	0.6%	5	18.3%	58	18.3%
Senior	83	26.2%	6	1.9%	9	2.8%	98	30.9%
Graduate student	3	0.9%	0	0.0%	0	0.0%	3	0.9%
Faculty/Staff	33	14.4%	0	0.0%	1	0.3%	34	10.7%
Alumni	9	2.8%	0	0.0%	1	0.3%	10	3.2%
Community member	8	2.5%	0	0.0%	1	0.3%	9	2.8%
<b>Background</b>								
Asian/Pacific Islander	12	3.9%	0	0.0%	1	0.3%	13	4.2%
American Indian/Alaskan Native	1	30.0%	0	0.0%	0	0.0%	1	0.3%
Black, African American	24	7.7%	1	0.3%	1	0.3%	26	8.4%
Hispanic, Latino/a	6	1.9%	0	0.0%	2	0.6%	8	2.6%
White, Non-Hispanic	208	67.1%	25	8.1%	26	8.4%	259	83.5%
International	2	0.6%	0	0.0%	0	0.0%	2	0.6%
Other	1	0.3%	0	0.0%	0	0.0%	1	0.3%
<b>Age</b>								
16-20	77	24.4%	18	5.7%	14	4.4%	109	34.5%
21-25	122	38.6%	7	2.2%	15	4.7%	144	45.6%
26-30	18	5.7%	1	0.3%	0	0.0%	19	6.0%
31-35	11	3.5%	0	0.0%	1	0.3%	12	3.8%
36-40	4	1.3%	0	0.0%	0	0.0%	4	1.3%
41-45	8	2.5%	0	0.0%	0	0.0%	8	2.5%
46-50	8	2.5%	0	0.0%	0	0.0%	8	2.5%
51-55	9	2.8%	0	0.0%	0	0.0%	9	2.8%
56-60	2	0.6%	0	0.0%	0	0.0%	2	0.6%
61+	1	0.3%	0	0.0%	0	0.0%	1	0.3%
<b>Length of workout</b>								
0-30 minutes	25	7.9%	7	2.2%	2	0.6%	34	10.7%
31-60 minutes	160	50.5%	15	4.7%	17	5.4%	192	60.6%
61+ minutes	79	24.0%	4	1.3%	11	3.5%	91	28.7%

Table 19

Usage Profile of LeClub Members by Length of Workout (N=317)

Demographic	0-30 minutes		31-60 minutes		61+ minutes		Total	
Gender								
Men	6	1.9%	69	21.8%	50	15.8%	125	39.4%
Women	28	8.8%	123	38.8%	41	12.9%	192	60.6%
Classification								
Freshman	10	3.2%	34	10.7%	10	3.2%	54	17.0%
Sophomore	4	1.3%	32	10.1%	15	4.7%	51	16.1%
Junior	10	3.2%	35	11.0%	13	4.1%	58	18.3%
Senior	8	2.5%	59	18.6%	31	9.8%	98	30.9%
Graduate student	0	0.0%	2	0.6%	1	0.3%	3	0.9%
Faculty/Staff	2	0.6%	25	7.9%	7	2.2%	34	10.7%
Alumni	0	0.0%	3	0.9%	7	2.2%	10	3.2%
Community member	0	0.0%	2	0.6%	7	2.2%	9	2.8%
Background								
Asian/Pacific Islander	1	0.3%	7	2.3%	5	1.6%	13	4.2%
American Indian/Alaskan Native	0	0.0%	0	0.0%	1	30.0%	1	0.3%
Black, African American	4	1.3%	15	5.2%	6	1.9%	26	8.4%
Hispanic, Latino/a	0	0.0%	4	1.3%	4	1.3%	8	2.6%
White, Non-Hispanic	29	9.4%	159	51.3%	71	22.9%	259	83.5%
International	0	0.0%	1	0.3%	1	0.3%	2	0.6%
Other	0	0.0%	0	0.0%	1	0.3%	1	0.3%
Age								
16-20	17	5.4%	68	21.5%	24	7.6%	109	34.5%
21-25	10	3.2%	85	26.9%	49	15.5%	144	45.6%
26-30	3	0.9%	8	2.5%	8	2.5%	19	6.0%
31-35	0	0.0%	9	2.8%	3	0.9%	12	3.8%
36-40	1	0.3%	1	0.3%	2	0.6%	4	1.3%
41-45	2	0.6%	5	1.6%	1	0.3%	8	2.5%
46-50	0	0.0%	6	1.9%	2	0.6%	8	2.5%
51-55	1	0.3%	8	2.5%	0	0.0%	9	2.8%
56-60	0	0.0%	0	0.0%	2	0.6%	2	0.6%
61+	0	0.0%	1	0.3%	0	0.0%	1	0.3%

Table 20

Members' Level of Satisfaction by Demographic (N=317)

Demographic	Very Dissatisfied	Smwht Dissatisfied	Neutral	Somewhat Satisfied	Very Satisfied	Mean	SD
<b>Composite</b>	<b>1</b>	<b>6</b>	<b>31</b>	<b>116</b>	<b>161</b>	<b>3.37</b>	<b>0.76</b>
<b>Gender</b>							
Men	0	3	8	44	70	3.45	0.72
Women	1	3	23	72	92	3.31	0.79
<b>Classification</b>							
Freshman	0	0	6	22	26	3.37	0.68
Sophomore	1	2	8	12	28	3.25	1.00
Junior	0	0	5	24	28	3.40	0.65
Senior	0	1	8	35	54	3.45	0.69
Graduate student	0	0	0	3	0	3.00	0.00
Faculty/Staff	0	3	4	15	12	3.06	0.92
Alumni	0	0	0	2	8	3.80	0.42
Community member	0	0	0	3	6	3.67	0.50
<b>Background</b>							
Asian/Pacific Islander	0	1	1	5	6	3.23	0.93
American Indian/Alaskan Native	0	0	0	0	1	4.00	0.00
Black, African American	0	1	8	9	8	2.92	0.89
Hispanic, Latino/a	0	0	1	4	3	3.25	0.71
White, Non-Hispanic	1	3	20	94	140	3.43	0.72
International	0	1	0	1	0	2.00	1.41
Other	0	0	1	0	0	2.00	0.00
<b>Age</b>							
16-20	1	1	14	35	58	3.36	0.81
21-25	0	2	11	55	75	3.42	0.70
26-30	0	0	3	8	8	3.26	0.73
31-35	0	0	0	3	9	3.75	0.45
36-40	0	1	0	3	0	2.50	1.00
41-45	0	1	1	4	2	2.88	0.99
46-50	0	1	2	2	3	2.88	1.13
51-55	0	0	0	6	3	3.33	0.50
56-60	0	0	0	0	2	4.00	0.00
61+	0	0	0	0	1	4.00	0.00

Table 21

Comparison of Member Satisfaction by Primary Facility (N=316)

Item	Very Dissatisfied		Somewhat Dissatisfied		Neutral		Somewhat Satisfied		Very Satisfied	
<b>Primary location</b>	<b>1</b>	<b>0.3%</b>	<b>6</b>	<b>1.9%</b>	<b>31</b>	<b>9.8%</b>	<b>116</b>	<b>36.7%</b>	<b>162</b>	<b>51.3%</b>
HMSU	1	0.3%	5	1.6%	28	8.9%	95	30.1%	131	41.5%
Blumberg Hall	0	0.0%	1	0.3%	1	0.3%	12	3.8%	12	3.8%
Rhoads Hall	0	0.0%	0	0.0%	2	0.6%	9	2.8%	19	6.0%

Table 22

Members Indicating "Neutral" or "Dissatisfied" with Membership Perception of Programs and Services (N=38)

Item	Don't Know	Poor	Fair	Good	Excellent	Mean	SD
Body core	16	9	6	1	32	1.25	1.34
Body blast	19	1	6	5	1	1.00	1.32
Boxercise	18	3	6	3	2	1.00	1.32
Indoor cycling	20	3	5	6	4	1.24	1.50
Jiu-Jitsu	28	2	4	4	0	0.58	1.06
Personal training	27	3	2	6	0	0.66	1.15
Health assessments	22	3	8	5	0	0.89	1.16
Nutritional consultations	25	4	6	2	1	0.68	1.09
Selection of free weights	15	4	9	8	2	1.42	1.35
Selection of weight machines	14	3	7	11	3	1.63	1.44
Selection of cardio machines	14	3	6	10	5	1.71	1.52

Table 23

Members Indicating "Neutral" or "Dissatisfied" with Membership Perception of Staff (N=38)

Item	Don't Know	Poor	Fair	Good	Excellent	Mean	SD
Motivated to assist me	4	9	16	8	1	1.82	0.98
Encourage me to reach my goals	8	16	12	2	38	1.21	0.84
Act in a professional manner	1	8	14	12	3	2.21	0.96
Able to answer my questions	7	6	14	9	2	1.82	1.16
Possess a positive attitude	1	5	14	16	2	2.34	0.88
Provide useful information	3	12	15	7	1	1.76	0.94
Know how to use the equipment	10	3	10	12	3	1.87	1.34
Demonstrate proper technique	10	6	13	7	2	1.61	1.22
Know about programs/services	6	5	13	11	3	2.00	1.19
Enforce rules	6	7	8	14	2	3.70	1.21
Accessible	4	8	11	12	3	2.05	1.14
Friendly	1	5	7	18	7	2.66	1.02
Helpful	3	6	14	11	4	2.18	1.09
Energetic	3	7	12	13	3	2.16	1.08

Table 24

Members Indicating "Neutral" or "Dissatisfied" with Membership Perception of LeClub Operations (N=38)

Item	Don't Know	Poor	Fair	Good	Excellent	Mean	SD
Variety of equipment offered	2	4	14	17	1	2.29	0.90
Maintenance of equipment	1	5	15	16	1	2.29	0.84
Cleanliness of facilities	1	6	12	16	3	2.37	0.94
Selection of music	3	7	12	15	1	2.11	1.01
Volume of music	4	8	11	14	1	2.00	1.07
Schedule of fitness classes	13	6	12	5	2	1.39	1.24
Promotion of events	11	12	9	6	0	1.26	1.06

Table 25

Composite Rationale for Not Using Programs and Services (N=585)

Item	Checked		Unchecked	
I do not like to exercise	50	8.5%	535	91.5%
I am not aware of programs/services offered	120	20.5%	465	79.5%
I am not interested in the programs/services	34	5.8%	551	94.2%
I do not know how to get started	119	20.3%	466	79.6%
I exercise at other locations	232	39.7%	353	60.4%
I have other commitments	183	31.3%	402	68.7%
I have health related problems	21	3.6%	564	96.4%
I cannot afford membership	260	44.4%	325	55.6%
Scheduled fitness classes are not convenient	59	10.1%	526	89.9%
Child care is not available	25	4.3%	560	95.7%
My friends are not members	87	14.9%	498	85.1%
Facility/exercise space is too crowded	104	17.8%	481	82.2%
Facility/exercise space is not clean	7	1.2%	578	98.8%
Facility/exercise space is dark/not attractive	21	3.6%	564	96.4%

Table 26

Rationale for Not Using LeClub Programs and Services by Gender (N=569)

Item	Checked		Unchecked		Total	
<b>I do not like to exercise</b>	<b>49</b>	<b>8.4%</b>	<b>534</b>	<b>91.6%</b>		
Male	16	2.7%	178	30.5%	194	33.3%
Female	33	5.7%	356	61.1%	389	66.7%
<b>I am not aware of programs/services offered</b>	<b>120</b>	<b>20.6%</b>	<b>464</b>	<b>76.4%</b>		
Male	38	6.5%	156	26.8%		
Female	82	14.1%	307	53.7%		
<b>I am not interested in the programs/services</b>	<b>33</b>	<b>5.7%</b>	<b>550</b>	<b>94.3%</b>		
Male	21	3.6%	173	29.7%		
Female	12	2.1%	377	64.7%		
<b>I do not know how to get started</b>	<b>119</b>	<b>20.4%</b>	<b>464</b>	<b>79.6%</b>		
Male	36	6.2%	158	27.1%		
Female	83	14.2%	306	52.5%		
<b>I exercise at other locations</b>	<b>231</b>	<b>39.6%</b>	<b>352</b>	<b>60.4%</b>		
Male	97	16.6%	97	6.6%		
Female	134	23.0%	255	43.7%		
<b>I have other commitments</b>	<b>182</b>	<b>31.2%</b>	<b>401</b>	<b>68.6%</b>		
Male	70	12.0%	124	21.3%		
Female	112	19.2%	277	47.5%		
<b>I have health related problems</b>	<b>21</b>	<b>3.6%</b>	<b>562</b>	<b>96.4%</b>		
Male	4	0.7%	190	32.6%		
Female	7	2.9%	372	63.8%		
<b>I cannot afford membership</b>	<b>259</b>	<b>44.4%</b>	<b>324</b>	<b>55.6%</b>		
Male	73	12.5%	121	20.8%		
Female	186	31.9%	203	34.8%		
<b>Scheduled fitness classes are not convenient</b>	<b>59</b>	<b>10.1%</b>	<b>524</b>	<b>89.9%</b>		
Male	73	3.6%	173	29.7%		
Female	186	6.5%	351	60.2%		
<b>Child care is not available</b>	<b>25</b>	<b>4.3%</b>	<b>558</b>	<b>95.7%</b>		
Male	5	0.9%	189	32.4%		
Female	20	3.4%	369	63.3%		
<b>My friends are not members</b>	<b>87</b>	<b>14.9%</b>	<b>496</b>	<b>85.1%</b>		
Male	32	5.5%	162	27.8%		
Female	55	9.4%	334	57.3%		
<b>Facility/exercise space is too crowded</b>	<b>104</b>	<b>17.8%</b>	<b>479</b>	<b>82.2%</b>		
Male	39	6.7%	155	26.6%		
Female	65	11.1%	324	55.6%		

Table 26 (cond.)

Item	Checked		Unchecked	
<b>Facility/exercise space is not clean</b>	<b>7</b>	<b>1.2%</b>	<b>576</b>	<b>98.8%</b>
Male	1	0.2%	193	33.1%
Female	6	1.0%	383	65.7%
<b>Facility/exercise space is dark/not attractive</b>	<b>21</b>	<b>3.6%</b>	<b>562</b>	<b>96.4%</b>
Male	6	1.0%	188	32.2%
Female	15	2.6%	374	64.2%

**Table 27**

Rationale for Not Using LeClub Programs and Services by Standing (N=585)

Item	Checked		Unchecked		Total	
<b>I do not like to exercise</b>	<b>49</b>	<b>8.4%</b>	<b>534</b>	<b>91.6%</b>		
Freshman	3	0.5%	80	13.7%	83	14.2%
Sophomore	8	1.4%	75	12.9%	83	14.2%
Junior	9	1.5%	103	17.7%	112	19.2%
Senior	11	1.9%	149	25.6%	160	27.4%
Faculty/Staff	15	2.6%	117	20.1%	132	22.6%
Alumni	1	0.2%	6	1.0%	7	1.2%
Community member	2	0.3%	4	0.7%	6	1.0%
<b>I am not aware of programs/services offered</b>	<b>120</b>	<b>20.6%</b>	<b>463</b>	<b>79.4%</b>		
Freshman	19	3.3%	64	11.0%		
Sophomore	15	2.6%	68	11.7%		
Junior	10	1.7%	102	17.5%		
Senior	31	5.8%	129	22.1%		
Faculty/Staff	44	7.5%	88	15.1%		
Alumni	1	0.2%	6	1.0%		
Community member	0	0.0%	6	1.0%		
<b>I am not interested in the programs/services</b>	<b>37</b>	<b>5.7%</b>	<b>550</b>	<b>94.3%</b>		
Freshman	3	0.5%	80	13.7%		
Sophomore	6	1.0%	77	13.2%		
Junior	10	1.7%	102	17.5%		
Senior	12	2.1%	148	25.4%		
Faculty/Staff	1	0.2%	131	22.5%		
Alumni	0	0.0%	7	1.2%		
Community member	1	0.2%	5	0.9%		
<b>I do not know how to get started</b>	<b>119</b>	<b>20.4%</b>	<b>464</b>	<b>79.7%</b>		
Freshman	23	3.9%	60	10.3%		
Sophomore	14	2.4%	69	11.8%		
Junior	14	2.4%	98	16.8%		
Senior	38	6.5%	122	20.9%		
Faculty/Staff	29	5.0%	103	17.7%		
Alumni	1	0.2%	6	1.0%		
Community member	0	0.0%	6	1.0%		
<b>I exercise at other locations</b>	<b>231</b>	<b>39.6%</b>	<b>352</b>	<b>60.3%</b>		
Freshman	31	5.3%	52	8.9%		
Sophomore	31	4.3%	52	8.9%		
Junior	49	8.4%	63	10.8%		
Senior	75	12.9%	85	14.6%		
Faculty/Staff	40	6.9%	92	15.8%		
Alumni	2	0.3%	5	0.9%		
Community member	3	0.5%	3	0.5%		
<b>I have other commitments</b>	<b>183</b>	<b>31.2%</b>	<b>401</b>	<b>68.8%</b>		
Freshman	21	3.6%	62	10.6%		
Sophomore	20	4.8%	55	9.4%		
Junior	32	5.5%	80	13.7%		
Senior	54	9.3%	106	18.2%		
Faculty/Staff	42	7.2%	90	15.4%		
Alumni	3	0.5%	4	0.7%		
Community member	2	0.3%	4	0.7%		

Table 27 (cond.)

Item	Checked		Unchecked	
<b>I have health related problems</b>	<b>21</b>	<b>3.6%</b>	<b>564</b>	<b>96.4%</b>
Freshman	1	0.2%	82	14.1%
Sophomore	4	0.7%	79	13.6%
Junior	4	0.7%	108	18.5%
Senior	4	0.7%	156	26.8%
Faculty/Staff	8	1.4%	124	21.3%
Alumni	0	0.0%	7	1.2%
Community member	0	0.0%	6	1.0%
<b>I cannot afford membership</b>	<b>259</b>	<b>44.4%</b>	<b>325</b>	<b>55.6%</b>
Freshman	45	7.7%	38	6.5%
Sophomore	42	7.2%	41	7.0%
Junior	62	10.6%	50	8.6%
Senior	72	12.3%	88	15.1%
Faculty/Staff	37	6.3%	95	16.3%
Alumni	1	0.2%	6	1.0%
Community member	0	0.0%	6	1.0%
<b>Scheduled fitness classes are not convenient</b>	<b>59</b>	<b>10.1%</b>	<b>526</b>	<b>89.9%</b>
Freshman	6	1.0%	77	13.2%
Sophomore	9	1.5%	74	12.7%
Junior	13	2.2%	99	17.0%
Senior	14	2.4%	146	25.0%
Faculty/Staff	16	2.7%	116	19.9%
Alumni	0	0.0%	7	1.2%
Community member	1	0.2%	5	0.9%
<b>Child care is not available</b>	<b>25</b>	<b>4.3%</b>	<b>558</b>	<b>95.7%</b>
Freshman	3	0.5%	80	13.7%
Sophomore	1	0.2%	82	14.1%
Junior	3	0.5%	109	18.7%
Senior	9	1.5%	151	25.9%
Faculty/Staff	9	1.5%	123	21.1%
Alumni	0	0.0%	7	1.2%
Community member	0	0.0%	6	1.0%
<b>My friends are not members</b>	<b>87</b>	<b>14.9%</b>	<b>496</b>	<b>85.1%</b>
Freshman	20	3.4%	63	10.8%
Sophomore	10	1.7%	73	12.5%
Junior	18	3.1%	94	16.1%
Senior	29	5.0%	131	22.5%
Faculty/Staff	9	1.5%	123	21.1%
Alumni	0	0.0%	7	1.2%
Community member	1	0.2%	5	0.9%
<b>Facility/exercise space is too crowded</b>	<b>104</b>	<b>17.8%</b>	<b>479</b>	<b>82.2%</b>
Freshman	12	2.1%	71	12.2%
Sophomore	11	1.9%	72	12.3%
Junior	19	3.3%	93	16.0%
Senior	33	5.7%	127	21.8%
Faculty/Staff	27	4.6%	105	18.0%
Alumni	0	0.0%	7	1.2%
Community member	2	0.3%	4	0.7%

Table 27 (cond.)

Item	Checked		Unchecked	
<b>Facility/exercise space is not clean</b>	<b>7</b>	<b>1.2%</b>	<b>576</b>	<b>98.8%</b>
Freshman	0	0.0%	83	14.2%
Sophomore	1	0.2%	82	14.1%
Junior	1	0.2%	111	19.0%
Senior	3	0.5%	157	26.9%
Faculty/Staff	1	0.2%	131	22.5%
Alumni	0	0.0%	7	1.2%
Community member	1	0.2%	5	0.9%
<b>Facility/exercise space is dark/not attractive</b>	<b>21</b>	<b>3.6%</b>	<b>562</b>	<b>96.4%</b>
Freshman	3	0.5%	80	13.7%
Sophomore	3	0.5%	80	13.7%
Junior	2	0.3%	110	18.9%
Senior	8	1.4%	152	26.1%
Faculty/Staff	5	0.9%	127	21.8%
Alumni	0	0.0%	7	1.2%
Community member	0	0.0%	6	1.0%

Table 28

Rationale for Not Using LeClub Programs and Services by Race/Ethnicity (N=585)

Item	Checked		Unchecked		Total	
<b>I do not like to exercise</b>	<b>49</b>	<b>8.6%</b>	<b>520</b>	<b>91.4%</b>		
Asian/Pacific Islander	4	0.7%	23	4.0%	27	4.7%
American Indian/Alaskan Native	0	0.0%	5	0.9%	5	0.9%
Black, African American	7	1.2%	75	13.2%	82	14.4%
Hispanic, Latino/a	1	0.2%	13	2.3%	14	2.5%
White Non-Hispanic	37	6.5%	403	70.8%	440	77.3%
International	0	0.0%	0	0.0%	0	0.0%
Other	0	0.0%	1	0.2%	1	0.2%
<b>I am not aware of programs/services offered</b>	<b>116</b>	<b>20.4%</b>	<b>453</b>	<b>79.6%</b>		
Asian/Pacific Islander	6	1.1%	21	3.7%		
American Indian/Alaskan Native	0	0.0%	5	0.9%		
Black, African American	13	2.3%	69	12.1%		
Hispanic, Latino/a	6	1.1%	8	1.4%		
White Non-Hispanic	91	16.0%	349	61.3%		
International	0	0.0%	0	0.0%		
Other	0	0.0%	1	0.2%		
<b>I am not interested in the programs/services</b>	<b>34</b>	<b>6.0%</b>	<b>535</b>	<b>94.0%</b>		
Asian/Pacific Islander	5	0.9%	22	3.9%		
American Indian/Alaskan Native	1	0.2%	4	1.7%		
Black, African American	8	1.4%	74	13.0%		
Hispanic, Latino/a	1	0.2%	13	2.3%		
White Non-Hispanic	18	3.2%	422	74.2%		
International	0	0.0%	0	0.0%		
Other	1	0.2%	0	0.0%		
<b>I do not know how to get started</b>	<b>113</b>	<b>19.9%</b>	<b>456</b>	<b>80.1%</b>		
Asian/Pacific Islander	8	1.4%	19	3.3%		
American Indian/Alaskan Native	0	0.0%	5	0.9%		
Black, African American	17	3.0%	65	11.4%		
Hispanic, Latino/a	5	0.9%	9	1.6%		
White Non-Hispanic	83	14.6%	357	62.7%		
International	0	0.0%	0	0.0%		
Other	0	0.0%	1	0.2%		
<b>I exercise at other locations</b>	<b>225</b>	<b>39.5%</b>	<b>344</b>	<b>60.5%</b>		
Asian/Pacific Islander	11	1.9%	16	2.8%		
American Indian/Alaskan Native	2	0.4%	3	0.5%		
Black, African American	37	6.5%	45	7.9%		
Hispanic, Latino/a	6	1.1%	8	1.4%		
White Non-Hispanic	168	29.5%	272	47.8%		
International	0	0.0%	0	0.0%		
Other	1	0.2%	0	0.0%		
<b>I have other commitments</b>	<b>182</b>	<b>32.0%</b>	<b>387</b>	<b>68.0%</b>		
Asian/Pacific Islander	4	0.7%	23	4.0%		
American Indian/Alaskan Native	1	0.2%	4	0.7%		
Black, African American	22	3.9%	60	10.5%		
Hispanic, Latino/a	5	0.9%	9	1.6%		
White Non-Hispanic	149	26.2%	291	51.1%		
International	0	0.0%	0	0.0%		
Other	1	0.2%	0	0.0%		

Table 28 (cond.)

Item	Checked		Unchecked	
<b>I have health related problems</b>	<b>20</b>	<b>3.5%</b>	<b>549</b>	<b>96.5%</b>
Asian/Pacific Islander	0	0.0%	27	4.7%
American Indian/Alaskan Native	0	0.0%	5	0.9%
Black, African American	2	0.4%	80	14.1%
Hispanic, Latino/a	1	0.2%	13	2.3%
White Non-Hispanic	17	3.0%	423	74.3%
International	0	0.0%	0	0.0%
Other	0	0.0%	1	0.2%
<b>I cannot afford membership</b>	<b>253</b>	<b>44.5%</b>	<b>316</b>	<b>55.5%</b>
Asian/Pacific Islander	9	1.6%	18	3.2%
American Indian/Alaskan Native	2	0.4%	3	0.5%
Black, African American	46	8.1%	36	6.3%
Hispanic, Latino/a	8	1.4%	6	1.1%
White Non-Hispanic	187	32.9%	253	44.5%
International	0	0.0%	0	0.0%
Other	1	0.2%	0	0.0%
<b>Scheduled fitness classes are not convenient</b>	<b>59</b>	<b>10.4%</b>	<b>510</b>	<b>89.6%</b>
Asian/Pacific Islander	5	0.9%	22	3.9%
American Indian/Alaskan Native	0	0.0%	5	0.9%
Black, African American	7	1.2%	75	13.2%
Hispanic, Latino/a	2	0.4%	12	2.1%
White Non-Hispanic	45	7.9%	395	69.4%
International	0	0.0%	0	0.0%
Other	0	0.0%	1	0.2%
<b>Child care is not available</b>	<b>23</b>	<b>4.0%</b>	<b>546</b>	<b>96.0%</b>
Asian/Pacific Islander	0	0.0%	27	4.7%
American Indian/Alaskan Native	1	0.2%	4	0.7%
Black, African American	2	0.4%	80	14.1%
Hispanic, Latino/a	1	0.2%	13	2.3%
White Non-Hispanic	19	3.3%	421	74.0%
International	0	0.0%	0	0.0%
Other	0	0.0%	1	0.2%
<b>My friends are not members</b>	<b>87</b>	<b>15.3%</b>	<b>482</b>	<b>84.7%</b>
Asian/Pacific Islander	5	0.9%	22	3.9%
American Indian/Alaskan Native	0	0.0%	5	0.9%
Black, African American	13	2.3%	69	12.1%
Hispanic, Latino/a	7	1.2%	7	1.2%
White Non-Hispanic	62	10.9%	378	66.4%
International	0	0.0%	0	0.0%
Other	0	0.0%	1	0.2%
<b>Facility/exercise space is too crowded</b>	<b>102</b>	<b>17.9%</b>	<b>467</b>	<b>82.1%</b>
Asian/Pacific Islander	3	0.5%	24	4.2%
American Indian/Alaskan Native	1	0.2%	4	0.7%
Black, African American	15	2.6%	67	11.8%
Hispanic, Latino/a	3	0.5%	11	1.9%
White Non-Hispanic	80	14.1%	360	63.3%
International	0	0.0%	0	0.0%
Other	0	0.0%	1	0.2%

Table 28 (cond.)

Item	Checked		Unchecked	
<b>Facility/exercise space is not clean</b>	<b>7</b>	<b>1.2%</b>	<b>562</b>	<b>98.8%</b>
Asian/Pacific Islander	1	0.2%	26	4.6%
American Indian/Alaskan Native	1	0.2%	4	0.7%
Black, African American	1	0.2%	81	14.2%
Hispanic, Latino/a	1	0.2%	13	2.3%
White Non-Hispanic	3	0.5%	437	76.8%
International	0	0.0%	0	0.0%
Other	0	0.0%	1	0.2%
<b>Facility/exercise space is dark/not attractive</b>	<b>21</b>	<b>3.7%</b>	<b>548</b>	<b>96.3%</b>
Asian/Pacific Islander	1	0.2%	26	4.6%
American Indian/Alaskan Native	1	0.2%	4	0.7%
Black, African American	4	0.7%	78	13.7%
Hispanic, Latino/a	2	0.4%	12	2.1%
White Non-Hispanic	13	2.3%	427	75.0%
International	0	0.0%	0	0.0%
Other	0	0.0%	1	0.2%

Table 29

Rationale for Not Using LeClub Programs and Services by Age (N=585)

Item	Checked		Unchecked		Total	
<b>I do not like to exercise</b>	<b>50</b>	<b>8.5%</b>	<b>535</b>	<b>91.5%</b>		
16-20	9	1.5%	150	25.6%	159	27.2%
21-25	20	3.4%	205	35.0%	225	38.5%
26-30	5	0.9%	58	9.9%	63	10.8%
31-35	2	0.3%	23	3.9%	25	4.3%
36-40	2	0.3%	23	3.9%	25	4.3%
41-45	4	0.7%	14	2.4%	18	3.1%
46-50	3	0.5%	16	2.7%	19	3.2%
51-55	5	0.9%	26	4.4%	31	5.3%
56-60	0	0.0%	14	2.4%	14	2.4%
61+	0	0.0%	6	1.0%	6	1.0%
<b>I am not aware of programs/services offered</b>	<b>120</b>	<b>20.5%</b>	<b>465</b>	<b>79.5%</b>		
16-20	23	3.9%	136	23.2%		
21-25	29	5.0%	196	33.5%		
26-30	19	3.2%	44	7.5%		
31-35	10	1.7%	15	2.6%		
36-40	11	1.9%	14	2.4%		
41-45	6	1.0%	12	2.1%		
46-50	7	1.2%	12	2.1%		
51-55	12	2.1%	19	3.2%		
56-60	1	0.2%	13	2.2%		
61+	2	0.3%	4	0.7%		
<b>I am not interested in the programs/services</b>	<b>34</b>	<b>5.8%</b>	<b>551</b>	<b>94.2%</b>		
16-20	8	1.4%	151	25.8%		
21-25	17	2.9%	208	35.6%		
26-30	7	1.2%	56	9.6%		
31-35	0	0.0%	25	4.3%		
36-40	2	0.3%	23	3.9%		
41-45	0	0.0%	18	3.1%		
46-50	0	0.0%	19	3.2%		
51-55	0	0.0%	31	5.3%		
56-60	0	0.0%	14	2.4%		
61+	0	0.0%	6	1.0%		
<b>I do not know how to get started</b>	<b>119</b>	<b>20.3%</b>	<b>466</b>	<b>79.7%</b>		
16-20	30	5.1%	129	22.1%		
21-25	37	6.3%	188	32.1%		
26-30	13	2.2%	50	8.5%		
31-35	8	1.4%	17	2.9%		
36-40	7	1.2%	18	3.1%		
41-45	2	0.3%	16	2.7%		
46-50	5	0.9%	14	2.4%		
51-55	10	1.7%	21	3.6%		
56-60	4	0.7%	10	1.7%		
61+	3	0.5%	3	0.5%		

Table 29 (cond.)

Item	Checked		Unchecked	
<b>I exercise at other locations</b>	<b>232</b>	<b>39.7%</b>	<b>353</b>	<b>60.3%</b>
16-20	62	10.6%	97	16.6%
21-25	110	18.8%	115	19.7%
26-30	23	3.9%	40	6.8%
31-35	4	0.7%	21	3.6%
36-40	4	0.7%	21	3.6%
41-45	4	0.7%	14	2.4%
46-50	6	1.0%	13	2.2%
51-55	15	2.6%	16	2.7%
56-60	2	0.3%	12	2.1%
61+	2	0.3%	4	0.7%
<b>I have other commitments</b>	<b>183</b>	<b>31.3%</b>	<b>402</b>	<b>68.7%</b>
16-20	43	7.4%	116	19.8%
21-25	80	13.7%	145	24.8%
26-30	16	2.7%	47	8.0%
31-35	6	1.0%	19	3.2%
36-40	9	1.5%	16	2.7%
41-45	9	1.5%	9	1.5%
46-50	4	0.7%	15	2.6%
51-55	9	1.5%	22	3.8%
56-60	7	1.2%	7	1.2%
61+	0	0.0%	6	1.0%
<b>I have health related problems</b>	<b>21</b>	<b>3.6%</b>	<b>564</b>	<b>96.4%</b>
16-20	3	0.5%	156	26.7%
21-25	5	0.9%	220	37.6%
26-30	3	0.5%	60	10.3%
31-35	1	0.2%	24	4.1%
36-40	0	0.0%	25	4.3%
41-45	2	0.3%	16	2.7%
46-50	2	0.3%	17	2.9%
51-55	2	0.3%	29	5.0%
56-60	2	0.3%	12	2.1%
61+	1	0.2%	5	0.9%
<b>I cannot afford membership</b>	<b>260</b>	<b>44.4%</b>	<b>325</b>	<b>55.6%</b>
16-20	89	15.2%	70	12.0%
21-25	110	18.8%	115	19.7%
26-30	25	4.3%	38	6.5%
31-35	9	1.5%	16	2.7%
36-40	5	0.9%	20	3.4%
41-45	7	1.2%	11	1.9%
46-50	3	1.0%	13	2.2%
51-55	3	1.0%	25	4.3%
56-60	0	0.0%	14	2.4%
61+	3	0.5%	3	0.5%

Table 29 (cond.)

Item	Checked		Unchecked	
<b>Scheduled fitness classes are not convenient</b>	<b>59</b>	<b>10.1%</b>	<b>526</b>	<b>89.9%</b>
16-20	11	1.9%	148	25.3%
21-25	25	4.3%	200	34.2%
26-30	5	0.9%	58	9.9%
31-35	4	0.7%	21	3.6%
36-40	5	0.9%	20	3.4%
41-45	2	0.3%	16	2.7%
46-50	0	0.0%	19	3.2%
51-55	2	0.3%	29	5.0%
56-60	4	0.7%	10	1.7%
61+	1	0.2%	5	0.9%
<b>Child care is not available</b>	<b>25</b>	<b>4.3%</b>	<b>560</b>	<b>95.7%</b>
16-20	1	0.2%	158	27.0%
21-25	4	0.7%	221	37.8%
26-30	9	1.5%	54	9.2%
31-35	5	0.9%	20	3.4%
36-40	5	0.9%	20	3.4%
41-45	1	0.2%	17	2.9%
46-50	0	0.0%	19	3.2%
51-55	0	0.0%	31	5.3%
56-60	0	0.0%	14	2.4%
61+	0	0.0%	6	1.0%
<b>My friends are not members</b>	<b>87</b>	<b>14.9%</b>	<b>498</b>	<b>85.1%</b>
16-20	28	4.8%	131	22.4%
21-25	46	7.9%	179	30.6%
26-30	6	1.0%	57	9.7%
31-35	2	0.3%	23	3.9%
36-40	3	0.5%	22	3.8%
41-45	0	0.0%	18	3.1%
46-50	2	0.3%	17	2.9%
51-55	0	0.0%	31	5.3%
56-60	0	0.0%	14	2.4%
61+	0	0.0%	6	1.0%
<b>Facility/exercise space is too crowded</b>	<b>104</b>	<b>17.8%</b>	<b>481</b>	<b>82.2%</b>
16-20	26	4.4%	133	22.7%
21-25	43	7.4%	182	31.1%
26-30	10	1.7%	53	9.1%
31-35	6	1.0%	19	3.2%
36-40	2	0.3%	23	3.9%
41-45	2	0.3%	16	2.7%
46-50	5	0.9%	14	2.4%
51-55	6	1.0%	25	12.3%
56-60	3	0.5%	11	1.9%
61+	1	0.2%	5	0.9%

Table 29 (cond.)

Item	Checked		Unchecked	
<b>Facility/exercise space is not clean</b>	<b>7</b>	<b>1.2%</b>	<b>578</b>	<b>98.8%</b>
16-20	0	0.0%	159	27.2%
21-25	3	0.5%	222	37.9%
26-30	2	0.3%	61	10.4%
31-35	1	0.2%	24	4.1%
36-40	0	0.0%	25	4.3%
41-45	0	0.0%	18	3.1%
46-50	0	0.0%	19	3.2%
51-55	1	0.2%	30	5.1%
56-60	0	0.0%	14	2.4%
61+	0	0.0%	6	1.0%
<b>Facility/exercise space is dark/not attractive</b>	<b>21</b>	<b>3.6%</b>	<b>564</b>	<b>96.4%</b>
16-20	5	0.9%	154	26.3%
21-25	7	1.2%	218	37.3%
26-30	5	0.9%	58	9.9%
31-35	2	0.3%	23	3.9%
36-40	2	0.3%	23	3.9%
41-45	0	0.0%	18	3.1%
46-50	0	0.0%	19	3.2%
51-55	0	0.0%	31	5.3%
56-60	0	0.0%	14	2.4%
61+	0	0.0%	6	1.0%

Table 30

Composite Fitness Outcome Importance (N=902)

Item	Not Important	Somewhat Unimportant	Neutral	Somewhat Important	Very Important	Mean	SD
Manage weight	14	35	108	374	370	3.17	0.89
Improve cardio/aerobic conditioning	7	24	119	449	303	3.13	0.79
Improve muscle tone	10	38	111	431	309	3.10	0.85
Improve strength/size	52	101	273	293	182	2.50	1.11
Improve flexibility	13	56	224	439	170	2.77	0.88
Manage stress	24	41	170	392	276	2.96	0.94
Pursue fun/relaxation	33	55	203	389	221	2.79	1.00
Sense of accomplishment	19	41	143	406	291	3.01	0.93
Improve overall health	4	14	52	328	503	3.46	0.72

Table 31

Perception of Fitness Outcome Importance by Membership (N=902)

Item	Not Important	Somewhat Unimportant	Neutral	Somewhat Important	Very Important	Mean	SD
<b>Manage weight</b>	<b>14</b>	<b>35</b>	<b>108</b>	<b>374</b>	<b>370</b>	<b>3.17</b>	<b>0.89</b>
Member	4	4	37	125	146	3.28	0.82
Non Member	10	31	71	249	224	3.10	0.93
<b>Improve cardio/aerobic conditioning</b>	<b>7</b>	<b>24</b>	<b>119</b>	<b>449</b>	<b>303</b>	<b>3.13</b>	<b>0.79</b>
Member	2	6	26	156	129	3.27	0.74
Non Member	5	18	93	295	174	3.05	0.81
<b>Improve muscle tone</b>	<b>10</b>	<b>38</b>	<b>111</b>	<b>431</b>	<b>309</b>	<b>3.10</b>	<b>0.85</b>
Member	2	8	22	151	133	3.28	0.76
Non Member	8	30	89	280	176	3.01	0.89
<b>Improve strength/size</b>	<b>52</b>	<b>101</b>	<b>273</b>	<b>293</b>	<b>182</b>	<b>2.50</b>	<b>1.11</b>
Member	18	33	88	102	75	2.58	1.13
Non Member	34	68	185	191	107	2.46	1.09
<b>Improve flexibility</b>	<b>13</b>	<b>56</b>	<b>224</b>	<b>439</b>	<b>170</b>	<b>2.77</b>	<b>0.88</b>
Member	3	17	87	151	58	2.77	0.84
Non Member	10	39	137	287	112	2.77	0.89
<b>Manage stress</b>	<b>21</b>	<b>41</b>	<b>170</b>	<b>392</b>	<b>276</b>	<b>2.96</b>	<b>0.94</b>
Member	5	5	54	144	107	3.09	0.84
Non Member	16	36	116	248	169	2.89	0.98
<b>Pursue fun/relaxation</b>	<b>33</b>	<b>55</b>	<b>203</b>	<b>389</b>	<b>221</b>	<b>2.79</b>	<b>1.00</b>
Member	11	12	70	140	83	2.86	0.97
Non Member	22	43	133	274	138	2.75	1.01
<b>Sense of accomplishment</b>	<b>19</b>	<b>41</b>	<b>143</b>	<b>406</b>	<b>291</b>	<b>3.01</b>	<b>0.93</b>
Member	4	9	29	152	122	3.20	0.82
Non Member	15	32	114	254	169	2.91	0.96
<b>Improve overall health</b>	<b>4</b>	<b>14</b>	<b>52</b>	<b>328</b>	<b>503</b>	<b>3.46</b>	<b>0.72</b>
Member	0	3	9	111	193	3.56	0.60
Non Member	4	11	43	217	310	3.40	0.76

Table 32

Perception of Fitness Outcome Importance by Gender (N=902)

Item	Not Important	Somewhat Unimportant	Neutral	Somewhat Important	Very Important	Mean	SD
<b>Manage weight</b>	<b>14</b>	<b>35</b>	<b>106</b>	<b>374</b>	<b>370</b>	<b>3.17</b>	<b>0.89</b>
Male	8	14	55	142	99	2.97	0.94
Female	6	21	51	232	271	3.28	0.85
<b>Improve conditioning</b>	<b>7</b>	<b>24</b>	<b>118</b>	<b>448</b>	<b>302</b>	<b>3.13</b>	<b>0.79</b>
Male	1	15	49	160	93	3.03	0.82
Female	6	9	69	288	209	3.18	0.78
<b>Improve muscle tone</b>	<b>10</b>	<b>37</b>	<b>111</b>	<b>431</b>	<b>308</b>	<b>3.10</b>	<b>0.85</b>
Male	2	14	35	139	127	3.18	0.85
Female	8	23	76	292	181	3.06	0.85
<b>Improve strength/size</b>	<b>52</b>	<b>100</b>	<b>273</b>	<b>293</b>	<b>181</b>	<b>2.50</b>	<b>1.11</b>
Male	5	13	72	118	110	2.99	0.94
Female	47	87	201	175	71	2.23	1.10
<b>Improve flexibility</b>	<b>13</b>	<b>55</b>	<b>224</b>	<b>437</b>	<b>170</b>	<b>2.77</b>	<b>0.88</b>
Male	7	30	81	138	62	2.69	0.96
Female	6	25	143	299	108	2.82	0.82
<b>Manage stress</b>	<b>21</b>	<b>40</b>	<b>170</b>	<b>391</b>	<b>276</b>	<b>2.96</b>	<b>0.94</b>
Male	12	20	75	125	86	2.80	1.03
Female	9	20	95	266	190	3.05	0.88
<b>Pursue fun</b>	<b>33</b>	<b>54</b>	<b>203</b>	<b>388</b>	<b>221</b>	<b>2.79</b>	<b>1.00</b>
Male	14	23	70	134	77	2.75	1.04
Female	19	31	133	254	144	2.81	0.98
<b>Sense of accomplishment</b>	<b>19</b>	<b>40</b>	<b>143</b>	<b>405</b>	<b>291</b>	<b>3.01</b>	<b>0.93</b>
Male	7	17	52	141	101	2.98	0.95
Female	12	23	91	264	190	3.03	0.91
<b>Improve overall health</b>	<b>4</b>	<b>14</b>	<b>51</b>	<b>328</b>	<b>502</b>	<b>3.46</b>	<b>0.72</b>
Male	1	4	27	109	177	3.44	0.73
Female	3	10	24	219	325	3.47	0.71

Table 33

Perception of Fitness Outcome Importance by Standing (N=902)

Item	Not Important	Somewhat Unimportant	Neutral	Somewhat Important	Very Important	Mean	SD
<b>Manage weight</b>	<b>14</b>	<b>35</b>	<b>106</b>	<b>374</b>	<b>370</b>	<b>3.17</b>	<b>0.89</b>
Freshman	1	5	23	49	58	3.16	0.89
Sophomore	2	10	17	49	56	3.10	0.99
Junior	2	9	25	72	62	3.08	0.91
Senior	7	4	25	107	115	3.24	0.89
Graduate student	0	0	0	2	1	3.33	0.58
Faculty/Staff	2	6	12	81	65	3.21	0.82
Alumni	0	1	3	7	6	3.06	0.90
Community member	0	0	1	7	7	3.40	0.63
<b>Improve cardio/aerobic conditioning</b>	<b>7</b>	<b>24</b>	<b>118</b>	<b>448</b>	<b>303</b>	<b>3.13</b>	<b>0.79</b>
Freshman	0	4	18	68	46	3.15	0.76
Sophomore	2	4	25	60	43	3.03	0.88
Junior	3	3	28	81	55	3.07	0.85
Senior	1	8	29	129	91	3.17	0.77
Graduate student	0	0	0	2	1	3.33	0.58
Faculty/Staff	0	4	18	93	51	3.15	0.70
Alumni	0	1	0	10	6	3.24	0.75
Community member	7	0	0	5	9	3.40	1.06
<b>Improve muscle tone</b>	<b>10</b>	<b>37</b>	<b>111</b>	<b>431</b>	<b>308</b>	<b>3.10</b>	<b>0.85</b>
Freshman	1	6	20	64	44	3.07	0.85
Sophomore	0	9	25	50	50	3.05	0.91
Junior	4	13	23	73	56	2.97	1.00
Senior	4	8	28	128	90	3.13	0.84
Graduate student	0	0	0	2	1	3.33	0.58
Faculty/Staff	0	1	13	103	49	3.20	0.60
Alumni	0	0	1	4	12	3.65	0.61
Community member	1	0	1	7	6	3.13	1.06
<b>Improve strength/size</b>	<b>52</b>	<b>100</b>	<b>273</b>	<b>293</b>	<b>181</b>	<b>2.50</b>	<b>1.11</b>
Freshman	7	12	35	50	32	2.65	1.09
Sophomore	5	20	37	44	28	2.52	1.10
Junior	8	16	55	55	36	2.56	1.07
Senior	13	29	75	79	62	2.57	1.12
Graduate student	0	1	0	2	0	2.33	1.16
Faculty/Staff	15	19	62	55	15	2.22	1.06
Alumni	1	2	3	3	8	2.88	1.32
Community member	3	1	6	5	0	1.87	1.13
<b>Improve flexibility</b>	<b>13</b>	<b>55</b>	<b>224</b>	<b>437</b>	<b>170</b>	<b>2.77</b>	<b>0.87</b>
Freshman	3	5	42	60	26	2.74	0.89
Sophomore	2	13	36	60	23	2.66	0.93
Junior	3	12	40	82	33	2.76	0.91
Senior	2	20	72	114	50	2.74	0.89
Graduate student	0	0	1	2	0	2.67	0.58
Faculty/Staff	1	4	25	101	35	2.99	0.72
Alumni	0	1	4	9	3	2.82	0.81
Community member	2	0	4	9	0	2.33	1.05

Table 33 (cond.)

Item	Not Important	Somewhat Unimportant	Neutral	Somewhat Important	Very Important	Mean	SD
<b>Manage stress</b>	<b>21</b>	<b>40</b>	<b>170</b>	<b>391</b>	<b>276</b>	<b>2.96</b>	<b>0.94</b>
Freshman	6	8	28	48	45	2.87	1.08
Sophomore	2	8	31	58	35	2.87	0.92
Junior	4	7	40	67	52	2.92	0.96
Senior	3	9	44	113	89	3.07	0.87
Graduate student	0	0	0	2	1	3.33	0.58
Faculty/Staff	3	7	22	87	47	3.01	0.87
Alumni	0	1	2	9	5	3.06	0.83
Community member	3	0	3	7	2	2.33	1.35
<b>Pursue fun/relaxation</b>	<b>33</b>	<b>54</b>	<b>203</b>	<b>388</b>	<b>221</b>	<b>2.79</b>	<b>1.00</b>
Freshman	3	3	24	62	44	3.04	0.89
Sophomore	2	11	29	60	32	2.81	0.94
Junior	5	8	40	75	42	2.83	0.96
Senior	7	13	53	119	66	2.87	0.95
Graduate student	0	0	0	2	1	3.33	0.58
Faculty/Staff	11	16	51	57	31	2.49	1.11
Alumni	1	2	2	8	4	2.71	1.16
Community member	4	1	4	5	1	1.87	1.36
<b>Sense of accomplishment</b>	<b>19</b>	<b>40</b>	<b>143</b>	<b>405</b>	<b>291</b>	<b>3.01</b>	<b>0.92</b>
Freshman	2	4	19	57	54	3.15	0.88
Sophomore	2	10	22	55	45	2.98	0.97
Junior	2	4	25	81	57	3.11	0.82
Senior	6	5	41	116	90	3.08	0.89
Graduate student	0	0	0	3	0	3.00	0.00
Faculty/Staff	4	17	35	76	34	2.72	0.98
Alumni	1	0	1	8	7	3.18	1.02
Community member	2	0	0	9	4	2.87	1.25
<b>Improve overall health</b>	<b>4</b>	<b>14</b>	<b>51</b>	<b>328</b>	<b>502</b>	<b>3.46</b>	<b>0.71</b>
Freshman	1	1	9	41	84	3.51	0.72
Sophomore	0	7	9	45	73	3.37	0.83
Junior	3	0	12	61	94	3.43	0.78
Senior	0	4	13	83	158	3.53	0.67
Graduate student	0	0	0	3	0	3.00	0.00
Faculty/Staff	0	0	8	82	76	3.41	0.58
Alumni	0	0	0	8	9	3.53	0.51
Community member	0	2	0	5	2	3.27	1.03

Table 34

Perception of Fitness Outcome Importance by Race/Ethnicity (N=902)

Item	Not Important	Somewhat Unimportant	Neutral	Somewhat Important	Very Important	Mean	SD
<b>Manage weight</b>	<b>13</b>	<b>35</b>	<b>105</b>	<b>365</b>	<b>360</b>	<b>3.17</b>	<b>0.89</b>
Asian/Pacific Islander	0	1	11	17	11	2.95	0.82
American Indian/Alaskan Native	0	0	1	1	4	3.50	0.84
Black, African American	1	6	9	41	51	3.25	0.90
Hispanic, Latino/a	1	1	4	10	6	2.86	1.04
White, Non-Hispanic	11	26	78	295	288	3.18	0.89
International	0	1	0	1	0	2.00	1.41
Other	0	0	2	0	0	2.00	0.00
<b>Improve conditioning</b>	<b>7</b>	<b>23</b>	<b>116</b>	<b>438</b>	<b>294</b>	<b>3.13</b>	<b>0.79</b>
Asian/Pacific Islander	1	3	12	16	8	2.68	0.97
American Indian/Alaskan Native	0	1	2	1	2	2.67	1.21
Black, African American	1	4	21	42	40	3.07	0.89
Hispanic, Latino/a	1	2	3	12	4	2.73	1.03
White, Non-Hispanic	4	12	77	366	239	3.18	0.74
International	0	1	0	1	0	2.00	1.41
Other	0	0	1	0	1	3.00	1.41
<b>Improve muscle tone</b>	<b>9</b>	<b>38</b>	<b>107</b>	<b>422</b>	<b>300</b>	<b>3.10</b>	<b>0.85</b>
Asian/Pacific Islander	2	5	13	15	5	2.40	4.6
American Indian/Alaskan Native	0	0	0	2	4	3.67	1.03
Black, African American	0	5	15	39	47	3.21	0.52
Hispanic, Latino/a	0	3	2	9	8	3.00	0.86
White, Non-Hispanic	7	23	77	356	235	3.13	0.81
International	0	1	0	1	0	2.00	1.41
Other	0	1	0	0	1	2.50	2.12
<b>Improve strength/size</b>	<b>51</b>	<b>99</b>	<b>268</b>	<b>283</b>	<b>177</b>	<b>2.50</b>	<b>1.11</b>
Asian/Pacific Islander	2	3	15	14	6	2.48	1.01
American Indian/Alaskan Native	0	1	1	3	1	2.67	1.03
Black, African American	7	6	25	32	38	2.81	1.17
Hispanic, Latino/a	4	2	6	4	6	2.27	1.45
White, Non-Hispanic	38	86	221	228	125	2.45	1.09
International	0	1	0	1	0	2.00	1.41
Other	0	0	0	1	1	3.50	0.71
<b>Improve flexibility</b>	<b>13</b>	<b>56</b>	<b>217</b>	<b>429</b>	<b>163</b>	<b>2.77</b>	<b>0.88</b>
Asian/Pacific Islander	2	1	9	22	6	2.73	0.93
American Indian/Alaskan Native	0	0	2	3	1	2.83	0.75
Black, African American	0	4	28	47	29	2.94	0.82
Hispanic, Latino/a	0	5	9	2	6	2.41	1.14
White, Non-Hispanic	11	45	169	353	120	2.75	0.87
International	0	1	0	1	0	2.00	1.41
Other	0	0	0	1	1	3.50	0.71

Table 34 (cond.)

Item	Not Important	Somewhat Unimportant	Neutral	Somewhat Important	Very Important	Mean	SD
<b>Manage stress</b>	<b>18</b>	<b>41</b>	<b>167</b>	<b>382</b>	<b>269</b>	<b>2.96</b>	<b>0.93</b>
Asian/Pacific Islander	2	2	9	17	10	2.78	1.05
American Indian/Alaskan Native	0	0	3	1	2	2.83	0.98
Black, African American	1	7	28	32	40	2.95	0.99
Hispanic, Latino/a	1	4	6	4	7	2.55	1.26
White, Non-Hispanic	14	26	121	327	209	2.99	0.90
International	0	1	0	1	0	2.00	1.41
Other	0	1	0	0	1	2.50	2.12
<b>Pursue fun</b>	<b>32</b>	<b>56</b>	<b>198</b>	<b>381</b>	<b>214</b>	<b>2.79</b>	<b>1.00</b>
Asian/Pacific Islander	2	2	6	19	11	2.88	1.04
American Indian/Alaskan Native	1	0	0	4	1	2.67	1.37
Black, African American	6	5	22	45	30	2.81	1.07
Hispanic, Latino/a	2	2	7	6	5	2.45	1.22
White, Non-Hispanic	21	45	163	305	167	2.80	0.97
International	0	1	0	1	0	2.00	1.41
Other	0	1	0	1	0	2.00	1.41
<b>Sense of accomplishment</b>	<b>17</b>	<b>41</b>	<b>138</b>	<b>397</b>	<b>284</b>	<b>3.01</b>	<b>0.92</b>
Asian/Pacific Islander	2	2	13	18	5	2.55	0.96
American Indian/Alaskan Native	0	1	0	4	1	2.83	0.98
Black, African American	2	5	17	42	42	3.08	0.95
Hispanic, Latino/a	1	2	4	7	8	2.86	1.17
White, Non-Hispanic	12	29	104	324	228	3.04	0.89
International	0	1	0	1	0	2.00	1.41
Other	0	1	0	1	0	2.00	1.41
<b>Improve overall health</b>	<b>4</b>	<b>14</b>	<b>51</b>	<b>318</b>	<b>491</b>	<b>3.46</b>	<b>0.72</b>
Asian/Pacific Islander	0	5	5	15	15	3.00	1.01
American Indian/Alaskan Native	0	0	0	1	5	3.83	0.41
Black, African American	0	2	8	27	71	3.55	0.72
Hispanic, Latino/a	1	1	2	9	9	3.09	1.07
White, Non-Hispanic	3	5	36	264	390	3.48	0.67
International	0	1	0	1	0	2.00	1.41
Other	0	0	0	1	1	3.50	0.71

Table 35

Perception of Fitness Outcome Importance by Age (N=902)

Item	Not Important	Somewhat Unimportant	Neutral	Somewhat Important	Very Important	Mean	SD
<b>Manage weight</b>	<b>14</b>	<b>35</b>	<b>108</b>	<b>373</b>	<b>370</b>	<b>3.17</b>	<b>0.89</b>
16-20	3	17	37	102	108	3.10	0.94
21-25	6	10	47	154	152	3.18	0.87
26-30	4	1	10	30	37	3.16	1.02
31-35	0	3	4	12	18	3.22	0.95
36-40	0	1	2	12	14	3.34	0.77
41-45	1	0	1	16	8	3.15	0.83
46-50	0	2	1	16	8	3.11	0.80
51-55	0	0	5	20	15	3.25	0.67
56-60	0	0	1	9	6	3.31	0.60
61+	0	1	0	2	4	3.29	1.11
<b>Improve cardio/aerobic conditioning</b>	<b>7</b>	<b>24</b>	<b>119</b>	<b>448</b>	<b>302</b>	<b>3.13</b>	<b>0.80</b>
16-20	4	8	43	130	82	3.04	0.85
21-25	2	12	49	171	135	3.15	0.81
26-30	1	0	9	49	23	3.13	0.70
31-35	0	1	5	16	15	3.22	0.79
36-40	0	1	4	17	7	3.03	0.73
41-45	0	0	2	16	8	3.23	0.59
46-50	0	0	1	17	9	3.30	0.54
51-55	0	1	3	21	15	3.25	0.70
56-60	0	0	3	10	3	3.00	0.63
61+	0	1	0	1	5	3.43	1.13
<b>Improve muscle tone</b>	<b>10</b>	<b>38</b>	<b>111</b>	<b>431</b>	<b>308</b>	<b>3.10</b>	<b>0.85</b>
16-20	2	13	47	116	88	3.03	0.88
21-25	7	9	39	167	136	3.10	0.91
26-30	1	4	9	37	31	3.13	0.89
31-35	0	1	3	22	11	3.16	0.69
36-40	0	0	5	16	8	3.10	0.67
41-45	0	1	1	16	8	3.19	0.94
46-50	0	0	1	18	8	3.26	0.53
51-55	0	0	3	26	11	3.20	0.56
56-60	0	0	2	10	4	3.13	0.62
61+	0	0	1	3	3	3.29	0.76
<b>Improve strength/size</b>	<b>52</b>	<b>101</b>	<b>273</b>	<b>292</b>	<b>182</b>	<b>2.50</b>	<b>1.12</b>
16-20	10	34	72	93	58	2.58	1.01
21-25	21	39	104	115	90	2.58	1.14
26-30	9	6	26	23	18	2.43	1.23
31-35	3	3	11	14	6	2.46	1.12
36-40	0	2	11	12	4	2.62	0.82
41-45	3	5	12	4	2	1.88	1.07
46-50	1	2	14	9	1	2.26	0.81
51-55	4	6	11	16	3	2.20	1.11
56-60	1	2	10	3	0	1.94	0.77
61+	0	2	2	3	0	2.14	0.90

Table 35 (cond.)

Item	Not Important	Somewhat Unimportant	Neutral	Somewhat Important	Very Important	Mean	SD
<b>Improve flexibility</b>	<b>13</b>	<b>56</b>	<b>224</b>	<b>437</b>	<b>170</b>	<b>2.77</b>	<b>0.88</b>
16-20	5	17	75	118	52	2.73	0.91
21-25	7	28	101	172	61	2.68	0.90
26-30	1	6	17	38	20	2.85	0.92
31-35	0	2	6	26	3	2.81	0.66
36-40	0	0	9	14	6	2.90	0.72
41-45	0	1	5	15	5	2.92	0.74
46-50	0	0	5	16	6	3.04	0.65
51-55	0	2	4	24	10	3.05	0.75
56-60	0	0	1	11	4	3.19	0.54
61+	0	0	1	3	3	3.29	0.76
<b>Manage stress</b>	<b>21</b>	<b>41</b>	<b>170</b>	<b>392</b>	<b>275</b>	<b>2.96</b>	<b>0.94</b>
16-20	10	13	61	110	72	2.83	1.00
21-25	8	16	72	153	120	2.98	0.94
26-30	1	5	15	36	25	2.96	0.92
31-35	0	1	6	15	15	3.19	0.81
36-40	0	1	2	14	12	3.28	0.75
41-45	0	2	2	14	8	3.08	0.85
46-50	1	0	3	14	9	3.11	0.89
51-55	0	1	6	25	8	3.00	0.68
56-60	1	0	1	9	5	3.06	1.00
61+	0	2	2	2	1	2.29	1.11
<b>Pursue fun/relaxation</b>	<b>33</b>	<b>55</b>	<b>203</b>	<b>389</b>	<b>220</b>	<b>2.79</b>	<b>1.00</b>
16-20	7	12	56	124	689	2.88	0.93
21-25	11	19	67	174	98	2.89	0.96
26-30	5	7	25	28	17	2.55	1.10
31-35	2	3	10	12	10	2.68	1.13
36-40	1	3	10	8	7	2.59	1.10
41-45	1	4	6	8	7	2.62	1.17
46-50	1	2	10	11	3	2.48	0.94
51-55	5	2	12	16	5	2.35	1.17
56-60	0	2	5	6	3	2.63	0.96
61+	0	1	2	2	2	2.71	1.11
<b>Sense of accomplishment</b>	<b>19</b>	<b>41</b>	<b>143</b>	<b>406</b>	<b>290</b>	<b>3.01</b>	<b>0.93</b>
16-20	5	12	38	118	93	3.06	0.92
21-25	7	11	50	170	131	3.10	0.88
26-30	5	1	19	38	19	2.79	1.02
31-35	0	5	8	9	15	2.92	1.10
36-40	0	1	6	13	9	3.03	0.82
41-45	1	2	4	14	5	2.77	0.99
46-50	0	2	5	15	5	2.85	0.82
51-55	0	4	9	18	9	2.80	0.91
56-60	1	2	4	7	2	2.44	1.10
61+	0	1	0	4	2	3.00	1.00

Table 35 (cond.)

Item	Not Important	Somewhat Unimportant	Neutral	Somewhat Important	Very Important	Mean	SD
<b>Improve overall health</b>	<b>4</b>	<b>14</b>	<b>52</b>	<b>328</b>	<b>502</b>	<b>3.46</b>	<b>0.71</b>
16-20	2	6	17	86	156	3.45	0.78
21-25	1	7	24	127	210	3.46	0.73
26-30	1	1	2	32	46	3.48	0.72
31-35	0	0	3	11	23	3.54	0.65
36-40	0	0	1	11	17	3.55	0.57
41-45	0	0	0	18	8	3.31	0.47
46-50	0	0	1	15	11	3.37	0.57
51-55	0	0	3	17	20	3.43	0.64
56-60	0	0	1	9	6	3.31	0.60
61+	0	0	0	2	5	3.71	0.49

Table 36

Composite Level of Comfort Using Equipment (N=902)

Item	Very Uncomfortable	Somewhat Uncomfortable	Neutral	Somewhat Comfortable	Very Comfortable	Mean	SD
Using free weights properly	40	128	201	320	212	2.59	1.12
Free weights in front of windows	140	208	196	193	164	2.04	1.34
Using cardio machines properly	19	56	141	394	291	2.98	0.96
Cardio machines in front of windows	110	167	165	247	212	2.32	1.34

Table 37

Level of Comfort Using Equipment by Membership (N=902)

Item	Very Uncomfortable	Somewhat Uncomfortable	Neutral	Somewhat Comfortable	Very Comfortable	Mean	SD
<b>Using free weights properly</b>	<b>40</b>	<b>128</b>	<b>201</b>	<b>320</b>	<b>212</b>	<b>2.59</b>	<b>1.12</b>
Member	6	27	61	125	97	2.89	1.00
Non Member	34	101	140	195	115	2.44	1.16
<b>Free weights in front of windows</b>	<b>140</b>	<b>208</b>	<b>196</b>	<b>193</b>	<b>164</b>	<b>2.04</b>	<b>1.34</b>
Member	21	45	72	96	82	2.55	1.21
Non Member	119	163	124	97	82	1.76	1.33
<b>Using cardio machines properly</b>	<b>19</b>	<b>56</b>	<b>141</b>	<b>394</b>	<b>291</b>	<b>2.98</b>	<b>0.96</b>
Member	3	3	24	131	155	3.37	0.75
Non Member	16	53	117	263	136	2.77	1.00
<b>Machines in front of windows</b>	<b>110</b>	<b>167</b>	<b>165</b>	<b>247</b>	<b>212</b>	<b>2.32</b>	<b>1.34</b>
Member	16	34	39	111	116	2.88	1.17
Non Member	94	133	126	136	96	2.01	1.33

Table 38

Level of Comfort Using Equipment by Gender (N=902)

Item	Very Uncomfortable	Somewhat Uncomfortable	Neutral	Somewhat Comfortable	Very Comfortable	Mean	SD
<b>Using free weights properly</b>	<b>40</b>	<b>128</b>	<b>200</b>	<b>319</b>	<b>212</b>	<b>2.60</b>	<b>1.25</b>
Male	6	20	50	113	129	3.07	0.99
Female	34	108	150	206	83	2.34	1.11
<b>Free weights in front of windows</b>	<b>139</b>	<b>208</b>	<b>195</b>	<b>193</b>	<b>164</b>	<b>2.04</b>	<b>1.34</b>
Male	23	40	54	87	114	2.72	1.27
Female	116	168	141	106	50	1.67	1.23
<b>Using cardio machines properly</b>	<b>19</b>	<b>56</b>	<b>140</b>	<b>393</b>	<b>291</b>	<b>2.98</b>	<b>0.96</b>
Male	3	12	41	134	128	3.17	0.86
Female	16	44	99	259	163	2.88	0.99
<b>Cardio machines in front of windows</b>	<b>109</b>	<b>167</b>	<b>164</b>	<b>247</b>	<b>212</b>	<b>2.32</b>	<b>1.34</b>
Male	15	26	66	96	115	2.85	1.14
Female	94	141	98	151	97	2.03	1.34

Table 39

Level of Comfort Using Equipment by Standing (N=902)

Item	Very Uncomfortable	Somewhat Uncomfortable	Neutral	Somewhat Comfortable	Very Comfortable	Mean	SD
<b>Using free weights properly</b>	<b>40</b>	<b>128</b>	<b>200</b>	<b>319</b>	<b>212</b>	<b>2.60</b>	<b>1.13</b>
Freshman	3	17	33	49	34	2.69	1.05
Sophomore	7	19	25	49	34	2.63	1.16
Junior	8	19	36	69	38	2.65	1.09
Senior	11	25	59	88	75	2.74	1.11
Graduate student	0	0	0	2	1	3.33	0.58
Faculty/Staff	10	45	43	52	16	2.11	1.10
Alumni	0	2	2	4	9	3.18	1.07
Community member	1	1	2	6	5	2.87	1.19
<b>Free weights in front of windows</b>	<b>139</b>	<b>208</b>	<b>195</b>	<b>193</b>	<b>164</b>	<b>2.04</b>	<b>1.34</b>
Freshman	23	20	35	30	28	2.15	1.36
Sophomore	12	40	27	25	30	2.16	1.31
Junior	20	43	38	42	27	2.08	1.27
Senior	37	52	51	60	58	2.19	1.37
Graduate student	0	0	1	2	0	2.67	0.58
Faculty/Staff	39	48	39	29	11	1.55	1.21
Alumni	4	1	1	3	8	2.59	1.70
Community member	4	4	3	2	2	1.60	1.40
<b>Using cardio machines properly</b>	<b>19</b>	<b>56</b>	<b>140</b>	<b>393</b>	<b>291</b>	<b>2.98</b>	<b>0.96</b>
Freshman	2	6	24	61	43	3.01	0.90
Sophomore	5	10	18	48	53	3.00	1.08
Junior	2	3	26	80	59	3.12	0.82
Senior	4	11	32	115	96	3.12	0.89
Graduate student	0	0	0	1	2	3.67	0.58
Faculty/Staff	5	24	38	75	24	3.54	1.01
Alumni	0	2	2	5	8	3.12	1.05
Community member	1	0	0	8	6	3.20	1.01
<b>Cadio machines in front of mirrors</b>	<b>109</b>	<b>167</b>	<b>164</b>	<b>247</b>	<b>212</b>	<b>2.32</b>	<b>1.34</b>
Freshman	14	20	26	40	36	2.47	1.31
Sophomore	12	23	24	37	38	2.49	1.31
Junior	15	33	33	52	37	2.37	1.26
Senior	28	44	50	66	70	2.41	0.58
Graduate student	0	0	0	1	2	3.67	1.31
Faculty/Staff	31	41	31	44	19	1.87	1.31
Alumni	4	2	0	4	7	2.47	1.70
Community member	5	4	0	3	3	1.67	1.63

Table 40

Level of Comfort Using Equipment by Race/Ethnicity (N=902)

Item	Very Uncomfortable	Somewhat Uncomfortable	Neutral	Somewhat Comfortable	Very Comfortable	Mean	SD
<b>Using free weights properly</b>	<b>40</b>	<b>127</b>	<b>198</b>	<b>310</b>	<b>203</b>	<b>2.58</b>	<b>1.13</b>
Asian/Pacific Islander	1	2	19	12	6	2.50	0.91
American Indian/Alaskan Native	0	1	3	1	1	2.33	1.03
Black, African American	2	8	24	34	40	2.94	1.03
Hispanic, Latino/a	2	1	6	6	7	2.68	1.25
White, Non-Hispanic	35	114	145	255	149	2.53	1.14
International	0	1	0	1	0	2.00	1.41
Other	0	0	1	1	0	2.50	0.71
<b>Free weights in front of windows</b>	<b>139</b>	<b>207</b>	<b>188</b>	<b>188</b>	<b>156</b>	<b>2.02</b>	<b>1.34</b>
Asian/Pacific Islander	2	10	14	11	3	2.08	1.02
American Indian/Alaskan Native	2	1	1	1	1	1.67	1.63
Black, African American	11	20	24	20	33	2.41	1.36
Hispanic, Latino/a	3	3	4	5	7	2.45	1.44
White, Non-Hispanic	121	172	144	149	112	1.94	1.34
International	0	1	0	1	0	2.00	1.41
Other	0	0	1	1	0	2.50	0.71
<b>Using cardio machines properly</b>	<b>19</b>	<b>56</b>	<b>138</b>	<b>381</b>	<b>284</b>	<b>2.97</b>	<b>0.97</b>
Asian/Pacific Islander	1	3	17	11	8	2.55	0.99
American Indian/Alaskan Native	0	2	0	4	0	2.33	1.03
Black, African American	2	5	14	43	44	3.13	0.94
Hispanic, Latino/a	0	1	5	10	6	2.95	0.84
White, Non-Hispanic	16	44	101	312	225	2.98	0.96
International	0	1	0	1	0	2.00	1.41
Other	0	0	1	0	1	3.00	1.41
<b>Cardio machines in front of windows</b>	<b>108</b>	<b>164</b>	<b>161</b>	<b>239</b>	<b>206</b>	<b>2.31</b>	<b>1.34</b>
Asian/Pacific Islander	2	7	16	10	5	2.23	1.05
American Indian/Alaskan Native	2	0	2	2	0	1.67	1.37
Black, African American	10	13	25	26	34	2.56	1.30
Hispanic, Latino/a	2	4	6	5	5	2.32	1.29
White, Non-Hispanic	92	139	111	195	161	2.28	1.36
International	0	1	0	1	0	2.00	1.41
Other	0	0	1	0	1	3.00	1.41

Table 41

Level of Comfort Using Equipment by Age (N=902)

Item	Very Uncomfortable	Somewhat Uncomfortable	Neutral	Somewhat Comfortable	Very Comfortable	M	SD
<b>Using free weights properly</b>	<b>40</b>	<b>128</b>	<b>201</b>	<b>319</b>	<b>212</b>	<b>2.59</b>	<b>1.13</b>
16-20	11	31	59	107	59	2.64	1.10
21-25	13	33	73	137	113	2.82	1.10
26-30	3	10	23	23	23	2.65	1.13
31-35	4	8	8	9	8	2.24	1.32
36-40	1	9	8	10	1	2.03	0.98
41-45	2	8	4	9	3	2.12	1.21
46-50	2	5	11	7	2	2.07	1.03
51-55	3	13	8	14	2	1.98	1.10
56-60	1	8	4	3	0	1.56	0.90
61+	0	3	3	0	1	1.86	1.10
<b>Free weights in front of windows</b>	<b>140</b>	<b>208</b>	<b>196</b>	<b>193</b>	<b>163</b>	<b>2.03</b>	<b>1.34</b>
16-20	37	57	62	59	52	2.12	1.33
21-25	41	83	72	87	86	2.25	1.33
26-30	15	13	20	21	13	2.05	1.34
31-35	8	11	8	3	7	1.73	1.41
36-40	8	8	8	5	0	1.34	1.10
41-45	8	6	4	7	1	1.50	1.30
46-50	5	8	8	4	2	1.63	1.20
51-55	13	12	6	7	2	1.33	1.25
56-60	4	7	5	0	0	1.06	0.77
61+	1	3	3	0	0	1.29	0.76
<b>Using cardio machines properly</b>	<b>19</b>	<b>56</b>	<b>141</b>	<b>394</b>	<b>290</b>	<b>2.98</b>	<b>0.96</b>
16-20	7	11	44	115	90	3.01	0.96
21-25	3	13	44	164	145	3.18	0.93
26-30	3	4	17	30	28	2.93	1.04
31-35	2	3	6	16	10	2.78	1.11
36-40	0	5	8	15	1	2.41	0.83
41-45	0	2	6	13	5	2.81	0.85
46-50	1	5	2	14	5	2.63	1.12
51-55	1	6	8	23	2	2.48	0.91
56-60	1	6	4	3	2	1.94	1.20
61+	1	1	2	1	2	2.29	1.50
<b>Machines in front of windows</b>	<b>110</b>	<b>167</b>	<b>165</b>	<b>247</b>	<b>211</b>	<b>2.31</b>	<b>1.34</b>
16-20	25	41	55	77	69	2.46	1.30
21-25	34	67	57	112	99	2.47	1.31
26-30	12	13	18	16	23	2.30	1.41
31-35	6	8	5	9	9	2.19	1.50
36-40	8	7	7	7	0	1.45	1.20
41-45	4	5	7	6	4	2.04	1.31
46-50	4	7	5	8	3	1.96	1.30
51-55	11	11	7	9	2	1.50	1.30
56-60	4	7	2	2	1	1.31	1.20
61+	2	1	2	1	1	1.71	1.50

Table 42

Composite Perceived Equipment Usage (N=902)										
Item	Never		1-2 times		3-4 times		5-6 times		7+ times	
Dumbbells/free weights	192	21.3%	337	37.4%	289	32.0%	62	6.9%	21	2.3%
Squat rack	500	55.4%	267	29.6%	102	11.3%	18	2.0%	14	1.6%
Olympic/adjustable benches	410	45.5%	235	26.1%	197	21.8%	39	4.3%	19	2.1%
Plate loaded machines	428	47.5%	256	28.4%	165	18.3%	37	4.1%	13	1.4%
Cable machines	258	28.6%	280	31.0%	276	30.6%	68	7.5%	19	2.1%
Mirrors	428	47.5%	210	23.3%	163	18.1%	60	6.7%	40	4.4%
Treadmills	186	20.6%	239	26.5%	289	32.0%	136	15.1%	50	5.5%
Stair climbers	384	42.6%	248	27.5%	180	20.0%	65	7.3%	24	2.7%
Cycling machines	273	30.3%	278	30.8%	227	25.2%	91	10.1%	32	3.5%
Elliptical machines	280	31.0%	211	23.4%	245	27.2%	131	13.4%	44	4.9%
Cross country machines	562	62.3%	175	19.4%	105	11.6%	45	5.0%	15	1.7%
Rowing machines	543	60.2%	210	23.3%	104	11.5%	33	3.7%	11	1.2%
Personalized television	308	34.1%	158	17.5%	249	27.6%	111	12.3%	75	8.4%
Personalized stereo	296	32.8%	155	17.2%	256	28.4%	106	11.8%	89	9.9%

Table 43

Perceived Equipment Usage by Membership (N=902)

Item	Never		1-2 times		3-4 times		5-6 times		7+ times	
<b>Dumbbells/free weights</b>	<b>192</b>	<b>21.3%</b>	<b>337</b>	<b>37.4%</b>	<b>289</b>	<b>32.1%</b>	<b>62</b>	<b>6.9%</b>	<b>21</b>	<b>2.3%</b>
Member	64	7.1%	92	10.2%	104	11.5%	43	4.8%	13	1.4%
Non Member	128	14.2%	245	27.2%	185	20.5%	19	2.1%	8	0.9%
<b>Squat rack</b>	<b>500</b>	<b>55.5%</b>	<b>267</b>	<b>29.6%</b>	<b>102</b>	<b>11.3%</b>	<b>18</b>	<b>2.0%</b>	<b>14</b>	<b>1.6%</b>
Member	182	20.3%	91	10.1%	26	2.9%	9	1.0%	7	0.8%
Non Member	317	35.2%	176	19.5%	76	8.4%	9	1.0%	7	0.8%
<b>Olympic/adjustable benches</b>	<b>410</b>	<b>45.6%</b>	<b>235</b>	<b>26.1%</b>	<b>197</b>	<b>21.9%</b>	<b>39</b>	<b>4.3%</b>	<b>19</b>	<b>2.1%</b>
Member	127	14.1%	76	8.4%	82	9.1%	19	2.1%	11	1.2%
Non Member	283	31.4%	159	17.7%	115	12.8%	20	2.2%	8	0.9%
<b>Plate loaded machines</b>	<b>428</b>	<b>47.6%</b>	<b>256</b>	<b>28.5%</b>	<b>165</b>	<b>18.4%</b>	<b>37</b>	<b>4.1%</b>	<b>13</b>	<b>1.4%</b>
Member	139	15.5%	87	9.7%	67	7.5%	16	1.8%	6	0.7%
Non Member	289	32.1%	169	18.8%	98	10.9%	21	2.3%	7	0.8%
<b>Cable machines</b>	<b>258</b>	<b>28.6%</b>	<b>280</b>	<b>31.1%</b>	<b>276</b>	<b>30.6%</b>	<b>68</b>	<b>7.5%</b>	<b>19</b>	<b>2.1%</b>
Member	64	7.1%	82	9.1%	120	13.3%	38	4.2%	13	1.4%
Non Member	194	21.5%	198	22.0%	156	17.3%	30	3.3%	6	0.7%
<b>Mirrors</b>	<b>428</b>	<b>47.5%</b>	<b>210</b>	<b>23.3%</b>	<b>163</b>	<b>18.1%</b>	<b>60</b>	<b>6.7%</b>	<b>40</b>	<b>4.4%</b>
Member	118	13.1%	68	7.5%	74	8.2%	35	3.9%	22	2.4%
Non Member	310	34.4%	142	15.8%	89	9.9%	25	2.8%	18	2.0%
<b>Treadmills</b>	<b>186</b>	<b>20.7%</b>	<b>239</b>	<b>26.6%</b>	<b>289</b>	<b>32.1%</b>	<b>136</b>	<b>15.1%</b>	<b>50</b>	<b>5.5%</b>
Member	58	6.4%	84	9.3%	89	9.6%	63	7.0%	26	2.9%
Non Member	128	14.2%	155	17.2%	203	22.6%	3	8.1%	24	2.7%
<b>Stair climbers</b>	<b>384</b>	<b>42.6%</b>	<b>248</b>	<b>27.5%</b>	<b>180</b>	<b>20.0%</b>	<b>66</b>	<b>7.3%</b>	<b>24</b>	<b>2.7%</b>
Member	176	19.5%	72	8.0%	44	4.9%	17	1.9%	8	0.9%
Non Member	208	23.1%	176	19.5%	136	15.1%	49	5.4%	16	1.8%
<b>Cycling machines</b>	<b>273</b>	<b>30.3%</b>	<b>278</b>	<b>30.9%</b>	<b>227</b>	<b>25.2%</b>	<b>91</b>	<b>10.1%</b>	<b>32</b>	<b>3.6%</b>
Member	120	13.3%	97	10.8%	55	6.1%	31	3.4%	13	1.4%
Non Member	153	17.0%	181	20.1%	172	19.1%	60	6.7%	19	2.1%
<b>Elliptical machines</b>	<b>280</b>	<b>31.1%</b>	<b>211</b>	<b>23.4%</b>	<b>245</b>	<b>27.2%</b>	<b>121</b>	<b>13.4%</b>	<b>44</b>	<b>4.9%</b>
Member	78	8.7%	65	7.2%	88	9.8%	61	6.8%	25	2.8%
Non Member	202	22.4%	146	16.2%	157	17.4%	60	6.7%	19	2.1%
<b>Cross country machines</b>	<b>562</b>	<b>62.3%</b>	<b>175</b>	<b>19.4%</b>	<b>105</b>	<b>11.6%</b>	<b>45</b>	<b>5.0%</b>	<b>15</b>	<b>1.7%</b>
Member	214	23.7%	47	5.2%	36	4.0%	14	1.6%	6	0.7%
Non Member	348	38.6%	128	14.2%	69	7.6%	31	3.4%	9	1.0%
<b>Rowing machines</b>	<b>543</b>	<b>60.3%</b>	<b>210</b>	<b>23.3%</b>	<b>104</b>	<b>11.5%</b>	<b>33</b>	<b>3.7%</b>	<b>11</b>	<b>1.2%</b>
Member	213	23.6%	55	6.1%	32	3.6%	13	1.4%	4	0.4%
Non Member	330	36.6%	155	17.2%	72	8.0%	20	2.2%	7	0.8%

Table 43 (cond.)

Item	Never		1-2 times		3-4 times		5-6 times		7+ times	
<b>Personalized television</b>	<b>308</b>	<b>34.1%</b>	<b>158</b>	<b>17.5%</b>	<b>249</b>	<b>27.6%</b>	<b>111</b>	<b>12.3%</b>	<b>76</b>	<b>8.4%</b>
Member	111	12.3%	59	6.5%	81	9.0%	43	4.8%	23	2.5%
Non Member	197	21.8%	99	11.0%	168	18.6%	68	7.5%	53	5.9%
<b>Personalized stereo</b>	<b>296</b>	<b>32.8%</b>	<b>155</b>	<b>17.2%</b>	<b>256</b>	<b>28.4%</b>	<b>106</b>	<b>11.8%</b>	<b>89</b>	<b>9.9%</b>
Member	124	13.7%	48	5.3%	76	8.4%	36	4.0%	33	3.7%
Non Member	172	19.1%	107	11.9%	180	20.0%	70	7.8%	56	6.2%

Table 44

## Perceived Equipment Usage by Gender (N=902)

Item	Never		1-2 times		3-4 times		5-6 times		7+ times	
<b>Dumbbells/free weights</b>	<b>191</b>	<b>21.2%</b>	<b>337</b>	<b>37.5%</b>	<b>288</b>	<b>32.0%</b>	<b>62</b>	<b>6.9%</b>	<b>21</b>	<b>2.3%</b>
Male	30	3.3%	84	9.3%	144	16.0%	43	4.8%	17	1.9%
Female	161	17.9%	253	28.1%	144	16.0%	19	2.1%	4	0.4%
<b>Squat rack</b>	<b>499</b>	<b>55.5%</b>	<b>267</b>	<b>29.7%</b>	<b>101</b>	<b>11.2%</b>	<b>18</b>	<b>2.0%</b>	<b>14</b>	<b>1.6%</b>
Male	108	12.0%	131	14.6%	59	6.6%	12	1.3%	9	1.0%
Female	391	43.5%	136	15.1%	42	4.7%	6	0.7%	5	0.6%
<b>Olympic/adjustable benches</b>	<b>409</b>	<b>45.5%</b>	<b>235</b>	<b>26.2%</b>	<b>197</b>	<b>21.9%</b>	<b>38</b>	<b>4.2%</b>	<b>19</b>	<b>2.1%</b>
Male	61	6.8%	96	10.7%	125	13.9%	24	2.7%	13	1.4%
Female	348	38.8%	139	15.5%	72	8.0%	14	1.6%	6	0.7%
<b>Plate loaded machines</b>	<b>427</b>	<b>47.6%</b>	<b>256</b>	<b>28.5%</b>	<b>164</b>	<b>18.3%</b>	<b>37</b>	<b>4.1%</b>	<b>13</b>	<b>1.4%</b>
Male	81	9.0%	102	11.4%	102	11.4%	22	2.5%	11	1.2%
Female	346	38.6%	154	17.2%	62	6.9%	15	1.7%	2	0.2%
<b>Cable machines</b>	<b>257</b>	<b>28.6%</b>	<b>280</b>	<b>31.1%</b>	<b>275</b>	<b>30.6%</b>	<b>68</b>	<b>7.6%</b>	<b>19</b>	<b>2.1%</b>
Male	44	4.9%	87	9.7%	140	15.6%	37	4.1%	10	1.1%
Female	213	23.7%	193	21.5%	135	15.0%	31	3.4%	9	1.0%
<b>Mirrors</b>	<b>427</b>	<b>47.5%</b>	<b>209</b>	<b>23.2%</b>	<b>163</b>	<b>18.1%</b>	<b>60</b>	<b>6.7%</b>	<b>40</b>	<b>4.4%</b>
Male	104	11.6%	64	7.1%	89	9.9%	33	3.7%	29	3.2%
Female	323	35.9%	145	16.1%	74	8.2%	27	3.0%	11	1.2%
<b>Treadmills</b>	<b>185</b>	<b>20.6%</b>	<b>239</b>	<b>26.6%</b>	<b>289</b>	<b>32.2%</b>	<b>135</b>	<b>15.0%</b>	<b>50</b>	<b>5.6%</b>
Male	91	10.1%	95	10.6%	83	9.2%	36	4.0%	14	1.6%
Female	94	10.5%	144	16.0%	206	22.9%	99	11.0%	36	4.0%
<b>Stair climbers</b>	<b>383</b>	<b>42.6%</b>	<b>248</b>	<b>27.6%</b>	<b>180</b>	<b>20.0%</b>	<b>65</b>	<b>7.2%</b>	<b>24</b>	<b>2.7%</b>
Male	165	18.3%	76	8.4%	49	5.4%	21	2.3%	8	0.9%
Female	218	24.2%	172	19.1%	131	14.6%	44	4.9%	16	1.8%
<b>Cycling machines</b>	<b>272</b>	<b>30.3%</b>	<b>278</b>	<b>30.9%</b>	<b>227</b>	<b>25.3%</b>	<b>90</b>	<b>10.0%</b>	<b>32</b>	<b>3.6%</b>
Male	117	13.0%	106	11.8%	62	6.9%	26	2.9%	8	0.9%
Female	155	17.2%	172	19.1%	165	18.4%	64	7.1%	24	2.7%
<b>Elliptical machines</b>	<b>279</b>	<b>31.0%</b>	<b>211</b>	<b>23.5%</b>	<b>245</b>	<b>27.3%</b>	<b>120</b>	<b>13.3%</b>	<b>44</b>	<b>4.9%</b>
Male	124	13.8%	91	10.1%	62	6.9%	31	3.4%	10	1.1%
Female	155	17.2%	120	13.3%	183	20.4%	89	9.9%	34	3.8%
<b>Cross country machines</b>	<b>561</b>	<b>62.3%</b>	<b>175</b>	<b>19.4%</b>	<b>104</b>	<b>11.6%</b>	<b>45</b>	<b>5.0%</b>	<b>15</b>	<b>1.7%</b>
Male	218	24.2%	51	5.7%	31	3.4%	12	1.3%	7	0.8%
Female	343	38.1%	124	13.8%	73	8.1%	33	3.7%	8	0.9%
<b>Rowing machines</b>	<b>542</b>	<b>60.3%</b>	<b>209</b>	<b>23.2%</b>	<b>104</b>	<b>11.6%</b>	<b>33</b>	<b>3.7%</b>	<b>11</b>	<b>1.2%</b>
Male	176	19.6%	70	7.8%	54	6.0%	14	1.6%	5	0.6%
Female	366	40.7%	139	15.5%	50	5.6%	19	2.1%	6	0.7%

Table 44 (cond.)

Item	Never		1-2 times		3-4 times		5-6 times		7+ times	
<b>Personalized television</b>	<b>308</b>	<b>34.2%</b>	<b>158</b>	<b>17.6%</b>	<b>248</b>	<b>27.6%</b>	<b>111</b>	<b>12.3%</b>	<b>75</b>	<b>8.3%</b>
Male	131	14.6%	56	6.2%	78	8.7%	35	3.9%	19	2.1%
Female	177	19.7%	102	11.3%	170	18.9%	76	8.4%	56	6.2%
<b>Personalized stereo</b>	<b>296</b>	<b>32.9%</b>	<b>155</b>	<b>17.2%</b>	<b>255</b>	<b>28.3%</b>	<b>106</b>	<b>11.8%</b>	<b>88</b>	<b>9.8%</b>
Male	125	13.9%	58	6.4%	83	9.2%	30	3.3%	23	2.6%
Female	171	19.0%	97	10.8%	172	19.1%	76	8.4%	65	7.2%

**Table 45**

Perceived Equipment Usage by Standing (N=902)

Item	Never		1-2 times		3-4 times		5-6 times		7+ times	
<b>Dumbbells/free weights</b>	<b>191</b>	<b>21.2%</b>	<b>337</b>	<b>37.5%</b>	<b>288</b>	<b>32.0%</b>	<b>62</b>	<b>6.9%</b>	<b>1</b>	<b>0.1%</b>
Freshman	23	2.6%	52	5.8%	49	5.5%	12	1.3%	1	0.1%
Sophomore	29	3.2%	47	5.2%	48	5.3%	5	0.6%	5	0.6%
Junior	4	4.0%	69	7.7%	50	5.6%	12	1.1%	5	0.6%
Senior	5	5.0%	99	11.0%	85	9.5%	22	2.4%	7	0.8%
Graduate student	0	0.0%	0	0.0%	2	0.2%	1	0.1%	0	0.0%
Faculty/Staff	53	5.9%	64	7.1%	42	4.7%	4	0.4%	2	0.2%
Alumni	2	0.2%	3	0.3%	4	0.4%	7	0.8%	1	0.1%
Community member	3	0.3%	3	0.3%	8	0.9%	1	0.1%	0	0.0%
<b>Squat rack</b>	<b>499</b>	<b>55.5%</b>	<b>267</b>	<b>29.7%</b>	<b>101</b>	<b>11.2%</b>	<b>18</b>	<b>2.0%</b>	<b>14</b>	<b>1.6%</b>
Freshman	69	7.7%	38	4.2%	24	2.7%	4	0.4%	2	0.2%
Sophomore	68	7.6%	40	4.4%	19	2.1%	1	0.1%	6	0.7%
Junior	89	9.9%	56	6.2%	20	2.2%	3	0.3%	2	0.2%
Senior	123	13.7%	96	10.7%	27	3.0%	8	0.9%	4	0.4%
Graduate student	1	0.1%	0	0.0%	1	0.1%	1	0.1%	0	0.0%
Faculty/Staff	129	14.3%	32	3.6%	4	0.4%	1	0.1%	0	0.0%
Alumni	9	1.0%	4	0.4%	4	0.4%	0	0.0%	0	0.0%
Community member	11	1.2%	1	0.1%	2	0.2%	0	0.0%	0	0.0%
<b>Olympic/adjustable benches</b>	<b>409</b>	<b>45.5%</b>	<b>235</b>	<b>26.2%</b>	<b>197</b>	<b>21.9%</b>	<b>38</b>	<b>4.2%</b>	<b>19</b>	<b>2.1%</b>
Freshman	53	5.9%	42	4.7%	27	3.0%	11	1.2%	3	0.3%
Sophomore	56	6.2%	31	3.5%	36	4.0%	4	0.4%	7	0.8%
Junior	80	8.9%	45	5.0%	37	4.1%	4	0.4%	4	0.4%
Senior	108	12.0%	65	7.2%	71	7.9%	11	1.2%	3	0.3%
Graduate student	0	0.0%	0	0.0%	2	0.2%	1	0.1%	0	0.0%
Faculty/Staff	100	11.1%	48	5.3%	14	1.6%	3	0.3%	1	0.1%
Alumni	6	0.7%	1	0.1%	5	0.6%	4	0.4%	1	0.1%
Community member	6	0.7%	3	0.3%	5	0.6%	0	0.0%	0	0.0%
<b>Plate loaded machines</b>	<b>427</b>	<b>47.6%</b>	<b>256</b>	<b>28.5%</b>	<b>164</b>	<b>18.3%</b>	<b>37</b>	<b>4.1%</b>	<b>13</b>	<b>1.4%</b>
Freshman	60	6.7%	38	4.2%	27	3.0%	11	1.2%	0	0.0%
Sophomore	53	5.9%	48	5.4%	24	2.7%	4	0.4%	5	0.6%
Junior	86	9.6%	45	5.0%	31	3.5%	5	0.6%	3	0.3%
Senior	112	12.5%	79	8.8%	52	5.8%	12	1.3%	3	0.3%
Graduate student	0	0.0%	0	0.0%	0	0.0%	1	0.1%	0	0.0%
Faculty/Staff	106	11.8%	38	4.2%	19	2.1%	1	0.1%	2	0.2%
Alumni	6	0.7%	2	0.2%	6	0.7%	3	0.3%	0	0.0%
Community member	4	0.4%	6	0.7%	5	0.6%	0	0.0%	0	0.0%
<b>Cable machines</b>	<b>257</b>	<b>28.6%</b>	<b>280</b>	<b>31.1%</b>	<b>275</b>	<b>30.6%</b>	<b>68</b>	<b>7.6%</b>	<b>19</b>	<b>2.1%</b>
Freshman	35	3.9%	41	4.6%	47	5.2%	13	1.4%	1	0.1%
Sophomore	39	4.3%	48	5.3%	32	3.6%	10	1.1%	5	0.6%
Junior	54	6.0%	47	5.2%	52	5.8%	10	1.1%	6	0.7%
Senior	65	7.2%	83	9.2%	84	9.3%	21	2.3%	5	0.6%
Graduate student	0	0.0%	1	0.1%	0	0.0%	2	0.2%	0	0.0%
Faculty/Staff	55	6.1%	54	6.0%	49	5.5%	6	0.7%	2	0.2%
Alumni	5	0.6%	1	0.1%	5	0.6%	6	0.7%	0	0.0%
Community member	4	0.4%	5	0.6%	6	0.7%	0	0.0%	0	0.0%

Table 45 (cond.)

Item	Never		1-2 times		3-4 times		5-6 times		7+ times	
<b>Mirrors</b>	<b>427</b>	<b>47.5%</b>	<b>209</b>	<b>23.2%</b>	<b>136</b>	<b>18.1%</b>	<b>60</b>	<b>6.7%</b>	<b>40</b>	<b>4.4%</b>
Freshman	55	6.1%	68	3.7%	29	3.2%	14	1.6%	5	0.6%
Sophomore	65	6.9%	80	4.3%	18	2.0%	9	1.0%	6	0.7%
Junior	80	8.9%	17	4.6%	33	3.7%	7	0.8%	9	1.0%
Senior	105	11.7%	14	6.8%	53	5.9%	23	2.6%	16	1.8%
Graduate student	0	0.0%	5	0.1%	0	0.0%	2	0.2%	0	0.0%
Faculty/Staff	107	11.9%	4	3.6%	23	2.6%	2	0.2%	2	0.2%
Alumni	6	0.7%	7	0.2%	5	0.6%	3	0.3%	1	0.1%
Community member	12	1.3%	11	0.0%	2	0.2%	0	0.0%	1	0.1%
<b>Treadmills</b>	<b>185</b>	<b>20.6%</b>	<b>239</b>	<b>26.6%</b>	<b>289</b>	<b>32.2%</b>	<b>135</b>	<b>15.0%</b>	<b>50</b>	<b>5.6%</b>
Freshman	21	2.3%	28	3.1%	42	4.7%	35	3.9%	10	1.1%
Sophomore	32	3.6%	36	4.0%	39	4.3%	17	1.9%	9	1.0%
Junior	42	4.7%	46	5.1%	48	5.3%	23	2.6%	11	1.2%
Senior	55	6.1%	72	8.0%	82	9.1%	34	3.8%	15	1.7%
Graduate student	0	0.0%	0	0.0%	1	0.1%	2	0.2%	0	0.0%
Faculty/Staff	31	3.5%	46	5.1%	66	7.3%	20	2.2%	3	0.3%
Alumni	2	0.2%	5	0.6%	7	0.8%	1	0.1%	2	0.2%
Community member	2	0.2%	6	0.7%	4	0.4%	3	0.3%	0	0.0%
<b>Stair climbers</b>	<b>383</b>	<b>42.6%</b>	<b>248</b>	<b>27.6%</b>	<b>180</b>	<b>20.0%</b>	<b>65</b>	<b>7.2%</b>	<b>24</b>	<b>2.7%</b>
Freshman	49	5.4%	32	3.6%	31	3.4%	19	2.1%	6	0.7%
Sophomore	60	6.7%	32	3.6%	29	3.2%	8	0.9%	5	0.6%
Junior	71	7.9%	48	5.3%	28	3.1%	17	1.9%	6	0.7%
Senior	122	13.6%	65	7.2%	54	6.0%	12	1.3%	5	0.6%
Graduate student	0	0.0%	1	0.1%	0	0.0%	2	0.2%	0	0.0%
Faculty/Staff	63	7.0%	60	6.7%	34	3.8%	7	0.8%	2	0.2%
Alumni	11	1.2%	3	0.3%	3	0.3%	0	0.0%	0	0.0%
Community member	7	0.8%	7	0.8%	1	0.1%	0	0.0%	0	0.0%
<b>Cycling machines</b>	<b>272</b>	<b>30.3%</b>	<b>278</b>	<b>30.9%</b>	<b>227</b>	<b>25.3%</b>	<b>90</b>	<b>10.0%</b>	<b>32</b>	<b>3.6%</b>
Freshman	31	3.4%	39	4.3%	39	4.3%	20	2.2%	7	0.8%
Sophomore	44	4.9%	39	4.3%	33	3.7%	11	1.2%	7	0.8%
Junior	48	5.3%	49	5.5%	45	5.0%	19	2.1%	9	1.0%
Senior	88	9.8%	85	9.5%	56	6.2%	23	2.6%	6	0.7%
Graduate student	0	0.0%	0	0.0%	1	0.1%	2	0.2%	0	0.0%
Faculty/Staff	49	5.5%	52	5.8%	50	5.6%	13	1.4%	2	0.2%
Alumni	9	1.0%	4	0.4%	3	0.3%	1	0.1%	0	0.0%
Community member	3	0.3%	10	1.1%	0	0.0%	1	0.1%	1	0.1%
<b>Elliptical machines</b>	<b>279</b>	<b>31.0%</b>	<b>211</b>	<b>23.5%</b>	<b>245</b>	<b>27.3%</b>	<b>120</b>	<b>13.3%</b>	<b>44</b>	<b>4.9%</b>
Freshman	31	3.4%	30	3.3%	42	4.7%	25	2.8%	8	0.9%
Sophomore	39	4.3%	32	3.6%	35	3.9%	20	2.2%	8	0.9%
Junior	55	6.1%	40	4.4%	41	4.6%	21	2.3%	13	1.4%
Senior	74	8.2%	66	7.3%	79	8.8%	31	3.4%	8	0.9%
Graduate student	0	0.0%	0	0.0%	1	0.1%	2	0.2%	0	0.0%
Faculty/Staff	64	7.1%	39	4.3%	41	4.6%	18	2.0%	4	0.4%
Alumni	10	1.1%	1	0.1%	3	0.3%	1	0.1%	2	0.2%
Community member	6	0.7%	3	0.3%	3	0.3%	2	0.2%	1	0.1%

Table 45 (cond.)

Item	Never		1-2 times		3-4 times		5-6 times		7+ times	
<b>Cross country machines</b>	<b>561</b>	<b>62.3%</b>	<b>175</b>	<b>19.4%</b>	<b>104</b>	<b>11.6%</b>	<b>45</b>	<b>5.0%</b>	<b>15</b>	<b>1.7%</b>
Freshman	71	7.9%	29	3.2%	24	2.7%	12	1.3%	1	0.1%
Sophomore	76	8.4%	29	3.2%	20	2.2%	5	0.6%	4	0.4%
Junior	104	11.6%	30	3.3%	19	2.1%	12	1.3%	5	0.6%
Senior	176	19.6%	43	4.8%	24	2.7%	12	1.3%	3	0.3%
Graduate student	1	0.1%	1	0.1%	0	0.0%	1	0.1%	0	0.0%
Faculty/Staff	106	11.8%	39	4.3%	16	1.8%	3	0.3%	2	0.2%
Alumni	15	1.7%	1	0.1%	1	0.1%	0	0.0%	0	0.0%
Community member	12	1.3%	3	0.3%	0	0.0%	0	0.0%	0	0.0%
<b>Rowing machines</b>	<b>542</b>	<b>60.3%</b>	<b>209</b>	<b>23.2%</b>	<b>104</b>	<b>11.6%</b>	<b>33</b>	<b>3.7%</b>	<b>11</b>	<b>1.2%</b>
Freshman	76	8.5%	34	3.8%	16	1.8%	8	0.9%	2	0.2%
Sophomore	70	7.8%	39	4.3%	19	2.1%	2	0.2%	4	0.4%
Junior	99	11.0%	38	4.2%	24	2.7%	7	0.8%	2	0.2%
Senior	167	11.8%	49	5.5%	30	3.3%	9	1.0%	3	0.3%
Graduate student	2	0.2%	0	0.0%	0	0.0%	1	0.1%	0	0.0%
Faculty/Staff	106	11.8%	44	4.9%	10	1.1%	6	0.7%	0	0.0%
Alumni	9	1.0%	3	0.3%	5	0.6%	0	0.0%	0	0.0%
Community member	13	1.4%	2	0.2%	0	0.0%	0	0.0%	0	0.0%
<b>Personalized television</b>	<b>308</b>	<b>34.2%</b>	<b>158</b>	<b>17.6%</b>	<b>248</b>	<b>27.6%</b>	<b>111</b>	<b>12.3%</b>	<b>75</b>	<b>8.3%</b>
Freshman	47	5.2%	23	2.6%	34	3.8%	24	2.7%	9	1.0%
Sophomore	52	5.8%	21	2.3%	33	3.7%	13	1.4%	15	1.7%
Junior	64	7.1%	29	3.2%	41	4.6%	17	1.9%	19	2.1%
Senior	84	9.3%	46	5.1%	76	8.4%	35	3.9%	17	1.9%
Graduate student	1	0.1%	1	0.1%	0	0.0%	1	0.1%	0	0.0%
Faculty/Staff	50	5.6%	33	3.7%	53	5.9%	20	2.2%	10	1.1%
Alumni	7	0.8%	2	0.2%	4	0.4%	1	0.1%	3	0.3%
Community member	3	0.3%	3	0.3%	7	0.8%	0	0.0%	2	0.2%
<b>Personalized stereo</b>	<b>296</b>	<b>32.9%</b>	<b>155</b>	<b>17.2%</b>	<b>255</b>	<b>28.3%</b>	<b>106</b>	<b>11.8%</b>	<b>88</b>	<b>9.8%</b>
Freshman	39	4.3%	20	2.2%	43	4.8%	23	2.6%	12	1.3%
Sophomore	51	5.7%	22	2.4%	29	3.2%	12	1.3%	20	2.2%
Junior	57	6.3%	31	3.4%	44	4.9%	17	1.9%	21	2.3%
Senior	84	9.3%	44	4.9%	81	9.0%	29	3.2%	20	2.2%
Graduate student	1	0.1%	1	0.1%	0	0.0%	1	1.0%	0	0.0%
Faculty/Staff	56	6.2%	30	3.3%	47	5.2%	22	0.1%	11	1.2%
Alumni	5	0.6%	4	0.4%	5	0.6%	2	0.2%	1	0.1%
Community member	3	0.3%	3	0.3%	6	0.7%	0	0.0%	3	0.3%

Table 46

Perceived Equipment Usage by Race/Ethnicity (N=902)

Item	Never		1-2 times		3-4 times		5-6 times		7+ times	
<b>Dumbbells/free weights</b>	<b>190</b>	<b>21.1%</b>	<b>332</b>	<b>36.8%</b>	<b>274</b>	<b>30.4%</b>	<b>61</b>	<b>6.8%</b>	<b>21</b>	<b>2.3%</b>
Asian/Pacific Islander	9	1.0%	18	2.0%	12	1.3%	0	0.0%	1	0.1%
American Indian/Alaskan Native	0	0.0%	1	0.1%	3	0.3%	2	0.2%	0	0.0%
Black, African American	18	2.0%	37	4.1%	38	4.2%	8	0.9%	6	0.7%
Hispanic, Latino/a	5	0.6%	5	0.6%	7	0.8%	4	0.4%	1	0.1%
White, Non-Hispanic	157	17.4%	270	29.9%	213	23.6%	46	5.1%	13	1.4%
International	0	0.0%	1	0.1%	0	0.0%	1	0.1%	0	0.0%
Other	1	0.1%	0	0.0%	1	0.1%	0	0.0%	0	0.0%
<b>Squat rack</b>	<b>490</b>	<b>54.3%</b>	<b>260</b>	<b>28.8%</b>	<b>97</b>	<b>10.8%</b>	<b>18</b>	<b>2.0%</b>	<b>14</b>	<b>1.6%</b>
Asian/Pacific Islander	17	1.9%	14	1.6%	6	0.7%	2	0.2%	1	0.1%
American Indian/Alaskan Native	1	0.1%	3	0.3%	2	0.2%	0	0.0%	0	0.0%
Black, African American	41	4.5%	34	3.8%	23	2.5%	5	0.6%	5	0.6%
Hispanic, Latino/a	10	1.1%	6	0.7%	4	0.4%	1	0.1%	1	0.1%
White, Non-Hispanic	420	46.6%	202	22.4%	61	6.8%	9	1.0%	7	0.8%
International	0	0.0%	1	0.1%	0	0.0%	1	0.1%	0	0.0%
Other	1	0.1%	0	0.0%	1	0.1%	0	0.0%	0	0.0%
<b>Olympic/adjustable benches</b>	<b>405</b>	<b>44.9%</b>	<b>227</b>	<b>25.2%</b>	<b>191</b>	<b>21.2%</b>	<b>37</b>	<b>4.1%</b>	<b>18</b>	<b>2.0%</b>
Asian/Pacific Islander	21	2.3%	7	0.8%	10	1.1%	2	0.2%	0	0.0%
American Indian/Alaskan Native	1	0.1%	3	0.3%	2	0.2%	0	0.0%	0	0.0%
Black, African American	33	3.7%	34	3.8%	30	3.3%	8	0.9%	3	0.3%
Hispanic, Latino/a	9	1.0%	4	0.4%	7	0.8%	1	0.1%	1	0.1%
White, Non-Hispanic	340	37.7%	178	19.7%	142	15.7%	25	2.8%	14	1.6%
International	0	0.0%	1	0.1%	0	0.0%	1	0.1%	0	0.0%
Other	1	0.1%	0	0.0%	0	0.0%	0	0.0%	0	0.0%
<b>Plate loaded machines</b>	<b>420</b>	<b>46.6%</b>	<b>250</b>	<b>27.7%</b>	<b>157</b>	<b>17.4%</b>	<b>36</b>	<b>4.0%</b>	<b>13</b>	<b>1.4%</b>
Asian/Pacific Islander	21	2.3%	9	1.0%	9	1.0%	0	0.0%	0	0.0%
American Indian/Alaskan Native	1	0.1%	2	0.2%	3	0.3%	0	0.0%	0	0.0%
Black, African American	45	5.0%	28	3.1%	21	2.3%	9	1.0%	4	0.4%
Hispanic, Latino/a	6	0.7%	8	0.9%	7	0.8%	1	0.1%	0	0.0%
White, Non-Hispanic	346	38.4%	201	22.3%	117	13.0%	25	2.8%	9	1.0%
International	0	0.0%	1	0.1%	0	0.0%	1	0.1%	0	0.0%
Other	1	0.1%	1	0.1%	0	0.0%	0	0.0%	0	0.0%
<b>Cable machines</b>	<b>252</b>	<b>27.9%</b>	<b>302</b>	<b>33.5%</b>	<b>270</b>	<b>29.9%</b>	<b>66</b>	<b>7.3%</b>	<b>18</b>	<b>2.0%</b>
Asian/Pacific Islander	18	2.0%	10	1.1%	10	1.1%	1	0.1%	1	0.1%
American Indian/Alaskan Native	1	0.1%	1	0.1%	4	0.4%	0	0.0%	0	0.0%
Black, African American	36	4.0%	27	3.0%	31	3.4%	8	0.9%	5	0.6%
Hispanic, Latino/a	4	0.4%	36	4.0%	8	0.9%	4	0.4%	0	0.0%
White, Non-Hispanic	192	21.3%	226	25.1%	217	24.1%	52	5.8%	12	1.3%
International	0	0.0%	1	0.1%	0	0.0%	1	0.1%	0	0.0%
Other	1	0.1%	1	0.1%	0	0.0%	0	0.0%	0	0.0%
<b>Mirrors</b>	<b>420</b>	<b>46.6%</b>	<b>205</b>	<b>22.7%</b>	<b>155</b>	<b>17.2%</b>	<b>58</b>	<b>6.4%</b>	<b>40</b>	<b>4.4%</b>
Asian/Pacific Islander	20	2.2%	9	1.0%	5	0.6%	3	0.3%	3	0.3%
American Indian/Alaskan Native	3	0.3%	1	0.1%	2	0.2%	0	0.0%	0	0.0%
Black, African American	43	4.8%	26	2.9%	20	2.2%	9	1.0%	10	1.1%
Hispanic, Latino/a	5	0.6%	6	0.7%	8	0.9%	1	0.1%	2	0.2%
White, Non-Hispanic	348	38.6%	162	18.0%	120	13.3%	43	4.8%	25	2.8%
International	0	0.0%	1	0.1%	0	0.0%	1	0.1%	0	0.0%
Other	1	0.1%	0	0.0%	0	0.0%	1	0.1%	0	0.0%

Table 46 (cond.)

Item	Never		1-2 times		3-4 times		5-6 times		7+ times	
<b>Treadmills</b>	<b>179</b>	<b>19.8%</b>	<b>235</b>	<b>26.1%</b>	<b>282</b>	<b>31.3%</b>	<b>133</b>	<b>14.7%</b>	<b>48</b>	<b>5.3%</b>
Asian/Pacific Islander	15	1.7%	14	1.6%	5	0.6%	3	0.3%	3	0.3%
American Indian/Alaskan Native	2	0.2%	2	0.2%	1	0.1%	1	0.1%	0	0.0%
Black, African American	27	3.0%	31	3.4%	23	2.5%	15	1.7%	12	1.3%
Hispanic, Latino/a	7	0.8%	3	0.3%	6	0.7%	2	0.2%	3	0.3%
White, Non-Hispanic	127	14.1%	184	20.4%	246	27.3%	111	12.3%	30	3.3%
International	0	0.0%	1	0.1%	0	0.0%	1	0.1%	0	0.0%
Other	1	0.1%	0	0.0%	1	0.1%	0	0.0%	0	0.0%
<b>Stair climbers</b>	<b>373</b>	<b>41.4%</b>	<b>242</b>	<b>26.8%</b>	<b>177</b>	<b>19.6%</b>	<b>64</b>	<b>7.1%</b>	<b>23</b>	<b>2.5%</b>
Asian/Pacific Islander	16	1.8%	17	1.9%	5	0.6%	1	0.1%	1	0.1%
American Indian/Alaskan Native	1	0.1%	2	0.2%	1	0.1%	2	0.2%	0	0.0%
Black, African American	42	4.7%	26	2.9%	21	2.3%	13	1.4%	6	0.7%
Hispanic, Latino/a	8	0.9%	5	0.6%	5	0.6%	3	0.3%	1	0.1%
White, Non-Hispanic	305	33.8%	191	21.2%	144	16.0%	44	4.9%	15	1.7%
International	0	0.0%	1	0.1%	0	0.0%	1	0.1%	0	0.0%
Other	1	0.1%	0	0.0%	1	0.1%	0	0.0%	0	0.0%
<b>Cycling machines</b>	<b>269</b>	<b>29.8%</b>	<b>272</b>	<b>30.2%</b>	<b>218</b>	<b>24.2%</b>	<b>89</b>	<b>9.9%</b>	<b>30</b>	<b>3.3%</b>
Asian/Pacific Islander	16	1.8%	13	1.4%	6	0.7%	3	0.3%	2	0.2%
American Indian/Alaskan Native	2	0.2%	2	0.2%	0	0.0%	1	0.1%	1	0.1%
Black, African American	33	3.7%	31	3.4%	25	2.8%	12	1.3%	7	0.8%
Hispanic, Latino/a	9	1.0%	3	0.3%	5	0.6%	4	0.4%	1	0.1%
White, Non-Hispanic	208	23.1%	222	24.6%	182	20.2%	67	7.4%	19	2.1%
International	0	0.0%	1	0.1%	0	0.0%	1	0.1%	0	0.0%
Other	1	0.1%	0	0.0%	0	0.0%	1	0.1%	0	0.0%
<b>Elliptical machines</b>	<b>271</b>	<b>30.0%</b>	<b>206</b>	<b>22.8%</b>	<b>186</b>	<b>20.6%</b>	<b>118</b>	<b>13.1%</b>	<b>44</b>	<b>4.9%</b>
Asian/Pacific Islander	22	2.4%	9	1.0%	4	0.4%	5	0.6%	0	0.0%
American Indian/Alaskan Native	1	0.1%	1	0.1%	0	0.0%	3	0.3%	1	0.1%
Black, African American	38	4.2%	34	3.8%	20	2.2%	9	1.0%	7	0.8%
Hispanic, Latino/a	9	1.0%	5	0.6%	5	0.6%	0	0.0%	3	0.3%
White, Non-Hispanic	200	22.2%	156	17.3%	156	17.3%	100	11.1%	33	3.7%
International	0	0.0%	1	0.1%	1	0.1%	1	0.1%	0	0.0%
Other	1	0.1%	0	0.0%	0	0.0%	0	0.0%	0	0.0%
<b>Cross country machines</b>	<b>547</b>	<b>60.6%</b>	<b>172</b>	<b>19.1%</b>	<b>239</b>	<b>26.5%</b>	<b>118</b>	<b>13.1%</b>	<b>44</b>	<b>4.9%</b>
Asian/Pacific Islander	28	3.1%	6	0.7%	4	0.4%	5	0.6%	0	0.0%
American Indian/Alaskan Native	2	0.2%	2	0.2%	0	0.0%	3	0.3%	1	0.1%
Black, African American	66	7.3%	23	2.5%	20	2.2%	9	1.0%	7	0.8%
Hispanic, Latino/a	12	1.3%	4	0.4%	5	0.6%	0	0.0%	3	0.3%
White, Non-Hispanic	438	48.6%	136	15.1%	209	23.2%	100	11.1%	33	3.7%
International	0	0.0%	1	0.1%	0	0.0%	1	0.1%	0	0.0%
Other	1	0.1%	0	0.0%	1	0.1%	0	0.0%	0	0.0%
<b>Rowing machines</b>	<b>529</b>	<b>58.6%</b>	<b>205</b>	<b>22.7%</b>	<b>100</b>	<b>11.1%</b>	<b>33</b>	<b>3.7%</b>	<b>11</b>	<b>1.2%</b>
Asian/Pacific Islander	30	3.3%	5	0.6%	5	0.6%	0	0.0%	0	0.0%
American Indian/Alaskan Native	2	0.2%	3	0.3%	0	0.0%	1	0.1%	0	0.0%
Black, African American	60	6.7%	30	3.3%	8	0.9%	7	0.8%	3	0.3%
Hispanic, Latino/a	15	1.7%	0	0.0%	6	0.7%	0	0.0%	0	0.0%
White, Non-Hispanic	421	46.7%	166	18.4%	80	8.9%	24	2.7%	8	0.9%
International	0	0.0%	1	0.1%	0	0.0%	1	0.1%	0	0.0%
Other	1	0.1%	0	0.0%	1	0.1%	0	0.0%	0	0.0%

Table 46 (cond.)

Item	Never		1-2 times		3-4 times		5-6 times		7+ times	
<b>Personalized television</b>	<b>296</b>	<b>32.8%</b>	<b>156</b>	<b>17.3%</b>	<b>245</b>	<b>27.2%</b>	<b>109</b>	<b>12.1%</b>	<b>74</b>	<b>8.2%</b>
Asian/Pacific Islander	20	2.2%	11	1.2%	5	0.6%	2	0.2%	2	0.2%
American Indian/Alaskan Native	3	0.3%	0	0.0%	1	0.1%	1	0.1%	1	0.1%
Black, African American	41	4.5%	14	1.6%	25	2.8%	14	1.6%	14	1.6%
Hispanic, Latino/a	8	0.9%	3	0.3%	7	0.8%	2	0.2%	2	0.2%
White, Non-Hispanic	224	24.8%	127	14.1%	205	22.7%	88	9.8%	55	6.1%
International	0	0.0%	1	0.1%	1	0.1%	1	0.1%	0	0.0%
Other	0	0.0%	0	0.0%	1	0.1%	1	0.1%	0	0.0%
<b>Personalized stereo</b>	<b>284</b>	<b>31.5%</b>	<b>152</b>	<b>16.9%</b>	<b>250</b>	<b>27.7%</b>	<b>105</b>	<b>11.6%</b>	<b>88</b>	<b>9.8%</b>
Asian/Pacific Islander	20	2.2%	12	1.3%	5	0.6%	1	0.1%	2	0.2%
American Indian/Alaskan Native	2	0.2%	1	0.1%	1	0.1%	1	0.1%	1	0.1%
Black, African American	38	4.2%	14	1.6%	26	2.9%	17	1.9%	13	1.4%
Hispanic, Latino/a	7	0.8%	3	0.3%	7	0.8%	2	0.2%	3	0.3%
White, Non-Hispanic	217	24.1%	121	13.4%	210	23.3%	83	9.2%	68	7.5%
International	0	0.0%	1	0.1%	0	0.0%	1	0.1%	0	0.0%
Other	0	0.0%	0	0.0%	1	0.1%	0	0.0%	1	0.1%

Table 47

Perceived Equipment Usage by Age (N=902)

Item	Never		1-2 times		3-4 times		5-6 times		7+ times	
<b>Dumbbells/free weights</b>	<b>192</b>	<b>21.3%</b>	<b>337</b>	<b>37.4%</b>	<b>288</b>	<b>32.0%</b>	<b>62</b>	<b>6.9%</b>	<b>21</b>	<b>2.3%</b>
16-20	55	6.1%	99	11.0%	90	10.0%	20	2.2%	4	0.4%
21-25	63	7.0%	130	14.4%	129	14.3%	32	3.6%	15	1.7%
26-30	16	1.8%	34	3.8%	26	2.9%	5	0.6%	1	0.0%
31-35	10	1.1%	17	1.9%	7	0.8%	2	0.2%	0	0.1%
36-40	13	1.4%	11	1.2%	4	0.4%	1	0.1%	0	0.0%
41-45	12	1.3%	7	0.8%	7	0.8%	0	0.0%	0	0.0%
46-50	6	0.7%	15	1.7%	5	0.6%	1	0.1%	0	0.0%
51-55	9	1.0%	16	1.8%	14	1.6%	1	0.1%	0	0.0%
56-60	6	0.7%	5	0.6%	4	0.4%	0	0.0%	1	0.1%
61+	2	0.2%	3	0.3%	2	0.2%	0	0.0%	0	0.0%
<b>Squat rack</b>	<b>500</b>	<b>55.5%</b>	<b>267</b>	<b>29.6%</b>	<b>102</b>	<b>11.3%</b>	<b>18</b>	<b>2.0%</b>	<b>14</b>	<b>1.6%</b>
16-20	136	15.1%	84	9.3%	37	4.1%	6	0.7%	5	0.6%
21-25	187	20.8%	117	13.0%	47	5.2%	10	1.1%	8	0.9%
26-30	40	4.4%	28	3.1%	12	1.3%	1	0.1%	1	0.1%
31-35	24	2.7%	11	1.2%	2	0.2%	0	0.0%	0	0.0%
36-40	24	2.7%	3	0.3%	2	0.2%	0	0.0%	0	0.0%
41-45	20	2.2%	4	0.4%	2	0.2%	0	0.0%	0	0.0%
46-50	21	2.3%	6	0.7%	0	0.0%	0	0.0%	0	0.0%
51-55	30	3.3%	9	1.0%	0	0.0%	1	0.1%	0	0.0%
56-60	12	1.3%	4	0.4%	0	0.0%	0	0.0%	0	0.0%
61+	6	0.7%	1	0.1%	0	0.0%	0	0.0%	0	0.0%
<b>Olympic/adjustable benches</b>	<b>410</b>	<b>45.6%</b>	<b>235</b>	<b>26.1%</b>	<b>197</b>	<b>21.9%</b>	<b>39</b>	<b>4.3%</b>	<b>19</b>	<b>2.1%</b>
16-20	113	12.6%	79	8.8%	52	5.8%	16	1.8%	7	0.8%
21-25	153	17.0%	85	9.4%	102	11.3%	17	1.9%	12	1.3%
26-30	38	4.2%	20	2.2%	22	2.4%	2	0.2%	0	0.0%
31-35	19	2.1%	11	1.2%	6	0.7%	1	0.1%	0	0.0%
36-40	21	2.3%	5	0.6%	2	0.2%	1	0.1%	0	0.0%
41-45	14	1.6%	7	0.8%	5	0.6%	0	0.0%	0	0.0%
46-50	13	1.4%	10	1.1%	3	0.3%	1	0.1%	0	0.0%
51-55	23	2.6%	12	1.3%	4	0.4%	1	0.1%	0	0.0%
56-60	12	1.3%	4	0.4%	0	0.0%	0	0.0%	0	0.0%
61+	4	0.4%	2	0.2%	1	0.1%	0	0.0%	0	0.0%
<b>Plate loaded machines</b>	<b>428</b>	<b>47.7%</b>	<b>256</b>	<b>28.5%</b>	<b>164</b>	<b>18.3%</b>	<b>37</b>	<b>4.1%</b>	<b>13</b>	<b>1.4%</b>
16-20	120	13.4%	79	8.8%	48	5.3%	17	1.9%	3	0.3%
21-25	157	17.5%	116	12.9%	74	8.2%	14	1.6%	8	0.9%
26-30	38	4.2%	21	2.3%	19	2.1%	2	0.2%	1	0.1%
31-35	21	2.3%	11	1.2%	3	0.3%	2	0.2%	0	0.0%
36-40	16	1.8%	8	0.9%	5	0.6%	0	0.0%	0	0.0%
41-45	16	1.8%	3	0.3%	6	0.7%	0	0.0%	0	0.0%
46-50	19	2.1%	6	0.7%	1	0.1%	1	0.1%	0	0.0%
51-55	26	2.9%	8	0.9%	5	0.6%	1	0.1%	0	0.0%
56-60	11	1.2%	3	0.3%	1	0.1%	0	0.0%	1	0.1%
61+	4	0.4%	1	0.1%	2	0.2%	0	0.0%	0	0.0%

Table 47 (cond.)

Item	Never		1-2 times		3-4 times		5-6 times		7+ times	
<b>Cable machines</b>	<b>258</b>	<b>28.7%</b>	<b>280</b>	<b>31.1%</b>	<b>275</b>	<b>30.6%</b>	<b>68</b>	<b>7.6%</b>	<b>19</b>	<b>2.1%</b>
16-20	82	9.1%	81	9.0%	77	8.6%	24	2.7%	4	0.4%
21-25	94	10.4%	109	12.1%	123	13.7%	30	3.3%	13	1.4%
26-30	21	2.3%	31	3.4%	21	2.3%	7	0.8%	1	0.1%
31-35	10	1.1%	15	1.7%	9	1.0%	3	0.3%	0	0.0%
36-40	9	1.0%	9	1.0%	10	1.1%	1	0.1%	0	0.0%
41-45	9	1.0%	9	1.0%	8	0.9%	0	0.0%	0	0.0%
46-50	6	0.7%	11	1.2%	8	0.9%	2	0.2%	0	0.0%
51-55	15	1.7%	11	1.2%	13	1.4%	1	0.1%	0	0.0%
56-60	9	1.0%	3	0.3%	3	0.3%	0	0.0%	1	0.1%
61+	3	0.3%	1	0.1%	3	0.3%	0	0.0%	0	0.0%
<b>Mirrors</b>	<b>427</b>	<b>47.4%</b>	<b>210</b>	<b>23.3%</b>	<b>163</b>	<b>18.1%</b>	<b>60</b>	<b>6.7%</b>	<b>40</b>	<b>4.4%</b>
16-20	116	12.9%	68	7.6%	49	5.4%	25	2.8%	9	1.0%
21-25	158	17.6%	80	8.9%	74	8.2%	28	3.1%	29	3.2%
26-30	40	4.4%	17	1.9%	19	2.1%	4	0.4%	2	0.2%
31-35	18	2.0%	14	1.6%	2	0.2%	3	0.3%	0	0.0%
36-40	21	2.3%	5	0.6%	3	0.3%	0	0.0%	0	0.0%
41-45	21	2.3%	4	0.4%	1	0.1%	0	0.0%	0	0.0%
46-50	15	1.7%	7	0.8%	5	0.6%	0	0.0%	0	0.0%
51-55	22	2.4%	11	1.2%	7	0.8%	0	0.0%	0	0.0%
56-60	11	1.2%	4	0.4%	1	0.1%	0	0.0%	0	0.0%
61+	5	0.6%	0	0.0%	2	0.2%	0	0.0%	0	0.0%
<b>Treadmills</b>	<b>186</b>	<b>20.7%</b>	<b>239</b>	<b>26.6%</b>	<b>289</b>	<b>32.1%</b>	<b>135</b>	<b>15.0%</b>	<b>50</b>	<b>5.6%</b>
16-20	56	6.2%	65	7.2%	80	8.9%	50	5.6%	15	1.7%
21-25	82	9.1%	97	10.8%	109	12.1%	52	5.8%	29	3.2%
26-30	14	1.6%	22	2.4%	29	3.2%	13	1.2%	4	0.4%
31-35	7	0.8%	11	1.2%	16	1.8%	2	0.2%	1	0.1%
36-40	8	0.9%	7	0.8%	9	1.0%	5	0.6%	0	0.0%
41-45	6	0.7%	7	0.8%	11	1.2%	2	0.2%	0	0.0%
46-50	2	0.2%	8	0.9%	11	1.2%	6	0.7%	0	0.0%
51-55	7	0.8%	13	1.4%	15	1.7%	4	0.4%	1	0.1%
56-60	3	0.3%	6	0.7%	6	0.7%	1	0.1%	0	0.0%
61+	1	0.1%	3	0.3%	3	0.3%	0	0.0%	0	0.0%
<b>Stair climbers</b>	<b>383</b>	<b>42.5%</b>	<b>248</b>	<b>27.5%</b>	<b>180</b>	<b>20.0%</b>	<b>66</b>	<b>7.3%</b>	<b>24</b>	<b>2.7%</b>
16-20	113	12.5%	63	7.0%	56	6.2%	26	2.9%	10	1.1%
21-25	167	18.5%	100	11.1%	65	7.2%	27	3.0%	10	1.1%
26-30	29	3.2%	22	2.4%	23	2.6%	5	0.6%	3	0.3%
31-35	18	2.0%	6	0.7%	12	1.3%	1	0.1%	0	0.0%
36-40	13	1.4%	10	1.1%	4	0.4%	2	0.2%	0	0.0%
41-45	11	1.2%	10	1.1%	4	0.4%	1	0.1%	0	0.0%
46-50	9	1.0%	9	1.0%	7	0.8%	1	0.1%	1	0.1%
51-55	16	1.8%	15	1.7%	6	0.7%	3	0.3%	0	0.0%
56-60	6	0.7%	8	0.9%	2	0.2%	0	0.0%	0	0.0%
61+	1	0.1%	5	0.6%	1	0.1%	0	0.0%	0	0.0%

Table 47 (cond.)

Item	Never		1-2 times		3-4 times		5-6 times		7+ times	
<b>Cycling machines</b>	<b>273</b>	<b>30.3%</b>	<b>278</b>	<b>30.9%</b>	<b>227</b>	<b>25.2%</b>	<b>91</b>	<b>10.1%</b>	<b>31</b>	<b>3.4%</b>
16-20	76	8.4%	72	8.0%	75	8.3%	30	3.3%	14	1.6%
21-25	121	13.4%	121	13.4%	78	8.7%	35	3.9%	14	1.6%
26-30	26	2.9%	24	2.7%	20	2.2%	9	1.0%	3	0.3%
31-35	13	1.4%	11	1.2%	10	1.1%	3	0.3%	0	0.0%
36-40	10	1.1%	4	0.4%	10	1.1%	5	0.6%	0	0.0%
41-45	9	1.0%	11	1.2%	5	0.6%	1	0.1%	0	0.0%
46-50	4	0.4%	10	1.1%	9	1.0%	4	0.4%	0	0.0%
51-55	9	1.0%	12	1.3%	16	1.8%	3	0.3%	0	0.0%
56-60	3	0.3%	10	1.1%	3	0.3%	0	0.0%	0	0.0%
61+	2	0.2%	3	0.3%	1	0.1%	1	0.1%	0	0.0%
<b>Elliptical machines</b>	<b>280</b>	<b>31.0%</b>	<b>211</b>	<b>23.4%</b>	<b>245</b>	<b>27.2%</b>	<b>120</b>	<b>13.3%</b>	<b>44</b>	<b>4.9%</b>
16-20	67	7.4%	61	6.8%	80	8.9%	45	5.0%	14	1.6%
21-25	114	12.7%	89	9.9%	94	10.4%	48	5.3%	24	2.7%
26-30	30	3.3%	16	1.8%	22	2.4%	9	1.0%	5	0.6%
31-35	14	1.6%	7	0.8%	12	1.3%	4	0.4%	0	0.0%
36-40	13	1.4%	6	0.7%	5	0.6%	5	0.6%	0	0.0%
41-45	9	1.0%	6	0.7%	9	1.0%	2	0.2%	0	0.0%
46-50	8	0.9%	5	0.6%	10	1.1%	3	0.3%	1	0.1%
51-55	15	1.7%	12	1.3%	10	1.1%	3	0.3%	0	0.0%
56-60	8	0.9%	6	0.7%	1	0.1%	1	0.1%	0	0.0%
61+	2	0.2%	3	0.3%	2	0.2%	0	0.0%	0	0.0%
<b>Cross country machines</b>	<b>561</b>	<b>62.3%</b>	<b>175</b>	<b>19.4%</b>	<b>105</b>	<b>11.7%</b>	<b>45</b>	<b>5.0%</b>	<b>15</b>	<b>1.7%</b>
16-20	148	16.4%	53	5.9%	46	5.1%	18	2.0%	3	0.3%
21-25	239	26.5%	63	7.0%	38	4.2%	19	2.1%	10	1.1%
26-30	54	6.0%	15	1.7%	10	1.1%	2	0.2%	1	0.1%
31-35	28	3.1%	4	0.4%	4	0.4%	1	0.1%	0	0.0%
36-40	17	1.9%	10	1.1%	2	0.2%	0	0.0%	0	0.0%
41-45	15	1.7%	9	1.0%	1	0.1%	1	0.1%	0	0.0%
46-50	16	1.8%	7	0.8%	2	0.2%	2	0.2%	0	0.0%
51-55	30	3.3%	7	0.8%	1	0.1%	2	0.2%	0	0.0%
56-60	8	0.9%	7	0.8%	0	0.0%	0	0.0%	1	0.1%
61+	6	0.7%	0	0.0%	1	0.1%	0	0.0%	0	0.0%
<b>Rowing machines</b>	<b>542</b>	<b>60.2%</b>	<b>210</b>	<b>23.3%</b>	<b>104</b>	<b>11.6%</b>	<b>33</b>	<b>3.7%</b>	<b>11</b>	<b>1.2%</b>
16-20	150	16.7%	64	7.1%	36	4.0%	13	1.4%	4	0.4%
21-25	231	42.6%	78	8.7%	41	4.6%	13	1.4%	6	0.7%
26-30	44	25.7%	24	2.7%	11	1.2%	3	0.3%	0	0.0%
31-35	25	4.9%	7	0.8%	5	0.6%	0	0.0%	0	0.0%
36-40	21	2.8%	5	0.6%	2	0.2%	1	0.1%	0	0.0%
41-45	19	2.3%	6	0.7%	1	0.1%	0	0.0%	0	0.0%
46-50	16	2.1%	9	1.0%	1	0.1%	1	0.1%	0	0.0%
51-55	23	2.6%	9	1.0%	5	0.6%	2	0.2%	1	0.1%
56-60	9	1.0%	6	0.7%	1	0.1%	0	0.0%	0	0.0%
61+	4	0.4%	2	0.2%	1	0.1%	0	0.0%	0	0.0%

Table 47 (cond.)

Item	Never		1-2 times		3-4 times		5-6 times		7+ times	
<b>Personalized television</b>	<b>308</b>	<b>34.2%</b>	<b>158</b>	<b>17.5%</b>	<b>248</b>	<b>27.5%</b>	<b>111</b>	<b>12.3%</b>	<b>76</b>	<b>8.4%</b>
16-20	99	11.0%	46	5.1%	64	7.1%	38	4.2%	21	2.3%
21-25	124	13.8%	57	6.3%	107	11.9%	41	4.6%	40	4.4%
26-30	29	3.2%	16	1.8%	21	2.3%	10	1.1%	6	0.7%
31-35	13	1.4%	7	0.8%	12	1.3%	4	0.4%	1	0.1%
36-40	9	1.0%	3	0.3%	10	1.1%	4	0.4%	3	0.3%
41-45	10	1.1%	7	0.8%	9	1.0%	0	0.0%	0	0.0%
46-50	6	0.7%	5	0.6%	11	1.2%	4	0.4%	1	0.1%
51-55	10	1.1%	11	1.2%	10	1.1%	8	0.9%	1	0.1%
56-60	5	0.6%	5	0.6%	2	0.2%	2	0.2%	2	0.2%
61+	3	0.3%	1	0.1%	2	0.2%	0	0.0%	1	0.1%
<b>Personalized stereo</b>	<b>296</b>	<b>32.9%</b>	<b>154</b>	<b>17.1%</b>	<b>256</b>	<b>28.4%</b>	<b>106</b>	<b>11.8%</b>	<b>89</b>	<b>9.9%</b>
16-20	93	10.3%	41	4.6%	71	7.9%	36	4.0%	27	3.0%
21-25	117	13.0%	61	6.8%	109	12.1%	35	3.9%	47	5.2%
26-30	21	2.3%	14	1.6%	24	2.7%	13	1.4%	10	1.1%
31-35	11	1.2%	7	0.8%	12	1.3%	6	0.7%	1	0.1%
36-40	9	1.0%	3	0.3%	10	1.1%	5	0.6%	2	0.2%
41-45	11	1.2%	6	0.7%	9	1.0%	0	0.0%	0	0.0%
46-50	9	1.0%	6	0.7%	8	0.9%	3	0.3%	1	0.1%
51-55	14	1.6%	9	1.0%	10	1.1%	7	0.8%	0	0.0%
56-60	6	0.7%	6	0.7%	2	0.2%	1	0.1%	1	0.1%
61+	5	0.6%	1	0.1%	1	0.1%	0	0.0%	0	0.0%

Table 48

Comparison of Members' Equipment Use by Workout Length (N=317)

Item	Never		1-2 times		3-4 times		5-6 times		7+ times	
<b>Dumbbells/free weights</b>	<b>64</b>	<b>20.3%</b>	<b>92</b>	<b>29.7%</b>	<b>104</b>	<b>32.9%</b>	<b>43</b>	<b>13.6%</b>	<b>13</b>	<b>4.1%</b>
0-30 minutes	11	3.5%	20	6.3%	3	0.9%	0	3.5%	0	0.0%
31-60 minutes	46	14.6%	61	19.3%	68	21.5%	14	3.5%	2	0.6%
61+ minutes	7	2.2%	11	3.5%	33	10.4%	29	3.5%	11	3.5%
<b>Squat rack</b>	<b>183</b>	<b>57.9%</b>	<b>91</b>	<b>28.8%</b>	<b>26</b>	<b>8.2%</b>	<b>9</b>	<b>2.8%</b>	<b>7</b>	<b>2.2%</b>
0-30 minutes	25	7.9%	9	2.8%	0	0.0%	0	0.0%	0	0.0%
31-60 minutes	123	38.9%	52	16.5%	10	3.2%	4	1.3%	2	0.6%
61+ minutes	35	11.1%	30	9.5%	16	5.1%	5	1.6%	5	1.6%
<b>Olympic/adjustable benches</b>	<b>127</b>	<b>40.3%</b>	<b>76</b>	<b>24.1%</b>	<b>82</b>	<b>26.0%</b>	<b>19</b>	<b>6.0%</b>	<b>11</b>	<b>3.5%</b>
0-30 minutes	23	7.3%	11	3.5%	0	0.0%	1	0.0%	0	0.0%
31-60 minutes	87	27.6%	48	15.2%	45	14.3%	9	2.9%	2	60.0%
61+ minutes	17	5.4%	17	5.4%	37	11.7%	10	3.2%	9	2.9%
<b>Plate loaded machines</b>	<b>139</b>	<b>44.1%</b>	<b>87</b>	<b>27.6%</b>	<b>67</b>	<b>21.3%</b>	<b>16</b>	<b>5.1%</b>	<b>6</b>	<b>1.9%</b>
0-30 minutes	21	6.7%	10	3.2%	3	1.0%	0	0.0%	0	0.0%
31-60 minutes	95	30.2%	51	16.2%	35	11.1%	10	3.2%	0	0.0%
61+ minutes	23	7.3%	26	8.3%	29	9.2%	6	1.9%	6	1.9%
<b>Cable machines</b>	<b>64</b>	<b>20.2%</b>	<b>82</b>	<b>25.9%</b>	<b>120</b>	<b>37.9%</b>	<b>38</b>	<b>12.0%</b>	<b>13</b>	<b>4.1%</b>
0-30 minutes	13	4.1%	13	4.1%	8	2.5%	0	0.0%	0	0.0%
31-60 minutes	43	13.6%	59	18.6%	67	21.1%	18	5.7%	5	1.6%
61+ minutes	8	2.5%	10	3.2%	45	14.2%	20	6.3%	8	2.5%
<b>Mirrors</b>	<b>118</b>	<b>37.2%</b>	<b>68</b>	<b>21.5%</b>	<b>74</b>	<b>23.3%</b>	<b>35</b>	<b>11.0%</b>	<b>22</b>	<b>6.9%</b>
0-30 minutes	21	6.6%	9	2.8%	4	1.3%	0	0.0%	0	0.0%
31-60 minutes	78	24.6%	48	15.1%	40	12.6%	19	6.0%	7	2.2%
61+ minutes	19	6.0%	11	3.5%	30	9.5%	16	5.0%	15	4.7%
<b>Treadmills</b>	<b>58</b>	<b>18.3%</b>	<b>84</b>	<b>26.5%</b>	<b>86</b>	<b>27.1%</b>	<b>63</b>	<b>19.9%</b>	<b>26</b>	<b>8.2%</b>
0-30 minutes	6	1.9%	14	4.4%	10	3.2%	4	1.3%	0	0.0%
31-60 minutes	32	10.1%	50	15.8%	54	17.0%	45	14.2%	11	3.5%
61+ minutes	20	6.3%	20	3.6%	22	6.9%	14	4.4%	15	4.7%
<b>Stair climbers</b>	<b>176</b>	<b>55.5%</b>	<b>72</b>	<b>22.7%</b>	<b>44</b>	<b>13.9%</b>	<b>17</b>	<b>5.4%</b>	<b>8</b>	<b>2.5%</b>
0-30 minutes	18	5.7%	8	2.5%	2.5	2.5%	0	0.0%	0	0.0%
31-60 minutes	100	31.5%	48	15.1%	9.5	9.5%	9	2.8%	5	1.6%
61+ minutes	58	18.3%	16	5.0%	1.9	1.9%	8	2.5%	3	0.9%
<b>Cycling machines</b>	<b>120</b>	<b>38.0%</b>	<b>97</b>	<b>30.7%</b>	<b>55</b>	<b>17.4%</b>	<b>31</b>	<b>9.8%</b>	<b>13</b>	<b>4.1%</b>
0-30 minutes	16	5.1%	13	4.1%	4	1.3%	0	0.0%	0	0.0%
31-60 minutes	66	20.9%	57	18.0%	38	12.0%	23	7.3%	8	2.5%
61+ minutes	38	12.0%	27	8.5%	13	4.1%	8	2.5%	5	1.6%
<b>Elliptical machines</b>	<b>78</b>	<b>24.6%</b>	<b>65</b>	<b>20.5%</b>	<b>88</b>	<b>27.8%</b>	<b>61</b>	<b>19.2%</b>	<b>25</b>	<b>7.9%</b>
0-30 minutes	7	2.2%	7	2.2%	13	4.1%	7	2.2%	0	0.0%
31-60 minutes	37	11.7%	39	12.3%	61	19.2%	36	11.4%	19	6.0%
61+ minutes	34	10.7%	19	6.0%	14	4.4%	18	5.7%	6	1.9%

Table 48 (cond.)

Item	Never		1-2 times		3-4 times		5-6 times		7+ times	
<b>Cross country machines</b>	<b>214</b>	<b>67.5%</b>	<b>47</b>	<b>14.8%</b>	<b>36</b>	<b>11.4%</b>	<b>14</b>	<b>4.4%</b>	<b>6</b>	<b>1.9%</b>
0-30 minutes	24	7.6%	6	1.9%	4	1.3%	0	0.0%	0	0.0%
31-60 minutes	128	40.4%	25	7.9%	26	8.2%	9	2.8%	4	1.3%
61+ minutes	62	19.6%	16	5.0%	6	1.9%	5	1.6%	2	0.6%
<b>Rowing machines</b>	<b>213</b>	<b>67.2%</b>	<b>55</b>	<b>17.4%</b>	<b>32</b>	<b>10.1%</b>	<b>13</b>	<b>4.1%</b>	<b>4</b>	<b>1.3%</b>
0-30 minutes	26	8.2%	8	2.5%	0	0.0%	0	0.0%	0	0.0%
31-60 minutes	132	41.6%	30	9.5%	20	6.3%	8	2.5%	2	0.6%
61+ minutes	55	17.4%	17	5.4%	12	3.8%	5	1.6%	2	0.6%
<b>Personalized television</b>	<b>111</b>	<b>35.0%</b>	<b>59</b>	<b>18.6%</b>	<b>81</b>	<b>25.6%</b>	<b>43</b>	<b>13.6%</b>	<b>23</b>	<b>7.3%</b>
0-30 minutes	15	4.7%	10	3.2%	9	2.8%	0	0.0%	0	0.0%
31-60 minutes	59	18.6%	37	11.7%	52	52.0%	28	8.8%	16	5.0%
61+ minutes	37	11.7%	12	3.8%	20	20.0%	15	4.7%	7	2.2%
<b>Personalized stereo</b>	<b>124</b>	<b>39.1%</b>	<b>48</b>	<b>15.1%</b>	<b>76</b>	<b>24.0%</b>	<b>36</b>	<b>11.4%</b>	<b>33</b>	<b>10.4%</b>
0-30 minutes	15	4.7%	7	2.2%	9	2.8%	3	0.9%	0	0.0%
31-60 minutes	73	23.0%	30	9.5%	45	14.2%	26	8.2%	18	5.7%
61+ minutes	36	11.4%	11	3.5%	22	6.9%	7	2.2%	15	4.7%

Table 49

Composite Perceived Usage of Programs (N=902)

Item	Never		1-2 times		3-4 times		5-6 times		7+ times	
Body core	449	49.8%	278	30.8%	137	15.2%	24	2.7%	12	1.3%
Body blast	526	58.3%	259	28.7%	86	9.5%	20	2.2%	9	1.0%
Boxercise	596	66.1%	199	22.1%	74	8.2%	25	2.8%	7	0.8%
Step aerobics	503	55.8%	233	25.8%	119	13.2%	30	3.3%	15	1.7%
Butts n' guts	481	53.3%	229	25.4%	138	15.3%	30	3.3%	23	2.5%
Kick boxing	565	62.7%	196	21.7%	96	10.6%	31	3.4%	13	1.4%
Jiu-Jitsu	698	77.4%	128	14.2%	57	6.3%	7	0.8%	10	1.1%
Indoor cycling	493	54.8%	228	25.4%	133	14.8%	34	3.8%	11	1.2%
Circuit training	559	62.0%	193	21.4%	109	12.1%	25	2.8%	13	1.4%
Aquatics	548	60.8%	190	21.1%	113	12.5%	27	3.0%	22	2.4%
Pilates	505	56.0%	193	21.4%	139	15.4%	40	4.4%	23	2.6%
Yoga	497	55.1%	206	22.8%	126	14.0%	50	5.5%	20	2.2%
Dancing	549	60.9%	141	15.6%	120	13.3%	49	5.4%	41	4.6%
Boot camp	677	75.1%	128	14.2%	52	5.8%	26	2.9%	17	1.9%

Table 50

Perceived Usage of Programs by Membership (N=902)

Item	Never		1-2 times		3-4 times		5-6 times		7+ times	
<b>Body core</b>	<b>449</b>	<b>49.9%</b>	<b>278</b>	<b>30.9%</b>	<b>137</b>	<b>15.2%</b>	<b>24</b>	<b>2.7%</b>	<b>12</b>	<b>13.0%</b>
Member	165	18.3%	102	11.3%	35	3.9%	11	1.2%	3	0.3%
Non Member	284	31.6%	176	19.6%	102	11.3%	13	1.4%	9	1.0%
<b>Body blast</b>	<b>526</b>	<b>58.4%</b>	<b>259</b>	<b>28.8%</b>	<b>86</b>	<b>9.6%</b>	<b>20</b>	<b>2.2%</b>	<b>9</b>	<b>1.0%</b>
Member	186	20.7%	91	10.1%	27	3.0%	9	1.0%	3	0.3%
Non Member	340	37.8%	168	18.7%	59	6.6%	11	1.2%	6	0.7%
<b>Boxercise</b>	<b>596</b>	<b>66.1%</b>	<b>199</b>	<b>22.1%</b>	<b>74</b>	<b>8.2%</b>	<b>25</b>	<b>2.8%</b>	<b>7</b>	<b>0.8%</b>
Member	220	24.4%	71	7.9%	18	2.0%	6	0.7%	1	0.1%
Non Member	376	41.7%	128	14.2%	56	6.2%	19	2.1%	6	0.7%
<b>Step aerobics</b>	<b>503</b>	<b>55.9%</b>	<b>233</b>	<b>25.9%</b>	<b>119</b>	<b>13.2%</b>	<b>30</b>	<b>3.3%</b>	<b>15</b>	<b>1.7%</b>
Member	216	24.0%	59	6.6%	26	2.9%	11	1.2%	4	0.4%
Non Member	287	31.9%	174	19.3%	93	10.3%	19	2.1%	11	1.2%
<b>Butts n' guts</b>	<b>481</b>	<b>53.4%</b>	<b>229</b>	<b>25.4%</b>	<b>138</b>	<b>15.3%</b>	<b>30</b>	<b>3.3%</b>	<b>23</b>	<b>2.6%</b>
Member	199	22.1%	68	7.5%	34	3.8%	10	1.1%	5	0.6%
Non Member	282	31.3%	161	17.9%	104	11.5%	20	2.2%	18	2.0%
<b>Kick boxing</b>	<b>565</b>	<b>62.7%</b>	<b>196</b>	<b>21.8%</b>	<b>96</b>	<b>10.7%</b>	<b>31</b>	<b>3.4%</b>	<b>13</b>	<b>1.4%</b>
Member	215	23.9%	54	6.0%	35	3.9%	10	1.1%	2	0.2%
Non Member	350	38.8%	142	15.8%	61	6.8%	21	2.3%	11	1.2%
<b>Jiu-Jitsu</b>	<b>698</b>	<b>77.6%</b>	<b>128</b>	<b>14.2%</b>	<b>57</b>	<b>6.3%</b>	<b>7</b>	<b>0.8%</b>	<b>10</b>	<b>1.1%</b>
Member	261	29.0%	37	4.1%	16	1.8%	0	0.0%	2	0.2%
Non Member	437	48.6%	91	10.1%	41	4.6%	7	0.8%	8	0.9%
<b>Indoor cycling</b>	<b>493</b>	<b>54.8%</b>	<b>228</b>	<b>25.4%</b>	<b>133</b>	<b>14.8%</b>	<b>34</b>	<b>3.8%</b>	<b>11</b>	<b>1.2%</b>
Member	188	20.9%	79	8.8%	30	3.3%	12	1.3%	7	0.8%
Non Member	305	33.9%	149	16.6%	103	11.5%	22	2.4%	4	0.4%
<b>Circuit training</b>	<b>559</b>	<b>62.2%</b>	<b>193</b>	<b>21.5%</b>	<b>109</b>	<b>12.1%</b>	<b>25</b>	<b>2.8%</b>	<b>13</b>	<b>1.4%</b>
Member	201	22.4%	62	6.9%	38	4.2%	10	1.1%	5	0.6%
Non Member	358	39.8%	131	14.6%	71	7.9%	15	1.7%	8	0.9%
<b>Aquatics</b>	<b>548</b>	<b>60.9%</b>	<b>190</b>	<b>21.1%</b>	<b>113</b>	<b>12.6%</b>	<b>27</b>	<b>3.0%</b>	<b>22</b>	<b>2.4%</b>
Member	223	24.8%	52	5.8%	32	3.6%	6	0.7%	3	0.3%
Non Member	325	36.1%	138	15.3%	81	9.0%	21	2.3%	19	2.1%
<b>Pilates</b>	<b>505</b>	<b>56.1%</b>	<b>193</b>	<b>21.4%</b>	<b>139</b>	<b>15.4%</b>	<b>40</b>	<b>4.4%</b>	<b>23</b>	<b>2.6%</b>
Member	204	22.7%	57	6.3%	32	3.6%	14	1.6%	8	0.9%
Non Member	301	33.4%	136	15.1%	107	11.9%	26	2.9%	15	1.7%
<b>Yoga</b>	<b>497</b>	<b>55.3%</b>	<b>206</b>	<b>22.9%</b>	<b>126</b>	<b>14.0%</b>	<b>50</b>	<b>5.6%</b>	<b>20</b>	<b>2.2%</b>
Member	196	21.8%	71	7.9%	27	3.0%	13	1.4%	7	0.8%
Non Member	301	33.5%	135	15.0%	99	11.0%	37	4.1%	13	1.4%

Table 50 (cond.)

Item	Never		1-2 times		3-4 times		5-6 times		7+ times	
<b>Dancing</b>	<b>549</b>	<b>61.0%</b>	<b>141</b>	<b>15.7%</b>	<b>120</b>	<b>13.3%</b>	<b>49</b>	<b>5.4%</b>	<b>41</b>	<b>4.6%</b>
Member	217	24.1%	42	4.7%	28	3.1%	17	1.9%	12	1.3%
Non Member	332	36.9%	99	11.0%	92	10.2%	32	3.6%	29	3.2%
<b>Boot camp</b>	<b>677</b>	<b>75.2%</b>	<b>128</b>	<b>14.2%</b>	<b>52</b>	<b>5.8%</b>	<b>26</b>	<b>2.9%</b>	<b>17</b>	<b>1.9%</b>
Member	235	26.1%	49	5.4%	15	1.7%	10	1.1%	7	0.8%
Non Member	442	49.1%	79	8.8%	37	4.1%	16	1.8%	10	1.1%

Table 51

Perceived Usage of Programs by Gender (N=902)

Item	Never		1-2 times		3-4 times		5-6 times		7+ times	
<b>Body core</b>	<b>448</b>	<b>49.9%</b>	<b>277</b>	<b>30.8%</b>	<b>137</b>	<b>15.3%</b>	<b>24</b>	<b>2.7%</b>	<b>12</b>	<b>1.3%</b>
Male	165	18.4%	84	9.4%	56	6.2%	9	1.0%	5	0.6%
Female	283	31.5%	193	21.5%	81	9.0%	15	1.7%	7	0.8%
<b>Body blast</b>	<b>525</b>	<b>58.5%</b>	<b>258</b>	<b>28.7%</b>	<b>86</b>	<b>9.6%</b>	<b>20</b>	<b>2.2%</b>	<b>9</b>	<b>1.0%</b>
Male	192	21.4%	75	8.4%	38	4.2%	9	1.0%	5	0.6%
Female	333	37.1%	183	20.4%	48	5.3%	11	1.2%	4	0.4%
<b>Boxercise</b>	<b>595</b>	<b>66.2%</b>	<b>198</b>	<b>22.0%</b>	<b>74</b>	<b>8.2%</b>	<b>25</b>	<b>2.8%</b>	<b>7</b>	<b>0.8%</b>
Male	214	23.8%	65	7.2%	26	2.9%	12	1.3%	2	0.2%
Female	381	42.4%	133	14.8%	48	5.3%	13	1.4%	5	0.6%
<b>Step aerobics</b>	<b>502</b>	<b>55.9%</b>	<b>232</b>	<b>25.8%</b>	<b>119</b>	<b>13.3%</b>	<b>30</b>	<b>3.3%</b>	<b>15</b>	<b>1.7%</b>
Male	225	25.1%	55	6.1%	26	2.9%	8	0.9%	5	0.6%
Female	277	30.8%	177	19.7%	93	10.4%	22	2.4%	10	1.1%
<b>Butts n' guts</b>	<b>480</b>	<b>53.4%</b>	<b>228</b>	<b>25.4%</b>	<b>138</b>	<b>15.4%</b>	<b>30</b>	<b>3.3%</b>	<b>23</b>	<b>2.6%</b>
Male	222	24.7%	57	6.3%	26	2.9%	4	0.4%	10	1.1%
Female	258	28.7%	171	19.0%	112	12.5%	26	2.9%	13	1.4%
<b>Kick boxing</b>	<b>564</b>	<b>62.7%</b>	<b>195</b>	<b>21.7%</b>	<b>96</b>	<b>10.7%</b>	<b>31</b>	<b>3.4%</b>	<b>13</b>	<b>1.4%</b>
Male	214	23.8%	58	6.5%	35	3.9%	7	0.8%	5	0.6%
Female	350	38.9%	137	15.2%	61	6.8%	24	2.7%	8	0.9%
<b>Jiu-Jitsu</b>	<b>696</b>	<b>77.5%</b>	<b>128</b>	<b>14.3%</b>	<b>57</b>	<b>6.3%</b>	<b>7</b>	<b>0.8%</b>	<b>10</b>	<b>1.1%</b>
Male	228	25.4%	46	5.1%	36	4.0%	4	0.4%	5	0.5%
Female	468	52.1%	82	9.1%	21	2.3%	3	0.3%	5	0.6%
<b>Indoor cycling</b>	<b>492</b>	<b>54.8%</b>	<b>227</b>	<b>25.3%</b>	<b>133</b>	<b>14.8%</b>	<b>34</b>	<b>3.8%</b>	<b>11</b>	<b>1.2%</b>
Male	173	19.3%	87	9.7%	43	4.8%	12	1.3%	3	0.3%
Female	319	35.6%	140	15.6%	90	10.0%	22	2.5%	8	0.9%
<b>Circuit training</b>	<b>558</b>	<b>62.2%</b>	<b>192</b>	<b>21.4%</b>	<b>109</b>	<b>12.2%</b>	<b>25</b>	<b>2.8%</b>	<b>13</b>	<b>1.4%</b>
Male	184	20.5%	70	7.8%	49	5.5%	10	1.1%	5	0.6%
Female	374	41.7%	122	13.6%	60	6.7%	15	1.7%	8	0.9%
<b>Aquatics</b>	<b>548</b>	<b>61.0%</b>	<b>189</b>	<b>21.0%</b>	<b>112</b>	<b>12.5%</b>	<b>27</b>	<b>3.0%</b>	<b>22</b>	<b>2.4%</b>
Male	205	22.8%	60	6.7%	41	4.6%	7	0.8%	8	0.7%
Female	343	38.2%	129	14.4%	71	7.9%	20	2.2%	16	1.8%
<b>Pilates</b>	<b>505</b>	<b>56.2%</b>	<b>193</b>	<b>21.5%</b>	<b>137</b>	<b>15.3%</b>	<b>40</b>	<b>4.5%</b>	<b>23</b>	<b>2.6%</b>
Male	243	27.1%	36	4.0%	31	3.5%	5	0.6%	4	0.4%
Female	262	29.2%	157	17.5%	106	11.8%	35	3.9%	19	2.1%
<b>Yoga</b>	<b>497</b>	<b>55.4%</b>	<b>206</b>	<b>23.0%</b>	<b>124</b>	<b>13.8%</b>	<b>50</b>	<b>5.6%</b>	<b>20</b>	<b>2.2%</b>
Male	226	25.2%	50	5.6%	33	3.7%	7	0.8%	3	0.3%
Female	271	30.2%	156	17.4%	91	10.1%	43	4.8%	17	1.9%

Table 51 (cond.)

Item	Never		1-2 times		3-4 times		5-6 times		7+ times	
<b>Dancing</b>	<b>548</b>	<b>61.0%</b>	<b>141</b>	<b>15.7%</b>	<b>119</b>	<b>13.3%</b>	<b>49</b>	<b>5.5%</b>	<b>41</b>	<b>4.6%</b>
Male	250	27.8%	33	3.7%	22	2.4%	5	0.6%	9	1.0%
Female	298	33.2%	108	12.0%	97	10.8%	44	4.9%	32	3.6%
<b>Boot camp</b>	<b>676</b>	<b>75.3%</b>	<b>128</b>	<b>14.3%</b>	<b>51</b>	<b>5.7%</b>	<b>26</b>	<b>2.9%</b>	<b>17</b>	<b>1.9%</b>
Male	234	26.1%	42	4.7%	24	2.7%	13	1.4%	6	0.7%
Female	442	49.2%	86	9.6%	27	3.0%	13	1.4%	11	1.2%

Table 52

Perceived Usage of Programs by Standing (N=902)

Item	Never		1-2 times		3-4 times		5-6 times		7+ times	
<b>Body core</b>	<b>448</b>	<b>49.9%</b>	<b>277</b>	<b>30.8%</b>	<b>137</b>	<b>15.3%</b>	<b>24</b>	<b>2.7%</b>	<b>12</b>	<b>1.3%</b>
Freshman	48	5.3%	48	5.3%	29	3.2%	9	1.0%	3	0.3%
Sophomore	62	6.9%	39	4.3%	24	2.7%	4	0.4%	4	0.4%
Junior	79	8.8%	52	5.8%	32	3.6%	4	0.4%	3	0.3%
Senior	137	15.3%	77	8.6%	37	4.1%	5	0.6%	2	0.2%
Graduate student	1	0.1%	2	0.2%	0	0.0%	0	0.0%	0	0.0%
Faculty/Staff	99	11.0%	53	5.9%	12	1.3%	2	0.2%	0	0.0%
Alumni	13	1.4%	2	0.2%	2	0.2%	0	0.0%	0	0.0%
Community member	9	1.0%	4	0.4%	1	0.1%	0	0.0%	0	0.0%
<b>Body blast</b>	<b>525</b>	<b>58.5%</b>	<b>258</b>	<b>28.7%</b>	<b>89</b>	<b>9.6%</b>	<b>20</b>	<b>2.2%</b>	<b>9</b>	<b>1.0%</b>
Freshman	65	7.2%	35	3.9%	29	3.2%	7	0.8%	1	0.1%
Sophomore	65	7.2%	48	5.3%	12	1.3%	4	0.4%	4	0.4%
Junior	90	10.0%	55	6.1%	19	2.1%	3	0.3%	3	0.3%
Senior	160	17.8%	71	7.9%	22	2.4%	4	0.4%	1	0.1%
Graduate student	1	0.1%	1	0.1%	0	0.0%	1	0.1%	0	0.0%
Faculty/Staff	120	13.4%	43	4.8%	2	0.2%	1	0.1%	0	0.0%
Alumni	14	1.6%	2	0.2%	1	0.1%	0	0.0%	0	0.0%
Community member	10	1.1%	3	0.3%	1	0.1%	0	0.0%	0	0.0%
<b>Boxercise</b>	<b>595</b>	<b>66.2%</b>	<b>198</b>	<b>22.0%</b>	<b>74</b>	<b>8.2%</b>	<b>25</b>	<b>2.8%</b>	<b>7</b>	<b>0.8%</b>
Freshman	73	8.1%	36	4.0%	16	1.8%	10	1.1%	2	0.2%
Sophomore	75	8.3%	33	3.7%	17	1.9%	5	0.6%	4	0.4%
Junior	110	12.2%	40	4.4%	14	1.6%	5	0.6%	1	0.1%
Senior	176	19.6%	60	6.7%	18	2.0%	4	0.4%	0	0.0%
Graduate student	1	0.1%	1	0.1%	1	0.1%	0	0.0%	0	0.0%
Faculty/Staff	135	15.0%	23	2.6%	7	0.8%	1	0.1%	0	0.0%
Alumni	12	1.3%	4	0.4%	1	0.1%	0	0.0%	0	0.0%
Community member	13	1.4%	1	0.1%	0	0.0%	0	0.0%	0	0.0%
<b>Step aerobics</b>	<b>502</b>	<b>55.9%</b>	<b>232</b>	<b>25.8%</b>	<b>119</b>	<b>13.3%</b>	<b>30</b>	<b>3.3%</b>	<b>15</b>	<b>1.7%</b>
Freshman	64	7.1%	38	4.2%	23	2.6%	7	0.8%	4	0.4%
Sophomore	71	7.9%	26	2.9%	26	2.9%	7	0.8%	4	0.4%
Junior	93	10.4%	43	4.8%	27	3.0%	3	0.3%	4	0.4%
Senior	157	17.5%	63	7.0%	24	2.7%	12	1.3%	2	0.2%
Graduate student	2	0.2%	0	0.0%	1	0.1%	0	0.0%	0	0.0%
Faculty/Staff	93	10.4%	54	6.0%	17	1.9%	1	0.1%	1	0.1%
Alumni	13	1.4%	3	0.3%	1	0.1%	0	0.0%	0	0.0%
Community member	9	1.0%	5	0.6%	0	0.0%	0	0.0%	0	0.0%
<b>Butts n' guts</b>	<b>480</b>	<b>53.4%</b>	<b>228</b>	<b>25.4%</b>	<b>138</b>	<b>15.4%</b>	<b>30</b>	<b>3.3%</b>	<b>23</b>	<b>2.6%</b>
Freshman	60	6.7%	27	3.0%	33	3.7%	10	1.1%	7	0.8%
Sophomore	58	6.5%	38	4.2%	26	2.9%	6	0.7%	6	0.7%
Junior	86	9.6%	41	4.6%	29	3.2%	8	0.9%	6	0.7%
Senior	153	17.0%	69	7.7%	30	3.3%	3	0.3%	3	0.3%
Graduate student	2	0.2%	0	0.0%	1	0.1%	0	0.0%	0	0.0%
Faculty/Staff	97	10.8%	49	5.5%	16	1.8%	3	0.3%	1	0.1%
Alumni	13	1.4%	2	0.2%	2	0.2%	0	0.0%	0	0.0%
Community member	11	1.2%	2	0.2%	1	0.1%	0	0.0%	0	0.0%

Table 52 (cond.)

Item	Never		1-2 times		3-4 times		5-6 times		7+ times	
<b>Kick boxing</b>	<b>564</b>	<b>62.7%</b>	<b>195</b>	<b>21.7%</b>	<b>96</b>	<b>10.7%</b>	<b>31</b>	<b>3.4%</b>	<b>13</b>	<b>1.4%</b>
Freshman	69	7.7%	32	3.6%	21	2.3%	10	1.1%	5	0.6%
Sophomore	73	8.1%	29	3.2%	19	2.1%	9	1.0%	4	0.4%
Junior	102	11.3%	35	3.9%	25	2.8%	6	0.7%	2	0.2%
Senior	169	18.8%	60	6.7%	23	2.6%	4	0.0%	2	0.2%
Graduate student	2	0.2%	1	0.1%	0	0.0%	0	0.2%	0	0.0%
Faculty/Staff	125	13.9%	34	3.9%	5	0.6%	2	0.2%	0	0.0%
Alumni	12	1.3%	3	0.3%	2	0.2%	0	0.0%	0	0.0%
Community member	12	1.3%	1	0.1%	1	0.1%	0	0.0%	0	0.0%
<b>Jui-Jitsu</b>	<b>696</b>	<b>77.5%</b>	<b>128</b>	<b>14.3%</b>	<b>57</b>	<b>6.3%</b>	<b>7</b>	<b>0.8%</b>	<b>10</b>	<b>1.1%</b>
Freshman	95	10.6%	22	2.4%	14	1.6%	14	1.6%	1	0.1%
Sophomore	90	10.0%	25	2.8%	11	1.2%	3	1.2%	3	0.3%
Junior	127	14.1%	29	3.2%	12	1.3%	1	1.3%	1	0.1%
Senior	206	22.9%	34	3.8%	16	1.8%	2	1.8%	2	0.2%
Graduate student	3	0.3%	0	0.0%	0	0.0%	0	0.0%	0	0.0%
Faculty/Staff	148	16.5%	15	1.7%	3	0.3%	0	0.3%	0	0.0%
Alumni	14	1.6%	3	0.3%	0	0.0%	0	0.0%	0	0.0%
Community member	13	1.4%	0	0.0%	1	0.1%	1	0.1%	0	0.0%
<b>Indoor cycling</b>	<b>492</b>	<b>54.8%</b>	<b>227</b>	<b>25.3%</b>	<b>133</b>	<b>14.8%</b>	<b>34</b>	<b>3.8%</b>	<b>11</b>	<b>1.2%</b>
Freshman	67	7.5%	29	3.2%	32	3.6%	7	0.8%	1	0.1%
Sophomore	75	8.4%	28	3.1%	24	2.7%	3	0.3%	4	0.4%
Junior	97	10.8%	41	4.6%	22	2.5%	7	0.8%	2	0.2%
Senior	147	16.4%	70	7.8%	28	3.1%	9	1.0%	4	0.4%
Graduate student	2	0.2%	0	0.0%	0	0.0%	1	0.1%	0	0.0%
Faculty/Staff	85	9.5%	48	5.4%	26	2.9%	7	0.8%	0	0.0%
Alumni	12	1.3%	5	0.6%	0	0.0%	0	0.0%	0	0.0%
Community member	7	0.8%	6	0.7%	1	0.1%	0	0.0%	0	0.0%
<b>Circuit training</b>	<b>558</b>	<b>62.2%</b>	<b>192</b>	<b>21.4%</b>	<b>109</b>	<b>12.2%</b>	<b>25</b>	<b>2.8%</b>	<b>13</b>	<b>1.4%</b>
Freshman	77	8.6%	25	2.8%	22	2.5%	9	1.0%	4	0.4%
Sophomore	81	9.0%	32	3.6%	17	1.9%	1	0.1%	3	0.3%
Junior	110	12.3%	38	4.2%	17	1.9%	1	0.1%	2	0.2%
Senior	167	18.6%	55	6.1%	29	3.2%	5	0.6%	2	0.2%
Graduate student	2	0.2%	1	0.1%	0	0.0%	0	0.0%	0	0.0%
Faculty/Staff	104	11.6%	34	3.8%	18	2.0%	8	0.9%	2	0.2%
Alumni	11	1.2%	3	0.3%	3	0.3%	0	0.0%	0	0.0%
Community member	6	0.7%	4	0.4%	3	0.3%	1	0.1%	0	0.0%
<b>Aquatics</b>	<b>548</b>	<b>61.0%</b>	<b>189</b>	<b>21.0%</b>	<b>112</b>	<b>12.5%</b>	<b>27</b>	<b>3.0%</b>	<b>22</b>	<b>2.4%</b>
Freshman	72	8.0%	32	3.6%	21	2.3%	6	0.7%	6	0.7%
Sophomore	78	8.7%	25	2.8%	19	2.1%	7	0.8%	5	0.6%
Junior	110	12.2%	28	3.1%	25	2.8%	3	0.3%	3	0.3%
Senior	172	19.2%	45	5.0%	28	3.1%	8	0.9%	5	0.6%
Graduate student	2	0.2%	0	0.0%	1	0.1%	0	0.0%	0	0.0%
Faculty/Staff	99	11.0%	48	5.3%	13	1.4%	3	0.3%	3	0.3%
Alumni	10	1.1%	6	0.7%	1	0.1%	0	0.0%	0	0.0%
Community member	5	0.6%	5	0.6%	4	0.4%	0	0.0%	0	0.0%

Table 52 (cond.)

Item	Never		1-2 times		3-4 times		5-6 times		7+ times	
<b>Pilates</b>	<b>505</b>	<b>56.2%</b>	<b>193</b>	<b>21.5%</b>	<b>137</b>	<b>15.3%</b>	<b>40</b>	<b>4.5%</b>	<b>23</b>	<b>2.6%</b>
Freshman	72	8.0%	29	3.2%	18	2.0%	10	1.1%	8	0.9%
Sophomore	75	8.4%	22	2.4%	25	2.8%	8	0.9%	4	0.4%
Junior	103	11.5%	32	3.6%	26	2.9%	6	0.7%	3	0.3%
Senior	152	16.9%	59	6.6%	33	3.7%	7	0.8%	6	0.7%
Graduate student	2	0.2%	0	0.0%	1	0.1%	0	0.0%	0	0.0%
Faculty/Staff	80	8.9%	48	5.3%	28	3.1%	8	0.9%	2	0.2%
Alumni	15	1.7%	0	0.0%	2	0.2%	0	0.0%	0	0.0%
Community member	6	0.7%	3	0.3%	4	0.4%	1	0.1%	0	0.0%
<b>Yoga</b>	<b>497</b>	<b>55.4%</b>	<b>26</b>	<b>23.0%</b>	<b>124</b>	<b>13.8%</b>	<b>50</b>	<b>5.6%</b>	<b>20</b>	<b>2.2%</b>
Freshman	70	7.8%	32	3.6%	16	1.8%	12	1.3%	6	0.7%
Sophomore	73	8.1%	24	2.7%	25	2.8%	8	0.9%	4	0.4%
Junior	100	11.1%	28	3.1%	27	3.0%	11	1.2%	4	0.4%
Senior	151	16.8%	62	6.9%	29	3.2%	9	1.0%	6	0.7%
Graduate student	2	0.2%	0	0.0%	1	0.1%	0	0.0%	0	0.0%
Faculty/Staff	79	8.8%	53	5.9%	24	2.7%	10	1.1%	0	0.0%
Alumni	14	1.6%	3	0.3%	0	0.0%	0	0.0%	0	0.0%
Community member	8	0.9%	4	0.4%	2	0.2%	0	0.0%	0	0.0%
<b>Dancing</b>	<b>548</b>	<b>61.0%</b>	<b>141</b>	<b>15.7%</b>	<b>119</b>	<b>13.3%</b>	<b>49</b>	<b>5.5%</b>	<b>41</b>	<b>4.6%</b>
Freshman	60	6.7%	29	3.2%	20	2.2%	12	1.3%	16	1.8%
Sophomore	76	8.5%	20	2.2%	19	2.1%	10	1.1%	9	1.0%
Junior	94	10.5%	28	3.1%	30	3.3%	9	1.0%	8	0.9%
Senior	177	19.7%	32	3.6%	31	3.5%	12	1.3%	6	0.7%
Graduate student	2	0.2%	0	0.0%	1	0.1%	0	0.0%	0	0.0%
Faculty/Staff	111	12.4%	31	3.5%	16	1.8%	6	0.7%	2	0.2%
Alumni	15	1.7%	1	0.1%	1	0.1%	0	0.0%	0	0.0%
Community member	13	1.4%	0	0.0%	1	0.1%	0	0.0%	0	0.0%
<b>Boot camp</b>	<b>676</b>	<b>75.3%</b>	<b>128</b>	<b>14.3%</b>	<b>51</b>	<b>5.7%</b>	<b>26</b>	<b>2.9%</b>	<b>17</b>	<b>1.9%</b>
Freshman	98	10.9%	20	2.2%	10	1.1%	5	0.6%	4	0.4%
Sophomore	98	10.9%	16	1.8%	8	0.9%	6	0.7%	6	0.7%
Junior	119	13.3%	35	3.9%	10	1.1%	3	0.3%	2	0.2%
Senior	200	22.3%	33	3.7%	16	1.8%	4	0.4%	5	0.6%
Graduate student	2	0.2%	0	0.0%	1	0.1%	0	0.0%	0	0.0%
Faculty/Staff	135	15.0%	18	2.0%	6	0.7%	7	0.8%	0	0.0%
Alumni	12	1.3%	4	0.4%	0	0.0%	1	0.1%	0	0.0%
Community member	12	1.3%	2	0.2%	0	0.0%	0	0.0%	0	0.0%

Table 53

Perceived Usage of Programs by Race/Ethnicity (N=902)

Item	Never		1-2 times		3-4 times		5-6 times		7+ times	
<b>Body core</b>	<b>440</b>	<b>50.1%</b>	<b>272</b>	<b>31.0%</b>	<b>131</b>	<b>14.9%</b>	<b>23</b>	<b>2.6%</b>	<b>12</b>	<b>1.4%</b>
Asian/Pacific Islander	22	2.5%	12	1.4%	3	0.3%	2	0.2%	1	0.1%
American Indian/Alaskan Native	4	0.5%	1	0.1%	1	0.1%	0	0.0%	0	0.0%
Black, African American	48	5.5%	27	3.1%	23	2.6%	4	0.5%	6	0.7%
Hispanic, Latino/a	10	1.1%	5	0.6%	5	0.6%	1	0.1%	1	0.1%
White, Non-Hispanic	354	40.3%	225	25.6%	99	11.3%	16	1.8%	4	0.5%
International	1	0.1%	1	0.1%	0	0.0%	0	0.0%	0	0.0%
Other	1	0.1%	1	0.1%	0	0.0%	0	0.0%	0	0.0%
<b>Body blast</b>	<b>511</b>	<b>58.2%</b>	<b>256</b>	<b>29.2%</b>	<b>83</b>	<b>9.5%</b>	<b>19</b>	<b>2.2%</b>	<b>9</b>	<b>1.0%</b>
Asian/Pacific Islander	23	2.6%	10	1.1%	4	0.5%	3	0.3%	0	0.0%
American Indian/Alaskan Native	3	30.0%	3	0.3%	0	0.0%	0	0.0%	0	0.0%
Black, African American	50	5.7%	30	3.4%	18	2.1%	4	0.5%	6	0.7%
Hispanic, Latino/a	12	1.4%	4	0.5%	4	0.5%	1	0.1%	1	0.1%
White, Non-Hispanic	421	47.9%	207	23.6%	57	6.5%	11	1.3%	2	0.2%
International	1	0.1%	1	0.1%	0	0.0%	0	0.0%	0	0.0%
Other	1	0.1%	1	0.1%	0	0.0%	0	0.0%	0	0.0%
<b>Boxercise</b>	<b>580</b>	<b>66.0%</b>	<b>196</b>	<b>22.3%</b>	<b>73</b>	<b>8.3%</b>	<b>23</b>	<b>2.6%</b>	<b>7</b>	<b>0.8%</b>
Asian/Pacific Islander	25	2.8%	12	1.4%	1	0.1%	2	0.2%	0	0.0%
American Indian/Alaskan Native	3	0.3%	2	0.2%	1	0.1%	0	0.0%	0	0.0%
Black, African American	58	6.6%	24	2.7%	16	1.8%	6	0.7%	4	0.5%
Hispanic, Latino/a	12	1.4%	5	0.6%	2	0.2%	2	0.2%	1	0.1%
White, Non-Hispanic	480	54.6%	151	17.2%	53	6.0%	13	1.5%	2	0.2%
International	1	0.1%	1	0.1%	0	0.0%	0	0.0%	0	0.0%
Other	1	0.1%	1	0.1%	0	0.0%	0	0.0%	0	0.0%
<b>Step aerobics</b>	<b>488</b>	<b>55.6%</b>	<b>231</b>	<b>26.3%</b>	<b>117</b>	<b>13.3%</b>	<b>28</b>	<b>3.2%</b>	<b>14</b>	<b>1.6%</b>
Asian/Pacific Islander	23	2.6%	13	1.5%	2	0.2%	2	0.2%	0	0.0%
American Indian/Alaskan Native	3	0.3%	1	0.1%	0	0.0%	2	0.2%	0	0.0%
Black, African American	41	4.7%	33	3.8%	21	2.4%	7	0.8%	6	0.7%
Hispanic, Latino/a	12	1.4%	2	0.2%	5	0.6%	0	0.0%	3	0.3%
White, Non-Hispanic	408	46.5%	179	20.4%	89	10.1%	17	1.9%	5	0.6%
International	1	0.1%	1	0.1%	0	0.0%	0	0.0%	0	0.0%
Other	0	0.0%	2	0.2%	0	0.0%	0	0.0%	0	0.0%
<b>Butts n' guts</b>	<b>467</b>	<b>53.1%</b>	<b>226</b>	<b>25.7%</b>	<b>135</b>	<b>15.4%</b>	<b>29</b>	<b>3.3%</b>	<b>22</b>	<b>2.5%</b>
Asian/Pacific Islander	28	3.2%	7	0.8%	5	0.6%	0	0.0%	0	0.0%
American Indian/Alaskan Native	2	0.2%	2	0.2%	1	0.1%	0	0.0%	1	0.1%
Black, African American	41	4.7%	27	3.1%	23	2.6%	8	0.9%	9	1.0%
Hispanic, Latino/a	11	1.3%	3	3.0%	5	0.6%	0	0.0%	3	0.3%
White, Non-Hispanic	383	43.6%	186	21.2%	100	11.4%	21	2.4%	9	1.0%
International	1	0.1%	1	0.1%	0	0.0%	0	0.0%	0	0.0%
Other	1	0.1%	0	0.0%	1	0.1%	0	0.0%	0	0.0%

Table 53 (cond.)

Item	Never		1-2 times		3-4 times		5-6 times		7+ times	
<b>Kick boxing</b>	<b>550</b>	<b>62.6%</b>	<b>193</b>	<b>22.0%</b>	<b>95</b>	<b>10.8%</b>	<b>30</b>	<b>3.4%</b>	<b>11</b>	<b>1.3%</b>
Asian/Pacific Islander	26	3.0%	5	0.6%	8	0.9%	1	0.1%	0	0.0%
American Indian/Alaskan Native	3	0.3%	2	0.2%	0	0.0%	1	0.1%	0	0.0%
Black, African American	59	6.7%	21	2.4%	17	1.9%	7	0.8%	4	0.5%
Hispanic, Latino/a	11	1.3%	5	0.6%	4	0.5%	1	0.1%	1	0.1%
White, Non-Hispanic	449	51.1%	159	18.1%	65	7.4%	20	2.3%	6	0.7%
International	1	0.1%	1	0.1%	0	0.0%	0	0.0%	0	0.0%
Other	1	0.1%	0	0.0%	1	0.1%	0	0.0%	0	0.0%
<b>Jui-Jitsu</b>	<b>682</b>	<b>77.7%</b>	<b>124</b>	<b>14.1%</b>	<b>56</b>	<b>6.4%</b>	<b>7</b>	<b>0.8%</b>	<b>9</b>	<b>1.0%</b>
Asian/Pacific Islander	61	3.5%	5	0.6%	4	0.5%	0	0.0%	0	0.0%
American Indian/Alaskan Native	3	0.3%	2	0.2%	1	0.1%	0	0.0%	0	0.0%
Black, African American	71	8.1%	17	1.9%	16	1.8%	1	0.1%	2	0.2%
Hispanic, Latino/a	15	1.7%	4	0.5%	2	0.2%	1	0.1%	0	0.0%
White, Non-Hispanic	560	63.8%	95	10.8%	32	3.6%	5	0.6%	7	0.8%
International	1	0.1%	1	0.1%	0	0.0%	0	0.0%	0	0.0%
Other	1	0.1%	0	0.0%	1	0.1%	0	0.0%	0	0.0%
<b>Indoor cycling</b>	<b>482</b>	<b>55.0%</b>	<b>225</b>	<b>25.7%</b>	<b>126</b>	<b>14.4%</b>	<b>33</b>	<b>3.8%</b>	<b>11</b>	<b>1.3%</b>
Asian/Pacific Islander	22	2.5%	10	1.1%	7	0.8%	0	0.0%	1	0.1%
American Indian/Alaskan Native	3	0.3%	2	0.2%	0	0.0%	1	0.1%	0	0.0%
Black, African American	53	6.0%	24	2.7%	24	2.7%	4	0.5%	2	0.2%
Hispanic, Latino/a	13	1.5%	2	0.2%	5	0.6%	0	0.0%	1	0.1%
White, Non-Hispanic	390	44.5%	184	21.0%	90	10.3%	28	3.2%	7	0.8%
International	1	0.1%	1	0.1%	0	0.0%	0	0.0%	0	0.0%
Other	0	0.0%	2	0.2%	0	0.0%	0	0.0%	0	0.0%
<b>Circuit training</b>	<b>544</b>	<b>62.0%</b>	<b>191</b>	<b>21.8%</b>	<b>105</b>	<b>12.0%</b>	<b>24</b>	<b>2.7%</b>	<b>13</b>	<b>1.5%</b>
Asian/Pacific Islander	27	3.1%	5	0.6%	6	0.7%	0	0.0%	2	0.2%
American Indian/Alaskan Native	3	0.3%	1	0.1%	2	0.2%	0	0.0%	0	0.0%
Black, African American	59	6.5%	24	2.7%	21	2.4%	2	0.2%	3	0.3%
Hispanic, Latino/a	13	1.5%	4	0.5%	5	0.6%	0	0.0%	0	0.0%
White, Non-Hispanic	443	50.5%	155	17.7%	71	8.1%	21	2.4%	8	0.9%
International	1	0.1%	1	0.1%	0	0.0%	0	0.0%	0	0.0%
Other	0	0.0%	1	0.1%	0	0.0%	1	0.1%	0	0.0%
<b>Aquatics</b>	<b>533</b>	<b>60.7%</b>	<b>188</b>	<b>21.4%</b>	<b>109</b>	<b>12.4%</b>	<b>26</b>	<b>3.0%</b>	<b>22</b>	<b>2.5%</b>
Asian/Pacific Islander	27	3.1%	9	1.0%	3	0.3%	1	0.1%	0	0.0%
American Indian/Alaskan Native	2	0.2%	2	0.2%	1	0.1%	0	0.0%	1	0.1%
Black, African American	64	7.3%	20	2.3%	12	1.4%	6	0.7%	6	0.7%
Hispanic, Latino/a	13	1.5%	3	0.3%	4	0.5%	1	0.1%	1	0.1%
White, Non-Hispanic	426	48.5%	152	17.3%	89	10.1%	17	1.9%	14	1.6%
International	1	0.1%	1	0.1%	0	0.0%	0	0.0%	0	0.0%
Other	0	0.0%	1	0.1%	0	0.0%	1	0.1%	0	0.0%

Table 53 (cond.)

Item	Never		1-2 times		3-4 times		5-6 times		7+ times	
<b>Pilates</b>	<b>489</b>	<b>55.7%</b>	<b>189</b>	<b>21.5%</b>	<b>137</b>	<b>15.6%</b>	<b>40</b>	<b>4.6%</b>	<b>23</b>	<b>2.6%</b>
Asian/Pacific Islander	28	3.2%	5	0.6%	6	0.7%	0	0.0%	1	0.1%
American Indian/Alaskan Native	1	0.1%	1	0.1%	3	0.3%	0	0.0%	1	0.1%
Black, African American	56	6.4%	25	2.8%	13	1.5%	10	1.1%	4	0.5%
Hispanic, Latino/a	14	1.6%	2	0.2%	4	0.5%	30	3.4%	2	0.2%
White, Non-Hispanic	389	44.3%	155	17.7%	109	12.4%	0	0.0%	15	1.7%
International	1	0.1%	1	0.1%	0	0.0%	0	0.0%	0	0.0%
Other	0	0.0%	0	0.0%	2	0.2%	0	0.0%	0	0.0%
<b>Yoga</b>	<b>483</b>	<b>55.1%</b>	<b>202</b>	<b>23.0%</b>	<b>124</b>	<b>14.1%</b>	<b>48</b>	<b>5.5%</b>	<b>20</b>	<b>2.3%</b>
Asian/Pacific Islander	26	3.0%	8	0.9%	5	0.6%	0	0.0%	1	0.1%
American Indian/Alaskan Native	2	0.2%	1	0.1%	0	0.0%	2	0.2%	1	0.1%
Black, African American	56	6.4%	22	2.5%	16	1.8%	11	1.3%	3	0.3%
Hispanic, Latino/a	14	1.6%	4	0.5%	2	0.2%	0	0.0%	2	0.2%
White, Non-Hispanic	384	43.8%	166	18.9%	100	11.4%	35	4.0%	13	1.5%
International	1	0.1%	1	0.1%	0	0.0%	0	0.0%	0	0.0%
Other	0	0.0%	0	0.0%	1	0.1%	0	0.0%	0	0.0%
<b>Dancing</b>	<b>532</b>	<b>60.6%</b>	<b>141</b>	<b>16.1%</b>	<b>117</b>	<b>13.3%</b>	<b>47</b>	<b>5.4%</b>	<b>41</b>	<b>4.7%</b>
Asian/Pacific Islander	28	3.2%	3	0.3%	4	0.5%	2	0.2%	3	0.3%
American Indian/Alaskan Native	1	0.1%	2	0.2%	1	0.1%	1	0.1%	1	0.1%
Black, African American	45	5.1%	19	2.2%	20	2.3%	13	1.5%	11	1.3%
Hispanic, Latino/a	11	1.3%	3	0.3%	4	0.5%	0	0.0%	4	0.5%
White, Non-Hispanic	446	50.8%	113	12.9%	87	9.9%	31	3.5%	21	2.4%
International	1	0.1%	1	0.1%	0	0.0%	0	0.0%	0	0.0%
Other	0	0.0%	0	0.0%	1	0.1%	0	0.0%	1	0.1%
<b>Boot camp</b>	<b>659</b>	<b>75.1%</b>	<b>127</b>	<b>14.5%</b>	<b>50</b>	<b>5.7%</b>	<b>25</b>	<b>2.8%</b>	<b>17</b>	<b>1.9%</b>
Asian/Pacific Islander	31	3.5%	6	0.7%	1	0.1%	2	0.2%	0	0.0%
American Indian/Alaskan Native	3	0.3%	1	0.1%	0	0.0%	2	0.2%	0	0.0%
Black, African American	81	9.2%	7	0.8%	11	1.3%	5	0.6%	4	0.4%
Hispanic, Latino/a	14	1.6%	3	0.3%	3	0.3%	0	0.0%	2	0.2%
White, Non-Hispanic	527	60.0%	109	12.4%	35	0.0%	16	1.8%	11	1.3%
International	1	0.1%	1	0.1%	0	0.0%	0	0.0%	0	0.0%
Other	2	0.2%	0	0.0%	0	0.0%	0	0.0%	0	0.0%

Table 54

Perceived Usage of Programs by Age (N=902)

Item	Never		1-2 times		3-4 times		5-6 times		7+ times	
<b>Body core</b>	<b>449</b>	<b>49.9%</b>	<b>278</b>	<b>30.9%</b>	<b>137</b>	<b>15.2%</b>	<b>24</b>	<b>2.7%</b>	<b>12</b>	<b>1.3%</b>
16-20	107	11.9%	89	9.9%	53	5.9%	13	1.4%	5	0.6%
21-25	192	21.3%	107	11.9%	56	6.2%	9	1.0%	5	0.6%
26-30	42	4.7%	24	2.7%	14	1.6%	0	0.0%	2	0.2%
31-35	23	2.6%	9	1.0%	5	0.6%	0	0.0%	0	0.0%
36-40	16	1.8%	11	1.2%	2	0.2%	0	0.0%	0	0.0%
41-45	16	1.8%	7	0.8%	3	0.3%	0	0.0%	0	0.0%
46-50	13	1.4%	13	1.4%	1	0.1%	0	0.0%	0	0.0%
51-55	26	2.6%	14	1.6%	1	0.1%	2	0.2%	0	0.0%
56-60	13	1.4%	2	0.2%	1	0.1%	0	0.0%	0	0.0%
61+	4	0.4%	2	0.2%	1	0.1%	0	0.0%	0	0.0%
<b>Body blast</b>	<b>526</b>	<b>58.4%</b>	<b>259</b>	<b>28.8%</b>	<b>86</b>	<b>9.6%</b>	<b>20</b>	<b>2.2%</b>	<b>9</b>	<b>1.0%</b>
16-20	126	14.0%	88	9.8%	39	4.3%	10	1.1%	4	0.4%
21-25	218	24.2%	103	11.4%	37	4.1%	7	0.8%	4	0.4%
26-30	50	5.6%	25	2.8%	5	0.6%	1	0.1%	1	0.1%
31-35	27	3.0%	6	0.7%	4	0.4%	0	0.0%	0	0.0%
36-40	22	2.4%	7	0.8%	0	0.0%	0	0.0%	0	0.0%
41-45	20	2.2%	5	0.6%	0	0.0%	1	0.1%	0	0.0%
46-50	17	1.9%	10	1.1%	0	0.0%	0	0.0%	0	0.0%
51-55	27	3.0%	11	1.2%	1	0.1%	1	0.1%	0	0.0%
56-60	14	1.6%	2	0.2%	0	0.0%	0	0.0%	0	0.0%
61+	5	0.6%	2	0.2%	0	0.0%	0	0.0%	0	0.0%
<b>Boxercise</b>	<b>596</b>	<b>66.1%</b>	<b>199</b>	<b>22.1%</b>	<b>74</b>	<b>8.2%</b>	<b>25</b>	<b>2.8%</b>	<b>7</b>	<b>0.8%</b>
16-20	147	16.3%	71	7.9%	31	3.4%	15	1.7%	4	0.4%
21-25	243	27.0%	83	9.2%	32	3.6%	8	0.9%	3	0.3%
26-30	56	6.2%	22	2.4%	3	0.3%	1	0.1%	0	0.1%
31-35	27	3.0%	8	0.9%	2	0.2%	0	0.0%	0	0.0%
36-40	24	2.7%	3	0.3%	2	0.2%	0	0.0%	0	0.0%
41-45	24	2.7%	1	0.1%	1	0.1%	0	0.0%	0	0.0%
46-50	21	2.3%	4	0.4%	2	0.2%	0	0.0%	0	0.0%
51-55	34	3.8%	4	0.4%	1	0.1%	1	0.1%	0	0.0%
56-60	13	1.4%	3	0.3%	0	0.0%	0	0.0%	0	0.0%
61+	7	0.8%	0	0.0%	0	0.0%	0	0.0%	0	0.0%
<b>Step aerobics</b>	<b>503</b>	<b>55.9%</b>	<b>233</b>	<b>25.9%</b>	<b>119</b>	<b>13.2%</b>	<b>30</b>	<b>3.3%</b>	<b>15</b>	<b>1.7%</b>
16-20	134	14.9%	69	7.7%	43	4.8%	14	1.6%	7	0.8%
21-25	214	23.8%	94	10.4%	44	4.9%	11	1.2%	6	0.7%
26-30	48	5.3%	15	1.7%	14	1.6%	3	0.3%	2	0.2%
31-35	24	2.7%	7	0.8%	4	0.4%	2	0.2%	0	0.0%
36-40	16	1.8%	10	1.1%	3	0.3%	0	0.0%	0	0.0%
41-45	16	1.8%	6	0.7%	4	0.4%	0	0.0%	0	0.0%
46-50	18	2.0%	7	0.8%	2	0.2%	0	0.0%	0	0.0%
51-55	21	2.3%	16	1.8%	3	0.3%	0	0.0%	0	0.0%
56-60	10	1.1%	5	0.6%	1	0.1%	0	0.0%	0	0.0%
61+	2	0.2%	4	0.4%	1	0.1%	0	0.0%	0	0.0%

Table 54 (cond.)

Item	Never		1-2 times		3-4 times		5-6 times		7+ times	
<b>Butts n' guts</b>	<b>481</b>	<b>53.4%</b>	<b>229</b>	<b>25.4%</b>	<b>138</b>	<b>15.3%</b>	<b>30</b>	<b>3.3%</b>	<b>23</b>	<b>2.6%</b>
16-20	117	13.0%	67	7.4%	54	6.0%	18	2.0%	12	1.3%
21-25	203	22.5%	97	10.8%	51	5.7%	9	1.0%	9	1.0%
26-30	45	5.0%	21	2.3%	14	1.6%	0	0.0%	2	0.2%
31-35	26	2.9%	6	0.7%	5	0.6%	0	0.0%	0	0.0%
36-40	16	1.8%	8	0.9%	4	0.4%	1	0.1%	0	0.0%
41-45	16	1.8%	6	0.7%	4	0.4%	0	0.0%	0	0.0%
46-50	18	2.0%	6	0.7%	3	0.3%	0	0.0%	0	0.0%
51-55	25	2.8%	10	1.1%	3	0.3%	2	0.2%	0	0.0%
56-60	10	1.1%	6	0.7%	0	0.0%	0	0.0%	0	0.0%
61+	5	0.6%	2	0.2%	0	0.0%	0	0.0%	0	0.0%
<b>Kick boxing</b>	<b>565</b>	<b>62.7%</b>	<b>196</b>	<b>21.8%</b>	<b>96</b>	<b>10.7%</b>	<b>31</b>	<b>3.4%</b>	<b>13</b>	<b>1.4%</b>
16-20	140	15.5%	66	7.3%	35	3.9%	20	2.2%	7	0.8%
21-25	227	25.2%	80	8.9%	48	5.3%	8	0.9%	6	0.7%
26-30	56	6.2%	18	2.0%	7	0.8%	1	0.1%	0	0.0%
31-35	26	2.9%	8	0.9%	3	0.3%	0	0.0%	0	0.0%
36-40	21	2.3%	7	0.8%	0	0.0%	1	0.1%	0	0.0%
41-45	20	2.2%	5	0.6%	1	0.1%	0	0.0%	0	0.0%
46-50	22	2.4%	2	0.2%	2	0.2%	1	0.1%	0	0.0%
51-55	34	3.8%	6	0.7%	0	0.0%	0	0.0%	0	0.0%
56-60	13	1.4%	3	0.3%	0	0.0%	0	0.0%	0	0.0%
61+	6	0.7%	1	0.1%	0	0.0%	0	0.0%	0	0.0%
<b>Jiu-Jitsu</b>	<b>698</b>	<b>77.6%</b>	<b>128</b>	<b>14.2%</b>	<b>57</b>	<b>6.3%</b>	<b>7</b>	<b>0.8%</b>	<b>10</b>	<b>1.1%</b>
16-20	187	20.8%	46	5.1%	24	2.7%	3	0.3%	7	0.8%
21-25	284	31.6%	54	6.0%	24	2.7%	4	0.4%	3	0.3%
26-30	65	7.2%	12	1.3%	5	0.6%	0	0.0%	0	0.0%
31-35	32	3.6%	4	0.4%	1	0.1%	0	0.0%	0	0.0%
36-40	26	2.9%	2	0.2%	1	0.1%	0	0.0%	0	0.0%
41-45	23	2.6%	3	0.3%	0	0.0%	0	0.0%	0	0.0%
46-50	22	2.4%	3	0.3%	2	0.2%	0	0.0%	0	0.0%
51-55	37	4.1%	3	0.3%	0	0.0%	0	0.0%	0	0.0%
56-60	15	1.7%	1	0.1%	0	0.0%	0	0.0%	0	0.0%
61+	7	0.8%	0	0.0%	0	0.0%	0	0.0%	0	0.0%
<b>Indoor cycling</b>	<b>493</b>	<b>54.8%</b>	<b>228</b>	<b>25.4%</b>	<b>133</b>	<b>14.8%</b>	<b>34</b>	<b>3.8%</b>	<b>11</b>	<b>1.2%</b>
16-20	140	15.6%	63	7.0%	51	5.7%	9	1.0%	4	0.4%
21-25	223	24.8%	83	9.2%	42	4.7%	13	1.4%	7	0.8%
26-30	41	4.6%	24	2.7%	13	1.4%	4	0.4%	0	0.0%
31-35	23	2.6%	10	1.1%	3	0.3%	1	0.1%	0	0.0%
36-40	15	1.7%	9	1.0%	3	0.3%	2	0.2%	0	0.0%
41-45	14	1.6%	6	0.7%	4	0.4%	2	0.2%	0	0.0%
46-50	10	1.1%	9	1.0%	6	0.7%	2	0.2%	0	0.0%
51-55	17	1.9%	13	1.4%	9	1.0%	1	0.1%	0	0.0%
56-60	7	0.8%	8	0.9%	1	0.1%	0	0.0%	0	0.0%
61+	3	0.3%	3	0.3%	1	0.1%	0	0.0%	0	0.0%

Table 54 (cond.)

Item	Never		1-2 times		3-4 times		5-6 times		7+ times	
<b>Circuit training</b>	<b>559</b>	<b>62.2%</b>	<b>193</b>	<b>21.5%</b>	<b>109</b>	<b>12.1%</b>	<b>25</b>	<b>2.8%</b>	<b>13</b>	<b>1.4%</b>
16-20	154	17.1%	60	6.7%	38	4.2%	10	1.1%	5	0.6%
21-25	241	26.8%	76	8.5%	37	4.1%	8	0.9%	6	0.7%
26-30	50	5.6%	19	2.1%	10	1.1%	2	0.2%	1	0.1%
31-35	24	2.7%	10	1.1%	3	0.3%	0	0.0%	0	0.0%
36-40	19	2.1%	3	0.3%	5	0.6%	2	0.2%	0	0.0%
41-45	17	1.9%	4	0.4%	4	0.4%	1	0.1%	0	0.0%
46-50	15	1.7%	9	1.0%	3	0.6%	0	0.0%	0	0.0%
51-55	23	2.6%	8	0.9%	7	0.8%	2	0.2%	0	0.0%
56-60	10	1.1%	3	0.3%	2	0.2%	0	0.0%	1	0.1%
61+	6	0.7%	1	0.1%	0	0.0%	0	0.0%	0	0.0%
<b>Aquatics</b>	<b>548</b>	<b>60.9%</b>	<b>190</b>	<b>21.1%</b>	<b>113</b>	<b>12.6%</b>	<b>27</b>	<b>3.0%</b>	<b>22</b>	<b>2.4%</b>
16-20	149	16.6%	58	6.4%	43	4.8%	9	1.0%	8	0.9%
21-25	244	27.1%	66	7.3%	40	4.4%	11	1.2%	8	0.9%
26-30	48	5.3%	16	1.8%	12	1.3%	2	0.2%	4	0.4%
31-35	23	2.6%	7	0.8%	5	0.6%	2	0.2%	0	0.0%
36-40	14	1.6%	10	1.1%	4	0.4%	1	0.1%	0	0.0%
41-45	19	2.1%	5	0.6%	1	0.1%	1	0.1%	0	0.0%
46-50	17	1.9%	10	1.1%	0	0.0%	0	0.0%	0	0.0%
51-55	20	2.2%	12	1.3%	6	0.7%	1	0.1%	1	0.1%
56-60	10	1.1%	4	0.4%	2	0.2%	0	0.0%	0	0.0%
61+	4	0.4%	2	0.2%	0	0.0%	0	0.0%	1	0.1%
<b>Pilates</b>	<b>505</b>	<b>56.1%</b>	<b>193</b>	<b>21.4%</b>	<b>139</b>	<b>15.4%</b>	<b>40</b>	<b>4.4%</b>	<b>23</b>	<b>2.6%</b>
16-20	142	15.8%	49	5.4%	49	5.4%	17	1.9%	11	1.2%
21-25	224	24.9%	74	8.2%	48	5.3%	12	1.3%	10	1.1%
26-30	44	4.9%	19	2.1%	15	1.7%	3	0.3%	1	0.1%
31-35	21	2.3%	8	0.9%	7	0.8%	1	0.1%	0	0.0%
36-40	14	1.6%	7	0.8%	6	0.7%	2	0.2%	0	0.0%
41-45	13	1.4%	6	0.7%	5	0.6%	2	0.2%	0	0.0%
46-50	13	1.4%	9	1.0%	4	0.4%	1	0.1%	0	0.0%
51-55	19	2.1%	14	1.6%	5	0.6%	2	0.2%	0	0.0%
56-60	12	1.3%	4	0.4%	0	0.0%	0	0.0%	0	0.0%
61+	3	0.3%	3	0.3%	0	0.0%	0	0.0%	1	0.1%
<b>Yoga</b>	<b>497</b>	<b>55.3%</b>	<b>206</b>	<b>22.9%</b>	<b>126</b>	<b>14.0%</b>	<b>50</b>	<b>5.6%</b>	<b>20</b>	<b>2.2%</b>
16-20	138	15.4%	54	6.0%	47	5.2%	18	2.1%	9	1.0%
21-25	230	25.6%	74	8.2%	38	4.2%	17	1.9%	9	1.0%
26-30	47	5.2%	20	2.2%	12	1.3%	2	0.2%	1	0.1%
31-35	17	1.9%	11	1.2%	5	0.6%	3	0.3%	1	0.1%
36-40	11	1.2%	7	0.8%	7	0.8%	4	0.4%	0	0.0%
41-45	12	1.3%	5	1.6%	7	0.8%	2	0.2%	0	0.0%
46-50	14	1.6%	10	1.1%	2	0.2%	1	0.1%	0	0.0%
51-55	17	1.9%	15	1.7%	6	0.7%	2	0.2%	0	0.0%
56-60	10	1.1%	4	0.4%	2	0.2%	0	0.0%	0	0.0%
61+	1	0.1%	6	0.7%	0	0.0%	0	0.0%	0	0.0%

Table 54 (cond.)

Item	Never		1-2 times		3-4 times		5-6 times		7+ times	
<b>Dancing</b>	<b>549</b>	<b>61.0%</b>	<b>141</b>	<b>15.7%</b>	<b>120</b>	<b>13.3%</b>	<b>49</b>	<b>5.4%</b>	<b>41</b>	<b>4.6%</b>
16-20	130	14.4%	46	5.1%	48	5.3%	20	2.2%	23	2.6%
21-25	242	26.9%	54	6.0%	41	4.6%	18	2.0%	14	60.0%
26-30	53	5.9%	10	1.1%	13	1.4%	5	0.6%	1	0.1%
31-35	27	3.0%	6	0.7%	2	0.2%	1	0.1%	1	0.1%
36-40	14	1.6%	8	0.9%	3	0.3%	2	0.2%	2	0.2%
41-45	18	2.0%	4	0.4%	3	0.3%	1	0.1%	0	0.0%
46-50	19	2.1%	5	0.6%	3	0.3%	0	0.0%	0	0.0%
51-55	29	3.2%	5	0.6%	4	0.4%	2	0.2%	0	0.0%
56-60	12	1.3%	2	0.2%	2	0.2%	0	0.0%	0	0.0%
61+	5	0.6%	1	0.1%	1	0.1%	0	0.0%	0	0.0%
<b>Boot camp</b>	<b>677</b>	<b>75.2%</b>	<b>128</b>	<b>14.2%</b>	<b>52</b>	<b>5.8%</b>	<b>26</b>	<b>2.9%</b>	<b>17</b>	<b>1.9%</b>
16-20	190	21.1%	45	5.0%	14	1.6%	13	1.4%	5	0.6%
21-25	279	31.0%	48	5.3%	26	2.9%	6	0.7%	10	1.1%
26-30	62	6.9%	11	1.2%	6	0.7%	2	0.2%	1	0.1%
31-35	27	3.0%	8	0.9%	2	0.2%	0	0.0%	0	0.0%
36-40	22	2.4%	3	0.3%	3	0.3%	0	0.0%	1	0.1%
41-45	23	2.6%	1	0.1%	1	0.1%	1	0.1%	0	0.0%
46-50	20	2.2%	5	0.6%	0	0.0%	2	0.2%	0	0.0%
51-55	33	3.7%	5	0.6%	0	0.0%	2	0.2%	0	0.0%
56-60	15	1.7%	1	0.1%	0	0.0%	0	0.0%	0	0.0%
61+	6	0.7%	1	0.1%	0	0.0%	0	0.0%	0	0.0%

**Table 55**

Composite Perceived Usage of Facility Amenities (N=902)

Item	Never		1-2 times		3-4 times		5-6 times		7+ times	
Separate workout area	316	35.0%	219	24.3%	251	27.8%	80	8.9%	35	3.9%
Computer kiosk	326	36.1%	244	27.1%	236	26.2%	64	7.1%	31	3.4%
Online message board	531	58.9%	192	21.3%	117	13.0%	43	4.8%	18	2.0%
Lounge area	453	50.2%	247	27.4%	136	15.1%	37	4.1%	27	3.0%
Concession area	316	35.0%	295	32.7%	188	20.8%	69	7.6%	33	3.7%

Table 56

Perceived Usage of Facility Amenities by Membership (N=902)

Item	Never		1-2 times		3-4 times		5-6 times		7+ times	
<b>Separate workout area</b>	<b>316</b>	<b>35.1%</b>	<b>219</b>	<b>24.3%</b>	<b>251</b>	<b>27.9%</b>	<b>80</b>	<b>8.9%</b>	<b>35</b>	<b>3.9%</b>
Member	138	15.3%	63	7.0%	74	8.2%	33	3.7%	8	0.9%
Non Member	178	19.8%	156	17.3%	177	19.6%	47	5.2%	27	3.0%
<b>Computer kiosk</b>	<b>326</b>	<b>36.2%</b>	<b>244</b>	<b>27.1%</b>	<b>236</b>	<b>26.2%</b>	<b>64</b>	<b>7.1%</b>	<b>31</b>	<b>3.4%</b>
Member	116	12.9%	70	7.8%	89	9.9%	30	3.3%	11	1.2%
Non Member	210	23.3%	174	19.3%	147	16.3%	34	3.8%	20	2.2%
<b>Online message board</b>	<b>531</b>	<b>58.9%</b>	<b>192</b>	<b>21.3%</b>	<b>117</b>	<b>13.0%</b>	<b>43</b>	<b>4.8%</b>	<b>18</b>	<b>2.0%</b>
Member	176	19.5%	66	7.3%	46	5.1%	21	2.3%	7	0.8%
Non Member	355	39.4%	126	14.0%	71	7.9%	22	2.4%	11	1.2%
<b>Lounge area</b>	<b>453</b>	<b>50.3%</b>	<b>247</b>	<b>27.4%</b>	<b>136</b>	<b>15.1%</b>	<b>37</b>	<b>4.1%</b>	<b>27</b>	<b>3.0%</b>
Member	154	17.1%	82	9.1%	55	6.1%	16	1.8%	8	0.9%
Non Member	299	33.2%	165	18.3%	81	9.0%	21	2.3%	19	2.1%
<b>Concession area</b>	<b>316</b>	<b>35.1%</b>	<b>295</b>	<b>32.7%</b>	<b>188</b>	<b>20.9%</b>	<b>69</b>	<b>7.7%</b>	<b>33</b>	<b>3.7%</b>
Member	113	12.5%	90	10.0%	66	7.3%	34	3.8%	13	1.4%
Non Member	203	22.5%	205	22.8%	122	13.5%	35	3.9%	20	2.2%

Table 57

Perceived Usage of Facility Amenities by Gender (N=902)

Item	Never		1-2 times		3-4 times		5-6 times		7+ times	
<b>Separate workout area</b>	<b>315</b>	<b>35.0%</b>	<b>219</b>	<b>24.4%</b>	<b>250</b>	<b>27.8%</b>	<b>80</b>	<b>8.9%</b>	<b>35</b>	<b>3.9%</b>
Male	157	17.5%	77	8.6%	58	6.5%	18	2.0%	8	0.9%
Female	158	17.6%	142	15.8%	192	21.4%	62	6.9%	27	3.0%
<b>Computer kiosk</b>	<b>325</b>	<b>36.2%</b>	<b>244</b>	<b>27.1%</b>	<b>236</b>	<b>26.3%</b>	<b>63</b>	<b>7.0%</b>	<b>31</b>	<b>3.4%</b>
Male	121	13.5%	85	9.5%	80	8.9%	21	2.3%	11	1.2%
Female	204	22.7%	159	17.7%	156	17.4%	42	4.7%	20	2.2%
<b>Online message board</b>	<b>530</b>	<b>59.0%</b>	<b>191</b>	<b>21.2%</b>	<b>117</b>	<b>13.0%</b>	<b>43</b>	<b>4.8%</b>	<b>18</b>	<b>2.0%</b>
Male	174	19.4%	64	7.1%	51	5.7%	21	2.3%	8	0.9%
Female	356	39.6%	127	14.1%	66	7.3%	22	2.4%	10	1.1%
<b>Lounge area</b>	<b>451</b>	<b>50.2%</b>	<b>247</b>	<b>27.5%</b>	<b>136</b>	<b>15.1%</b>	<b>37</b>	<b>4.1%</b>	<b>27</b>	<b>3.0%</b>
Male	149	16.6%	91	10.1%	49	5.5%	21	2.3%	8	0.9%
Female	302	33.6%	156	17.4%	87	9.7%	16	1.8%	19	2.1%
<b>Concession area</b>	<b>315</b>	<b>35.0%</b>	<b>294</b>	<b>32.7%</b>	<b>188</b>	<b>20.9%</b>	<b>69</b>	<b>7.7%</b>	<b>33</b>	<b>3.7%</b>
Male	113	12.6%	99	11.0%	65	7.2%	32	3.6%	9	1.0%
Female	202	22.5%	195	21.7%	123	13.7%	37	4.1%	24	2.7%

Table 58

Perceived Usage of Facility Amenities by Standing (N=902)

Item	Never		1-2 times		3-4 times		5-6 times		7+ times	
<b>Separate workout areas</b>	<b>315</b>	<b>35.0%</b>	<b>219</b>	<b>24.4%</b>	<b>250</b>	<b>27.8%</b>	<b>80</b>	<b>8.9%</b>	<b>35</b>	<b>3.9%</b>
Freshman	40	4.4% #	32	3.6% #	45	5.0%	13	1.4%	6	0.7%
Sophomore	38	4.2%	36	4.0%	41	4.6%	10	1.1%	9	1.0%
Junior	66	7.3%	39	4.3%	46	5.1%	11	1.2%	8	0.9%
Senior	109	12.1%	56	6.2%	54	6.0%	29	3.2%	10	1.1%
Graduate student	2	0.2%	0	0.0%	1	0.1%	0	0.0%	0	0.0%
Faculty/Staff	51	5.7%	44	4.9%	53	5.9%	16	1.8%	2	0.2%
Alumni	4	0.4%	9	1.0%	4	0.4%	0	0.0%	0	0.0%
Community member	5	0.6%	3	0.3%	6	0.7%	1	0.1%	0	0.0%
<b>Computer kiosk</b>	<b>325</b>	<b>36.2%</b>	<b>244</b>	<b>27.1%</b>	<b>236</b>	<b>26.3%</b>	<b>63</b>	<b>7.0%</b>	<b>31</b>	<b>3.4%</b>
Freshman	35	3.9%	43	4.8%	47	5.2%	5	0.6%	6	0.7%
Sophomore	46	5.1%	32	3.6%	39	4.3%	10	1.1%	7	0.8%
Junior	63	7.0%	39	4.3%	49	5.5%	11	1.2%	8	0.9%
Senior	102	11.3%	66	7.3%	57	6.3%	25	2.8%	8	0.9%
Graduate student	2	0.2%	0	0.0%	1	0.1%	0	0.0%	0	0.0%
Faculty/Staff	64	7.1%	54	6.0%	36	4.0%	11	1.2%	1	0.1%
Alumni	7	0.8%	3	0.3%	5	0.6%	1	0.1%	1	0.1%
Community member	6	0.7%	7	0.8%	2	0.2%	0	0.0%	0	0.0%
<b>Online message board</b>	<b>530</b>	<b>59.0%</b>	<b>191</b>	<b>21.2%</b>	<b>117</b>	<b>13.0%</b>	<b>43</b>	<b>4.8%</b>	<b>18</b>	<b>2.0%</b>
Freshman	57	6.3%	43	4.8%	24	2.7%	10	1.1%	2	0.2%
Sophomore	74	8.2%	24	2.7%	26	2.9%	5	0.6%	5	0.6%
Junior	95	10.6%	38	4.2%	24	2.7%	8	0.9%	5	0.6%
Senior	160	17.8%	53	5.9%	25	2.8%	14	1.6%	6	0.7%
Graduate student	2	0.2%	0	0.0%	1	0.1%	0	0.0%	0	0.0%
Faculty/Staff	122	13.6%	26	2.9%	14	1.6%	4	0.4%	0	0.0%
Alumni	7	0.8%	5	0.6%	3	0.3%	2	0.2%	0	0.0%
Community member	13	1.4%	2	0.2%	0	0.0%	0	0.0%	0	0.0%
<b>Lounge area</b>	<b>451</b>	<b>50.2%</b>	<b>247</b>	<b>27.5%</b>	<b>136</b>	<b>15.1%</b>	<b>37</b>	<b>4.1%</b>	<b>27</b>	<b>3.0%</b>
Freshman	55	6.1%	40	4.5%	25	2.8%	9	1.0%	7	0.8%
Sophomore	59	6.6%	31	3.5%	29	3.2%	7	0.8%	8	0.9%
Junior	78	8.7%	46	5.1%	29	3.2%	9	1.0%	8	0.9%
Senior	129	14.4%	79	8.8%	36	4.0%	11	1.2%	3	0.3%
Graduate student	1	0.1%	0	0.0%	1	0.1%	0	0.0%	0	0.0%
Faculty/Staff	115	12.8%	40	4.5%	9	1.0%	1	0.1%	1	0.1%
Alumni	8	0.9%	6	0.7%	3	0.3%	0	0.0%	0	0.0%
Community member	6	0.7%	5	0.6%	4	0.4%	0	0.0%	0	0.0%
<b>Concession area</b>	<b>315</b>	<b>35.0%</b>	<b>294</b>	<b>32.7%</b>	<b>188</b>	<b>20.9%</b>	<b>69</b>	<b>7.7%</b>	<b>33</b>	<b>3.7%</b>
Freshman	38	4.2%	49	5.5%	31	3.4%	13	1.4%	5	0.6%
Sophomore	42	4.7%	42	4.7%	30	3.3%	10	1.1%	10	1.1%
Junior	52	5.7%	45	5.0%	50	5.6%	12	1.3%	11	1.2%
Senior	99	11.0%	83	9.2%	48	5.3%	22	2.4%	6	0.7%
Graduate student	1	0.1%	1	0.1%	0	0.0%	1	0.1%	0	0.0%
Faculty/Staff	71	7.9%	63	7.0%	24	2.7%	7	0.8%	1	0.1%
Alumni	7	0.8%	6	0.7%	1	0.1%	3	0.3%	0	0.0%
Community member	5	0.6%	5	0.6%	4	0.4%	4	0.1%	0	0.0%

Table 59

## Perceived Usage of Facility Amenities by Race/Ethnicity (N=902)

Item	Never		1-2 times		3-4 times		5-6 times		7+ times	
<b>Separate workout area</b>	<b>303</b>	<b>34.5%</b>	<b>214</b>	<b>24.4%</b>	<b>248</b>	<b>28.2%</b>	<b>79</b>	<b>9.0%</b>	<b>34</b>	<b>3.9%</b>
Asian/Pacific Islander	21	2.4%	11	1.3%	5	0.6%	2	0.2%	1	0.1%
American Indian/Alaskan Native	2	0.2%	1	0.1%	1	0.1%	0	0.0%	2	0.2%
Black, African American	37	4.2%	27	3.1%	23	2.6%	10	1.1%	11	1.3%
Hispanic, Latino/a	11	1.3%	4	0.5%	6	0.7%	0	0.0%	1	0.1%
White, Non-Hispanic	230	26.2%	169	19.2%	213	24.6%	67	7.6%	19	2.2%
International	1	0.1%	1	0.1%	0	0.0%	0	0.0%	0	0.0%
Other	1	0.1%	1	0.1%	0	0.0%	0	0.0%	0	0.0%
<b>Computer kiosk</b>	<b>315</b>	<b>35.9%</b>	<b>236</b>	<b>26.9%</b>	<b>234</b>	<b>26.7%</b>	<b>62</b>	<b>7.1%</b>	<b>31</b>	<b>3.5%</b>
Asian/Pacific Islander	17	1.9%	15	1.7%	5	0.6%	2	0.2%	1	0.1%
American Indian/Alaskan Native	1	0.1%	5	0.6%	0	0.0%	0	0.0%	0	0.0%
Black, African American	37	4.2%	24	2.7%	30	3.4%	8	0.9%	9	1.0%
Hispanic, Latino/a	8	0.9%	7	0.8%	5	0.6%	0	0.0%	2	0.2%
White, Non-Hispanic	250	28.5%	184	21.0%	193	22.0%	52	5.9%	19	2.2%
International	1	0.1%	1	0.1%	0	0.0%	0	0.0%	0	0.0%
Other	1	0.1%	0	0.0%	1	0.1%	0	0.0%	0	0.0%
<b>Online message board</b>	<b>517</b>	<b>58.9%</b>	<b>187</b>	<b>21.3%</b>	<b>114</b>	<b>13.0%</b>	<b>42</b>	<b>4.8%</b>	<b>18</b>	<b>2.1%</b>
Asian/Pacific Islander	28	3.2%	7	0.8%	3	0.3%	2	0.2%	0	0.0%
American Indian/Alaskan Native	2	0.2%	2	0.2%	2	0.2%	0	0.0%	0	0.0%
Black, African American	46	5.2%	31	3.5%	17	1.9%	8	0.9%	6	0.7%
Hispanic, Latino/a	12	1.4%	3	0.3%	6	0.7%	0	0.0%	1	0.1%
White, Non-Hispanic	427	48.6%	143	16.3%	86	9.8%	31	3.5%	11	1.3%
International	1	0.1%	1	0.1%	0	0.0%	0	0.0%	0	0.0%
Other	1	0.1%	0	0.0%	0	0.0%	1	0.1%	0	0.0%
<b>Lounge area</b>	<b>440</b>	<b>50.2%</b>	<b>242</b>	<b>27.6%</b>	<b>133</b>	<b>15.2%</b>	<b>35</b>	<b>4.0%</b>	<b>27</b>	<b>3.1%</b>
Asian/Pacific Islander	20	2.3%	13	1.5%	3	0.3%	2	0.2%	1	0.1%
American Indian/Alaskan Native	3	0.3%	1	0.1%	2	0.2%	0	0.0%	0	0.0%
Black, African American	36	4.1%	32	3.6%	24	2.7%	9	1.0%	7	0.8%
Hispanic, Latino/a	6	0.7%	7	0.8%	6	0.7%	1	0.1%	2	0.2%
White, Non-Hispanic	373	42.5%	188	21.4%	97	11.1%	23	2.6%	17	1.9%
International	1	0.1%	1	0.1%	0	0.0%	0	0.0%	0	0.0%
Other	1	0.1%	0	0.0%	1	0.1%	0	0.0%	0	0.0%
<b>Concession area</b>	<b>303</b>	<b>34.5%</b>	<b>291</b>	<b>33.1%</b>	<b>185</b>	<b>21.5%</b>	<b>67</b>	<b>7.6%</b>	<b>32</b>	<b>3.6%</b>
Asian/Pacific Islander	21	2.4%	14	1.6%	2	0.2%	3	0.3%	0	0.0%
American Indian/Alaskan Native	2	0.2%	3	0.3%	1	0.1%	0	0.0%	0	0.0%
Black, African American	29	3.3%	26	3.0%	32	3.6%	11	1.3%	10	1.1%
Hispanic, Latino/a	8	0.9%	6	0.7%	4	0.4%	2	0.2%	2	0.2%
White, Non-Hispanic	241	27.4%	240	27.3%	146	16.6%	51	5.8%	20	2.3%
International	1	0.1%	1	0.1%	0	0.0%	0	0.0%	0	0.0%
Other	1	0.1%	1	0.1%	0	0.0%	0	0.0%	0	0.0%

Table 60

Perceived Usage of Facility Amenities by Age (N=902)

Item	Never		1-2 times		3-4 times		5-6 times		7+ times	
<b>Separate workout area</b>	<b>315</b>	<b>35.0%</b>	<b>219</b>	<b>24.3%</b>	<b>251</b>	<b>27.9%</b>	<b>80</b>	<b>8.9%</b>	<b>35</b>	<b>3.9%</b>
16-20	85	9.4%	66	7.3%	83	9.2%	24	2.7%	9	1.0%
21-25	146	16.2%	88	9.8%	87	9.7%	33	3.7%	15	1.7%
26-30	32	3.6%	18	2.0%	21	2.3%	7	0.8%	4	0.4%
31-35	13	1.4%	7	0.8%	11	1.2%	2	0.2%	4	0.4%
36-40	8	0.9%	5	0.6%	8	0.9%	7	0.8%	1	0.1%
41-45	9	1.0%	6	0.7%	11	1.2%	0	0.0%	0	0.0%
46-50	8	0.9%	8	0.9%	10	1.1%	1	0.1%	0	0.0%
51-55	9	1.0%	12	1.3%	13	1.4%	5	0.6%	1	0.1%
56-60	3	0.3%	8	0.9%	4	0.4%	0	0.0%	1	0.1%
61+	2	0.2%	1	0.1%	3	0.3%	1	0.1%	0	0.0%
<b>Computer kiosk</b>	<b>326</b>	<b>36.2%</b>	<b>243</b>	<b>27.0%</b>	<b>236</b>	<b>26.2%</b>	<b>64</b>	<b>7.1%</b>	<b>31</b>	<b>3.4%</b>
16-20	85	9.4%	74	8.2%	83	9.2%	17	1.9%	8	0.9%
21-25	144	16.0%	93	10.3%	95	10.6%	24	2.7%	13	1.4%
26-30	30	3.3%	18	2.0%	19	2.1%	11	1.2%	4	0.4%
31-35	11	1.2%	9	1.0%	9	1.0%	4	0.4%	4	0.4%
36-40	9	1.0%	6	0.7%	9	1.0%	4	0.4%	1	0.1%
41-45	10	1.0%	10	1.1%	6	0.7%	0	0.0%	0	0.0%
46-50	11	1.1%	7	0.8%	8	0.9%	1	0.1%	0	0.0%
51-55	19	2.2%	16	1.8%	2	0.2%	2	0.2%	1	0.1%
56-60	4	0.4%	8	0.9%	3	0.3%	1	0.1%	0	0.0%
61+	3	0.3%	2	0.2%	2	0.2%	0	0.0%	0	0.0%
<b>Online message board</b>	<b>530</b>	<b>58.9%</b>	<b>192</b>	<b>23.1%</b>	<b>117</b>	<b>13.0%</b>	<b>43</b>	<b>4.8%</b>	<b>18</b>	<b>2.0%</b>
16-20	139	15.4%	60	6.7%	45	5.0%	19	2.1%	4	0.4%
21-25	217	24.1%	82	9.1%	47	5.2%	12	1.3%	11	1.2%
26-30	53	5.9%	12	1.3%	9	1.0%	7	0.8%	1	0.1%
31-35	18	2.0%	10	1.1%	5	0.6%	2	0.2%	2	0.2%
36-40	18	2.0%	9	1.0%	1	0.1%	1	0.1%	0	0.0%
41-45	18	2.0%	5	0.6%	3	0.3%	0	0.0%	0	0.0%
46-50	18	2.0%	7	0.8%	2	0.2%	0	0.0%	0	0.0%
51-55	31	3.4%	5	0.6%	2	0.2%	2	0.2%	0	0.0%
56-60	13	1.4%	1	0.1%	2	0.2%	0	0.0%	0	0.0%
61+	5	0.6%	1	0.1%	1	0.1%	0	0.0%	0	0.0%
<b>Lounge area</b>	<b>453</b>	<b>50.4%</b>	<b>246</b>	<b>27.4%</b>	<b>136</b>	<b>15.1%</b>	<b>37</b>	<b>4.1%</b>	<b>27</b>	<b>3.0%</b>
16-20	116	12.9%	68	7.6%	52	5.8%	18	2.0%	13	1.4%
21-25	177	19.7%	98	10.9%	67	7.5%	16	1.8%	11	1.2%
26-30	45	5.0%	27	3.0%	6	0.7%	1	0.1%	2	0.2%
31-35	18	2.0%	16	1.8%	1	0.1%	1	0.1%	1	0.1%
36-40	15	1.7%	12	1.3%	1	0.1%	1	0.1%	0	0.0%
41-45	17	1.9%	7	0.8%	2	0.2%	0	0.0%	0	0.0%
46-50	18	2.0%	7	0.8%	2	0.2%	0	0.0%	0	0.0%
51-55	27	3.0%	9	1.0%	4	0.4%	0	0.0%	0	0.0%
56-60	15	1.7%	1	0.1%	0	0.0%	0	0.0%	0	0.0%
61+	5	0.6%	1	0.1%	1	0.1%	0	0.0%	0	0.0%

Table 60 (cond.)

Item	Never		1-2 times		3-4 times		5-6 times		7+ times	
<b>Concession area</b>	<b>316</b>	<b>35.1%</b>	<b>294</b>	<b>32.7%</b>	<b>188</b>	<b>20.9%</b>	<b>69</b>	<b>7.7%</b>	<b>33</b>	<b>3.7%</b>
16-20	82	9.1%	82	9.1%	70	7.8%	20	2.2%	13	1.4%
21-25	128	14.2%	109	12.1%	84	9.3%	31	3.4%	17	1.9%
26-30	33	3.7%	28	3.1%	11	1.2%	8	0.9%	2	2.0%
31-35	9	1.0%	19	2.1%	5	0.6%	4	0.4%	0	0.0%
36-40	13	1.4%	9	1.0%	4	0.4%	3	0.3%	0	0.0%
41-45	8	0.9%	13	1.4%	4	0.4%	1	0.1%	0	0.0%
46-50	13	1.4%	10	1.1%	3	0.3%	1	0.1%	0	0.0%
51-55	16	1.8%	16	1.8%	6	0.7%	1	0.1%	1	0.1%
56-60	10	1.1%	6	0.7%	0	0.0%	0	0.0%	0	0.0%
61+	4	0.4%	2	0.2%	1	0.1%	0	0.0%	0	0.0%

Table 61

Composite Preference for Learning About Programs and Services (N=902)

Item	Checked		Unchecked	
Read posted signs/global email	589	65.3%	312	34.6%
Look in the Statesman	374	41.5%	527	58.4%
Join a distribution list/list serv	215	23.8%	686	76.1%
Review LeClub homepage	387	42.9%	514	57.0%
Ask a LeClub staff member	289	32.0%	612	67.8%

Table 62

Preference for Learning About Programs and Services by Membership (N=902)

Item	Checked		Unchecked		Total	
<b>Read posted signs/global email</b>	<b>589</b>	<b>65.4%</b>	<b>312</b>	<b>34.6%</b>		
Member	213	23.6%	103	11.4%	316	35.1%
Non Member	376	41.7%	209	23.2%	585	64.9%
<b>Look in the Statesman</b>	<b>374</b>	<b>41.5%</b>	<b>527</b>	<b>58.5%</b>		
Member	128	14.2%	188	20.9%		
Non Member	246	27.3%	339	37.6%		
<b>Join a distribution list/list serv</b>	<b>215</b>	<b>23.9%</b>	<b>686</b>	<b>76.1%</b>		
Member	90	10.0%	226	25.1%		
Non Member	125	13.9%	460	51.1%		
<b>Review LeClub homepage</b>	<b>387</b>	<b>43.0%</b>	<b>514</b>	<b>57.0%</b>		
Member	131	14.5%	185	20.5%		
Non Member	256	28.4%	329	36.5%		
<b>Ask a LeClub staff member</b>	<b>289</b>	<b>32.1%</b>	<b>612</b>	<b>68.0%</b>		
Member	138	15.3%	178	19.8%		
Non Member	151	16.8%	434	48.2%		

Table 63

Preference for Learning About Programs and Services by Gender (N=902)

Item	Checked		Unchecked		Total	
<b>Read posted signs/global email</b>	<b>588</b>	<b>65.4%</b>	<b>311</b>	<b>34.6%</b>		
Male	193	21.5%	125	13.9%	318	35.4%
Female	395	43.9%	186	20.7%	581	64.6%
<b>Look in the Statesman</b>	<b>373</b>	<b>41.5%</b>	<b>526</b>	<b>58.5%</b>		
Male	139	15.5%	179	19.9%		
Female	234	26.0%	347	38.6%		
<b>Join a distribution list/list serv</b>	<b>215</b>	<b>24.0%</b>	<b>684</b>	<b>76.1%</b>		
Male	67	7.5%	251	27.9%		
Female	148	16.5%	433	48.2%		
<b>Review LeClub homepage</b>	<b>386</b>	<b>42.9%</b>	<b>513</b>	<b>57.1%</b>		
Male	115	12.8%	203	22.6%		
Female	271	30.1%	310	34.5%		
<b>Ask a LeClub staff member</b>	<b>288</b>	<b>32.0%</b>	<b>611</b>	<b>68.0%</b>		
Male	113	12.6%	205	22.8%		
Female	175	19.5%	406	45.2%		

**Table 64**

Preference for Learning About Le Club Programs and Services by Standing (N=902)

Item	Checked		Unchecked		Total	
<b>Read posted signs/global email</b>	<b>588</b>	<b>65.4%</b>	<b>311</b>	<b>34.6%</b>		
Freshman	104	11.6%	32	3.6%	136	15.1%
Sophomore	78	8.7%	56	6.2%	134	14.9%
Junior	98	10.9%	72	8.0%	170	18.9%
Senior	169	18.8%	89	9.9%	258	28.7%
Graduate student	3	0.3%	0	0.0%	3	0.3%
Faculty/Staff	112	12.5%	54	6.0%	166	18.5%
Alumni	11	1.2%	6	0.7%	17	1.9%
Community member	13	1.4%	2	0.2%	15	1.6%
<b>Look in the Statesman</b>	<b>373</b>	<b>41.5%</b>	<b>526</b>	<b>58.5%</b>		
Freshman	60	6.7%	76	8.5%		
Sophomore	61	6.8%	73	8.1%		
Junior	85	9.5%	85	9.5%		
Senior	116	12.9%	142	15.8%		
Graduate student	1	0.1%	2	0.2%		
Faculty/Staff	44	4.9%	122	13.6%		
Alumni	4	0.4%	13	1.4%		
Community member	2	0.2%	13	1.4%		
<b>Join a distribution list/list serv</b>	<b>215</b>	<b>33.7%</b>	<b>684</b>	<b>76.1%</b>		
Freshman	37	4.1%	99	11.0%		
Sophomore	30	3.3%	104	11.6%		
Junior	38	4.2%	132	14.7%		
Senior	60	6.7%	198	22.0%		
Graduate student	1	0.1%	2	0.2%		
Faculty/Staff	43	4.8%	123	13.7%		
Alumni	2	0.2%	15	1.7%		
Community member	4	0.4%	11	1.2%		
<b>Review LeClub homepage</b>	<b>386</b>	<b>42.9%</b>	<b>513</b>	<b>57.1%</b>		
Freshman	55	6.1%	81	9.0%		
Sophomore	57	6.3%	77	8.6%		
Junior	60	6.7%	110	12.2%		
Senior	107	11.9%	151	16.8%		
Graduate student	1	0.1%	2	0.2%		
Faculty/Staff	89	9.9%	77	8.6%		
Alumni	11	1.2%	6	0.7%		
Community member	6	0.7%	9	1.0%		
<b>Ask a LeClub staff member</b>	<b>288</b>	<b>32.2%</b>	<b>611</b>	<b>68.0%</b>		
Freshman	51	5.7%	85	9.5%		
Sophomore	41	4.6%	93	10.3%		
Junior	50	5.6%	120	13.3%		
Senior	86	9.6%	172	19.1%		
Graduate student	2	0.2%	1	0.1%		
Faculty/Staff	45	5.0%	121	13.5%		
Alumni	5	0.6%	12	1.3%		
Community member	8	0.9%	7	0.8%		

Table 65

Preference for Learning About Programs and Services by Race/Ethnicity (N=902)

Item	Checked		Unchecked		Total	
<b>Read posted signs/global email</b>	<b>305</b>	<b>34.7%</b>	<b>573</b>	<b>65.3%</b>		
Asian/Pacific Islander	22	2.5%	18	2.1%	40	4.6%
American Indian/Alaskan Native	3	0.3%	3	0.3%	6	0.6%
Black, African American	45	5.1%	63	7.2%	108	12.3%
Hispanic, Latino/a	11	1.3%	11	1.3%	22	2.6%
White, Non-Hispanic	221	25.2%	477	54.3%	698	79.5%
International	1	0.1%	1	0.1%	2	0.2%
Other	2	0.2%	0	0.0%	2	0.2%
<b>Look in Statesman</b>	<b>512</b>	<b>58.3%</b>	<b>366</b>	<b>41.7%</b>		
Asian/Pacific Islander	29	3.3%	11	1.3%		
American Indian/Alaskan Native	3	0.3%	3	0.3%		
Black, African American	52	5.1%	56	6.4%		
Hispanic, Latino/a	15	1.7%	7	0.8%		
White, Non-Hispanic	411	46.8%	287	32.7%		
International	1	0.1%	1	0.1%		
Other	1	0.1%	1	0.1%		
<b>Join a distribution list/list serv</b>	<b>666</b>	<b>75.9%</b>	<b>212</b>	<b>24.1%</b>		
Asian/Pacific Islander	30	3.4%	10	1.1%		
American Indian/Alaskan Native	6	0.7%	0	0.0%		
Black, African American	81	9.2%	27	3.1%		
Hispanic, Latino/a	15	1.7%	7	0.8%		
White, Non-Hispanic	530	60.4%	168	19.1%		
International	2	0.2%	0	0.0%		
Other	2	0.2%	0	0.0%		
<b>Review LeClub homepage</b>	<b>501</b>	<b>57.1%</b>	<b>377</b>	<b>42.9%</b>		
Asian/Pacific Islander	21	2.4%	19	2.2%		
American Indian/Alaskan Native	2	0.2%	4	0.5%		
Black, African American	71	8.1%	8	4.2%		
Hispanic, Latino/a	14	1.6%	37	0.9%		
White, Non-Hispanic	390	44.4%	8	35.1%		
International	2	0.2%	0	0.0%		
Other	1	0.1%	1	0.1%		
<b>Ask a LeClub staff member</b>	<b>596</b>	<b>67.9%</b>	<b>282</b>	<b>32.1%</b>		
Asian/Pacific Islander	27	3.1%	13	1.5%		
American Indian/Alaskan Native	3	0.3%	3	0.3%		
Black, African American	67	7.6%	41	4.7%		
Hispanic, Latino/a	16	1.8%	6	0.7%		
White, Non-Hispanic	480	54.7%	218	24.8%		
International	1	0.1%	1	0.1%		
Other	2	0.2%	0	0.0%		

Table 66

Preference for Learning About Programs and Services by Age (N=902)

Item	Checked		Unchecked		Total	
<b>Read posted signs/global email</b>	<b>588</b>	<b>65.3%</b>	<b>312</b>	<b>34.7%</b>		
16-20	175	19.4%	92	10.2%	267	29.7%
21-25	240	26.7%	129	14.3%	369	41.0%
26-30	49	5.4%	33	3.7%	82	9.0%
31-35	27	3.0%	10	1.1%	37	4.1%
36-40	18	2.0%	11	1.2%	29	3.2%
41-45	20	2.2%	6	0.7%	26	2.9%
46-50	19	2.1%	8	0.9%	27	3.0%
51-55	23	2.7%	17	1.9%	40	4.4%
56-60	11	1.2%	5	0.6%	16	1.8%
61+	6	0.7%	1	0.1%	7	0.8%
<b>Look in statesman</b>	<b>374</b>	<b>41.6%</b>	<b>526</b>	<b>58.4%</b>		
16-20	119	13.2%	148	16.4%		
21-25	180	20.0%	189	21.0%		
26-30	25	2.8%	57	6.3%		
31-35	11	1.2%	26	2.9%		
36-40	7	0.8%	22	2.4%		
41-45	9	1.0%	17	1.9%		
46-50	7	0.8%	20	2.2%		
51-55	12	1.3%	28	3.1%		
56-60	4	0.4%	12	1.3%		
61+	0	0.0%	7	0.8%		
<b>Join a distribution list/list serv</b>	<b>215</b>	<b>23.9%</b>	<b>685</b>	<b>76.1%</b>		
16-20	66	7.3%	201	22.3%		
21-25	80	8.9%	289	32.1%		
26-30	21	2.3%	61	6.8%		
31-35	12	1.3%	25	2.8%		
36-40	9	1.0%	20	2.2%		
41-45	7	0.8%	19	2.1%		
46-50	6	0.7%	20	2.3%		
51-55	8	0.9%	32	3.6%		
56-60	4	0.4%	12	1.3%		
61+	2	0.2%	5	0.6%		
<b>Review Le Club homepage</b>	<b>386</b>	<b>42.9%</b>	<b>514</b>	<b>57.1%</b>		
16-20	106	11.8%	161	17.9%		
21-25	144	16.0%	225	25.0%		
26-30	39	4.2%	44	4.9%		
31-35	18	2.0%	19	2.1%		
36-40	16	1.8%	13	1.4%		
41-45	18	2.0%	8	0.9%		
46-50	14	1.6%	13	1.4%		
51-55	22	2.4%	18	2.0%		
56-60	7	0.8%	9	1.0%		
61+	3	0.3%	4	0.4%		

Table 66 (cond.)

Item	Checked		Unchecked		Total
<b>Ask Le Club staff member</b>	<b>288</b>	<b>31.9%</b>	<b>612</b>	<b>68.0%</b>	
16-20	88	9.8%	179	19.9%	
21-25	129	14.3%	240	26.7%	
26-30	20	2.2%	62	6.9%	
31-35	9	1.0%	28	3.1%	
36-40	7	0.8%	22	2.4%	
41-45	8	0.9%	18	2.0%	
46-50	10	1.1%	17	1.9%	
51-55	13	1.4%	27	3.0%	
56-60	1	0.1%	15	1.7%	
61+	3	0.3%	4	0.4%	

**Table 67**

Preference for Learning About Programs and Services Among Those Indicating "Not Aware of Programs/Services" (N=120)

Item	Checked		Unchecked	
Read posted signs/global email	86	71.7%	34	28.3%
Look in the Statesman	47	39.2%	73	60.8%
Join a distribution list/list serv	35	29.2%	85	70.8%
Review Le Club homepage	65	54.2%	55	45.8%
Ask a Le Club staff member	36	30.0%	84	70.0%

Table 68

Composite Level of Interest in Educational Programming (N=902)

Item	Not Interested	Somewhat Uninterested	Neutral	Somewhat Interested	Very Interested	Mean	SD
Healthy lifestyle changes	55	66	197	381	200	2.67	1.09
Developing effective exercise program	37	43	156	428	235	2.87	0.99
Prepare for fitness/body building contest	400	192	149	96	61	1.14	1.28
Develop healthy nutrition plan	50	66	177	383	223	2.74	1.08
Cooking nutritious/quick/low cost meals	64	66	159	376	234	2.72	1.14

Table 69

Level of Interest in Educational Programming by Membership (N=902)

Item	Not	Somewhat	Neutral	Somewhat	Very	Mean	SD
	Interested	Uninterested		Interested	Interested		
<b>Healthy lifestyle changes</b>	<b>55</b>	<b>66</b>	<b>197</b>	<b>381</b>	<b>200</b>	<b>2.67</b>	<b>1.09</b>
Member	25	24	63	117	87	2.69	1.18
Non Member	30	42	134	264	113	2.67	1.03
<b>Developing effective exercise program</b>	<b>37</b>	<b>43</b>	<b>156</b>	<b>428</b>	<b>235</b>	<b>2.87</b>	<b>0.99</b>
Member	17	14	46	134	105	2.94	1.07
Non Member	20	29	110	294	130	2.83	0.95
<b>Prepare for fitness/body building contest</b>	<b>400</b>	<b>192</b>	<b>149</b>	<b>96</b>	<b>61</b>	<b>1.14</b>	<b>1.28</b>
Member	125	71	50	38	32	1.31	1.36
Non Member	275	121	99	58	29	1.05	1.22
<b>Develop healthy nutrition plan</b>	<b>50</b>	<b>66</b>	<b>177</b>	<b>383</b>	<b>223</b>	<b>2.74</b>	<b>1.08</b>
Member	16	21	48	134	97	2.87	1.08
Non Member	34	45	129	249	126	2.67	1.08
<b>Cooking nutritious/quick/low cost meals</b>	<b>64</b>	<b>66</b>	<b>159</b>	<b>376</b>	<b>234</b>	<b>2.72</b>	<b>1.14</b>
Member	19	22	45	126	104	2.87	1.13
Non Member	45	44	114	250	130	2.64	1.14

Table 70

Level of Interest in Educational Programming by Gender (N=902)

Item	Not Interested	Somewhat Uninterested	Neutral	Somewhat Interested	Very Interested	Mean	SD
<b>Healthy lifestyle changes</b>	<b>55</b>	<b>66</b>	<b>197</b>	<b>381</b>	<b>200</b>	<b>2.67</b>	<b>1.09</b>
Male	22	30	82	119	54	2.41	1.18
Female	33	36	115	262	146	2.82	1.00
<b>Developing effective exercise program</b>	<b>37</b>	<b>43</b>	<b>156</b>	<b>428</b>	<b>235</b>	<b>2.87</b>	<b>0.99</b>
Male	24	21	61	148	64	2.65	1.10
Female	13	22	95	280	171	2.99	0.90
<b>Prepare for fitness/body building contest</b>	<b>400</b>	<b>192</b>	<b>149</b>	<b>96</b>	<b>61</b>	<b>1.14</b>	<b>1.28</b>
Male	104	58	66	57	32	1.54	1.37
Female	296	134	83	39	29	0.92	1.17
<b>Develop healthy nutrition plan</b>	<b>50</b>	<b>66</b>	<b>177</b>	<b>383</b>	<b>223</b>	<b>2.74</b>	<b>1.08</b>
Male	26	30	62	137	63	2.57	1.15
Female	24	36	115	246	160	2.83	1.03
<b>Cooking nutritious/quick/low cost meals</b>	<b>64</b>	<b>66</b>	<b>159</b>	<b>376</b>	<b>234</b>	<b>2.72</b>	<b>1.14</b>
Male	34	27	68	126	63	2.49	1.21
Female	30	39	91	250	171	2.85	1.08

Table 71

Level of Interest in Educational Programming by Standing (N=902)

Item	Not Interested	Somewhat Uninterested	Neutral	Somewhat Interested	Very Interested	Mean	SD
<b>Healthy lifestyle changes</b>	<b>55</b>	<b>66</b>	<b>197</b>	<b>381</b>	<b>200</b>	<b>2.67</b>	<b>1.09</b>
Freshman	5	11	33	48	39	2.77	1.07
Sophomore	8	7	32	54	33	2.72	1.08
Junior	7	14	40	79	30	2.65	1.00
Senior	25	17	47	113	56	2.61	1.18
Graduate student	0	0	0	2	1	3.33	0.58
Faculty/Staff	8	15	39	72	32	2.63	1.05
Alumni	2	1	3	7	4	2.59	1.28
Community member	0	1	3	6	5	3.00	0.93
<b>Developing effective exercise program</b>	<b>37</b>	<b>43</b>	<b>156</b>	<b>428</b>	<b>235</b>	<b>2.87</b>	<b>1.00</b>
Freshman	2	6	34	55	39	2.90	0.92
Sophomore	4	7	24	62	37	2.90	0.97
Junior	5	12	27	79	47	2.89	0.99
Senior	18	11	43	125	61	2.78	1.08
Graduate student	0	0	0	2	1	3.33	0.58
Faculty/Staff	6	5	24	90	41	2.93	0.92
Alumni	2	0	3	8	4	2.71	1.21
Community member	0	2	1	7	5	3.00	1.00
<b>Prepare for fitness/body building contest</b>	<b>400</b>	<b>192</b>	<b>149</b>	<b>96</b>	<b>61</b>	<b>1.14</b>	<b>1.28</b>
Freshman	50	32	28	20	6	1.26	1.23
Sophomore	46	35	26	14	13	1.35	1.31
Junior	65	37	33	21	14	1.31	1.32
Senior	109	50	46	32	20	1.24	1.32
Graduate student	1	1	0	0	1	1.67	2.08
Faculty/Staff	113	31	15	3	4	0.52	0.91
Alumni	7	3	1	5	1	1.41	1.46
Community member	9	3	0	1	2	0.93	1.49
<b>Developing healthy nutrition plan</b>	<b>50</b>	<b>66</b>	<b>177</b>	<b>383</b>	<b>223</b>	<b>2.74</b>	<b>1.10</b>
Freshman	4	12	30	54	36	2.78	1.03
Sophomore	4	12	30	46	42	2.82	1.07
Junior	12	7	30	78	43	2.78	1.09
Senior	20	18	46	114	60	2.68	1.14
Graduate student	0	0	0	3	0	3.00	0.00
Faculty/Staff	8	15	37	74	32	2.64	1.05
Alumni	2	1	2	7	5	2.71	1.31
Community member	0	1	2	7	5	3.07	0.89
<b>Cooking nutritious/quick/low cost meals</b>	<b>64</b>	<b>66</b>	<b>159</b>	<b>376</b>	<b>234</b>	<b>2.72</b>	<b>1.14</b>
Freshman	8	13	32	53	30	2.62	1.11
Sophomore	7	8	31	50	38	2.78	1.09
Junior	13	12	22	66	57	2.84	1.19
Senior	23	13	39	116	67	2.74	1.16
Graduate student	0	0	0	3	0	3.00	0.00
Faculty/Staff	12	15	32	77	30	2.59	1.11
Alumni	1	3	1	7	5	2.71	1.26
Community member	0	2	2	4	7	3.07	1.10

Table 72

Level of Interest in Educational Programming by Race/Ethnicity (N=902)

Item	Not Interested	Somewhat Uninterested	Neutral	Somewhat Interested	Very Interested	Mean	SD
<b>Healthy lifestyle changes</b>	<b>51</b>	<b>66</b>	<b>191</b>	<b>372</b>	<b>196</b>	<b>2.68</b>	<b>1.08</b>
Asian/Pacific Islander	0	1	11	19	9	2.90	0.78
American Indian/Alaskan Native	0	0	2	3	1	2.83	0.75
Black, African American	9	7	21	38	33	2.73	1.20
Hispanic, Latino/a	0	3	5	7	7	2.82	1.05
White, Non-Hispanic	42	54	151	304	146	2.66	1.08
International	0	1	0	1	0	2.00	1.41
Other	0	0	1	0	0	2.00	0.00
<b>Developing effective exercise program</b>	<b>33</b>	<b>43</b>	<b>148</b>	<b>423</b>	<b>229</b>	<b>2.88</b>	<b>0.98</b>
Asian/Pacific Islander	0	3	12	22	3	2.63	0.74
American Indian/Alaskan Native	0	0	2	2	2	3.00	0.89
Black, African American	6	3	23	38	38	2.92	1.09
Hispanic, Latino/a	0	1	4	12	5	2.95	0.78
White, Non-Hispanic	27	35	106	348	181	2.89	0.98
International	0	1	0	1	0	2.00	1.41
Other	0	0	1	0	0	2.00	0.00
<b>Prepare for fitness/body building contest</b>	<b>391</b>	<b>191</b>	<b>142</b>	<b>94</b>	<b>57</b>	<b>1.13</b>	<b>1.27</b>
Asian/Pacific Islander	8	4	12	12	4	2.00	1.28
American Indian/Alaskan Native	2	2	1	1	0	1.17	1.17
Black, African American	34	22	22	20	10	1.54	1.35
Hispanic, Latino/a	8	2	7	4	1	1.45	1.30
White, Non-Hispanic	338	160	100	56	42	1.00	1.22
International	1	1	0	0	0	0.50	0.71
Other	0	0	0	1	0	3.00	1.00
<b>Developing healthy nutrition plan</b>	<b>46</b>	<b>66</b>	<b>172</b>	<b>375</b>	<b>217</b>	<b>2.74</b>	<b>1.07</b>
Asian/Pacific Islander	0	2	10	20	8	2.85	0.80
American Indian/Alaskan Native	0	0	2	3	1	2.83	1.75
Black, African American	8	7	18	42	33	2.79	1.70
Hispanic, Latino/a	0	1	5	12	4	2.86	0.77
White, Non-Hispanic	38	55	137	297	170	2.73	1.08
International	0	1	0	1	0	2.00	1.41
Other	0	0	0	0	1	4.00	0.00
<b>Cooking nutritious/quick/low cost meals</b>	<b>60</b>	<b>66</b>	<b>153</b>	<b>368</b>	<b>229</b>	<b>2.73</b>	<b>1.13</b>
Asian/Pacific Islander	1	4	9	16	10	2.75	1.03
American Indian/Alaskan Native	0	0	2	2	2	3.00	0.89
Black, African American	8	7	21	37	35	2.78	1.19
Hispanic, Latino/a	2	1	6	9	4	2.55	1.14
White, Non-Hispanic	49	53	114	303	178	2.73	1.13
International	0	1	0	1	0	2.00	1.41
Other	0	0	1	0	0	2.00	0.00

Table 73

Level of Interest in Educational Programming by Age (N=902)

Item	Not Interested	Somewhat Uninterested	Neutral	Somewhat Interested	Very Interested	Mean	SD
<b>Healthy lifestyle changes</b>	<b>55</b>	<b>66</b>	<b>196</b>	<b>381</b>	<b>200</b>	<b>2.67</b>	<b>1.09</b>
16-20	13	18	62	109	65	2.73	1.06
21-25	27	28	76	161	75	2.62	1.11
26-30	7	7	15	29	24	2.68	1.23
31-35	3	3	6	17	8	2.65	1.16
36-40	1	1	6	15	6	2.83	0.93
41-45	1	1	4	16	4	2.82	0.90
46-50	0	3	11	6	7	2.63	1.01
51-55	1	4	13	15	7	2.58	0.98
56-60	0	0	3	10	3	3.00	0.63
61+	2	1	0	3	1	2.00	1.63
<b>Developing effective exercise program</b>	<b>37</b>	<b>43</b>	<b>155</b>	<b>428</b>	<b>235</b>	<b>2.87</b>	<b>0.99</b>
16-20	6	14	57	122	68	2.87	0.93
21-25	19	19	61	164	104	2.86	1.05
26-30	6	2	15	39	20	2.79	1.07
31-35	3	2	4	20	8	2.76	1.12
36-40	1	1	4	14	9	3.00	0.96
41-45	0	0	1	21	4	3.12	0.43
46-50	0	2	8	9	8	2.85	0.95
51-55	1	3	4	22	10	2.93	0.94
56-60	0	0	1	12	3	3.13	0.50
61+	1	0	0	5	1	2.71	1.25
<b>Prepare for fitness/body building contest</b>	<b>399</b>	<b>192</b>	<b>149</b>	<b>96</b>	<b>61</b>	<b>1.14</b>	<b>1.28</b>
16-20	98	67	57	32	13	1.23	1.20
21-25	136	76	69	49	36	1.38	1.36
26-30	46	12	10	8	6	0.98	1.32
31-35	23	6	1	3	4	0.89	1.41
36-40	19	4	5	0	1	0.62	1.02
41-45	15	7	3	1	0	0.62	0.85
46-50	17	5	2	2	1	0.70	1.14
51-55	26	12	1	1	0	0.43	0.68
56-60	13	2	1	0	0	0.25	0.58
61+	6	1	0	0	0	0.14	0.38
<b>Developing a healthy nutrition plan</b>	<b>50</b>	<b>66</b>	<b>176</b>	<b>383</b>	<b>223</b>	<b>2.74</b>	<b>1.08</b>
16-20	9	24	58	105	71	2.77	1.05
21-25	28	18	64	164	93	2.75	1.12
26-30	6	7	14	32	23	2.72	1.18
31-35	3	1	8	15	10	2.76	1.14
36-40	1	2	7	13	6	2.72	1.00
41-45	0	2	3	18	3	2.85	0.73
46-50	0	5	6	10	6	2.63	1.04
51-55	1	6	10	16	7	2.55	1.04
56-60	0	1	5	7	3	2.75	0.86
61+	2	0	1	3	1	2.14	1.57

Table 73 (cond.)

Item	Not Interested	Somewhat Uninterested	Neutral	Somewhat Interested	Very Interested	Mean	SD
<b>Cooking nutritious/quick/low cost meals</b>	<b>64</b>	<b>66</b>	<b>158</b>	<b>376</b>	<b>234</b>	<b>2.72</b>	<b>1.14</b>
16-20	15	21	58	106	67	2.71	1.10
21-25	30	20	54	154	109	2.80	1.17
26-30	6	5	11	35	25	2.83	1.15
31-35	4	3	5	16	9	2.62	1.26
36-40	3	0	6	13	7	2.72	1.16
41-45	0	3	2	17	4	2.85	0.83
46-50	1	5	7	9	5	2.44	1.12
51-55	2	6	10	16	6	2.45	1.09
56-60	1	3	4	7	1	2.25	1.07
61+	2	0	1	3	1	2.14	1.57

**Table 74**Composite Preference for Accessing Information About Educational Topics (N=902)

Item	Checked		Unchecked	
Pick up a newsletter/pamphlet/flyer	481	53.3%	418	46.3%
Click an internet link provided	544	60.3%	355	39.4%
Complete an online learning module	271	30.0%	628	69.6%
Sign up for a classroom session	190	21.1%	709	78.6%
Meet with a professional	332	36.8%	567	62.9%

Table 75

Preference for Accessing Information About Educational Topics by Membership (N=902)

Item	Checked		Unchecked		Total	
<b>Pick up a newsletter/pamphlet/flyer</b>	<b>481</b>	<b>53.5%</b>	<b>418</b>	<b>46.5%</b>		
Member	201	22.4%	115	12.8%	316	35.2%
Non Member	280	31.1%	303	33.7%	583	64.8%
<b>Click an internet link provided</b>	<b>544</b>	<b>60.5%</b>	<b>355</b>	<b>39.5%</b>		
Member	162	18.0%	154	17.1%		
Non Member	382	42.5%	201	22.4%		
<b>Complete an online learning module</b>	<b>271</b>	<b>30.1%</b>	<b>628</b>	<b>69.8%</b>		
Member	99	11.0%	217	24.1%		
Non Member	172	19.1%	411	45.7%		
<b>Sign up for a classroom session</b>	<b>190</b>	<b>21.2%</b>	<b>709</b>	<b>78.9%</b>		
Member	86	9.6%	230	25.6%		
Non Member	104	11.6%	479	53.3%		
<b>Meet with a professional</b>	<b>332</b>	<b>36.9%</b>	<b>567</b>	<b>63.1%</b>		
Member	132	14.7%	184	20.5%		
Non Member	200	22.2%	383	42.6%		

**Table 76**

Preference for Accessing Information About Educational Topics by Gender (N=902)

Item	Checked		Unchecked		Total	
<b>Pick up a newsletter/pamphlet/flyer</b>	<b>481</b>	<b>53.5%</b>	<b>418</b>	<b>46.5%</b>		
Male	186	20.7%	132	14.7%	318	35.4%
Female	295	32.8%	286	31.8%	581	64.6%
<b>Click an internet link provided</b>	<b>544</b>	<b>60.6%</b>	<b>355</b>	<b>39.5%</b>		
Male	174	19.4%	144	16.0%		
Female	370	41.2%	211	23.5%		
<b>Complete an online learning module</b>	<b>271</b>	<b>30.1%</b>	<b>628</b>	<b>69.9%</b>		
Male	80	8.9%	238	26.5%		
Female	191	21.2%	390	43.4%		
<b>Sign up for a classroom session</b>	<b>190</b>	<b>21.1%</b>	<b>709</b>	<b>78.9%</b>		
Male	56	6.2%	262	29.1%		
Female	134	14.9%	447	49.7%		
<b>Meet with a professional</b>	<b>332</b>	<b>36.9%</b>	<b>567</b>	<b>63.1%</b>		
Male	109	12.1%	209	23.2%		
Female	223	24.8%	358	39.8%		

Table 77

Preference for Accessing Information About Educational Topics by Standing (N=902)

Item	Checked		Unchecked		Total	
<b>Pick up newsletter/pamphlet/flyer</b>	<b>481</b>	<b>53.5%</b>	<b>418</b>	<b>46.6%</b>		
Freshman	89	9.9%	47	5.2%	136	15.1%
Sophomore	83	9.2%	51	5.7%	134	14.9%
Junior	85	9.5%	85	9.5%	170	18.9%
Senior	146	16.2%	112	12.5%	258	28.7%
Graduate student	2	0.2%	1	0.1%	3	0.3%
Faculty/Staff	58	6.5%	108	12.0%	166	18.5%
Alumni	10	1.1%	7	0.8%	17	1.9%
Community member	8	0.9%	7	0.8%	15	1.7%
<b>Click an internet link</b>	<b>544</b>	<b>60.5%</b>	<b>355</b>	<b>39.5%</b>		
Freshman	85	9.5%	51	5.7%		
Sophomore	74	8.2%	60	6.7%		
Junior	103	11.5%	67	7.5%		
Senior	161	17.9%	97	10.8%		
Graduate student	2	0.2%	1	0.1%		
Faculty/Staff	98	10.9%	68	7.6%		
Alumni	12	1.3%	5	0.6%		
Community member	9	1.0%	6	0.7%		
<b>Complete online learning module</b>	<b>271</b>	<b>30.1%</b>	<b>628</b>	<b>69.8%</b>		
Freshman	40	4.4%	96	10.7%		
Sophomore	37	4.1%	97	10.8%		
Junior	49	5.5%	121	13.5%		
Senior	78	8.7%	180	20.0%		
Graduate student	1	0.1%	2	0.2%		
Faculty/Staff	57	6.3%	109	12.1%		
Alumni	4	0.4%	13	1.4%		
Community member	5	0.6%	10	1.1%		
<b>Sign up for a classroom session</b>	<b>190</b>	<b>21.1%</b>	<b>709</b>	<b>78.9%</b>		
Freshman	27	3.0%	109	12.1%		
Sophomore	26	2.9%	108	12.0%		
Junior	41	4.6%	129	14.3%		
Senior	46	5.1%	212	23.6%		
Graduate student	2	0.2%	1	0.1%		
Faculty/Staff	42	4.7%	124	13.8%		
Alumni	3	0.3%	14	1.6%		
Community member	3	0.3%	12	1.3%		
<b>Meet with a professional</b>	<b>332</b>	<b>36.9%</b>	<b>567</b>	<b>63.0%</b>		
Freshman	45	5.0%	91	10.1%		
Sophomore	46	5.1%	88	9.8%		
Junior	63	7.0%	107	11.9%		
Senior	106	11.8%	152	16.9%		
Graduate student	2	0.2%	1	0.1%		
Faculty/Staff	60	6.7%	106	11.8%		
Alumni	6	0.7%	11	1.2%		
Community member	4	0.4%	11	1.2%		

Table 78

Preference for Accessing Information About Educational Topics by Race/Ethnicity (N=902)

Item	Checked		Unchecked		Total	
<b>Pick up newsletter/pamphlet/flyer</b>	<b>481</b>	<b>53.3%</b>	<b>408</b>	<b>53.4%</b>		
Asian/Pacific Islander	20	2.3%	20	2.3%	40	4.6%
American Indian/Alaskan Native	2	0.2%	4	0.5%	6	0.7%
Black, African American	58	6.6%	50	5.7%	108	12.3%
Hispanic, Latino/a	10	1.1%	12	1.4%	22	2.5%
White, Non-Hispanic	375	42.8%	322	36.8%	697	79.6%
International	2	0.2%	0	0.0%	2	0.2%
Other	1	0.1%	0	0.0%	1	0.1%
<b>Click an internet link provided</b>	<b>544</b>	<b>60.4%</b>	<b>347</b>	<b>39.6%</b>		
Asian/Pacific Islander	23	2.6%	17	1.9%		
American Indian/Alaskan Native	5	0.6%	1	0.1%		
Black, African American	59	6.7%	49	5.6%		
Hispanic, Latino/a	11	1.3%	11	1.3%		
White, Non-Hispanic	430	49.1%	267	30.5%		
International	0	0.0%	2	0.2%		
Other	1	0.1%	0	0.0%		
<b>Complete an online learning module</b>	<b>271</b>	<b>36.6%</b>	<b>610</b>	<b>69.6%</b>		
Asian/Pacific Islander	10	1.1%	30	3.4%		
American Indian/Alaskan Native	3	0.3%	3	0.3%		
Black, African American	25	2.9%	83	9.5%		
Hispanic, Latino/a	6	7.0%	16	1.8%		
White, Non-Hispanic	222	25.3%	475	54.2%		
International	0	0.0%	2	0.2%		
Other	0	0.0%	1	0.1%		
<b>Sign up for classroom session</b>	<b>190</b>	<b>21.4%</b>	<b>689</b>	<b>78.7%</b>		
Asian/Pacific Islander	5	0.6%	35	4.0%		
American Indian/Alaskan Native	1	0.1%	5	0.6%		
Black, African American	28	3.2%	80	9.1%		
Hispanic, Latino/a	4	0.5%	18	2.1%		
White, Non-Hispanic	148	16.9%	549	62.7%		
International	0	0.0%	2	0.2%		
Other	1	0.1%	0	0.0%		
<b>Meet with a professional</b>	<b>332</b>	<b>36.8%</b>	<b>553</b>	<b>63.1%</b>		
Asian/Pacific Islander	8	0.9%	32	3.7%		
American Indian/Alaskan Native	3	0.3%	3	0.3%		
Black, African American	53	6.1%	55	6.3%		
Hispanic, Latino/a	9	1.0%	13	1.5%		
White, Non-Hispanic	249	28.4%	448	51.1%		
International	0	0.0%	2	0.2%		
Other	1	0.1%	0	0.0%		

Table 79

Preference for Learning About Educational Topics by Age (N=902)

Item	Checked		Unchecked		Total	
<b>Pick up a newsletter/pamphlet/flyer</b>	<b>480</b>	<b>53.4%</b>	<b>418</b>	<b>46.4%</b>		
16-20	168	18.7%	99	11.0%	267	29.7%
21-25	203	22.6%	164	18.3%	367	40.9%
26-30	34	3.8%	48	5.3%	82	9.1%
31-35	21	2.3%	16	1.8%	37	4.1%
36-40	9	1.0%	20	2.2%	29	3.2%
41-45	9	1.0%	17	1.9%	26	2.9%
46-50	9	1.0%	18	2.0%	27	3.0%
51-55	19	2.1%	21	2.3%	40	4.5%
56-60	5	0.6%	11	1.2%	16	1.8%
61+	3	0.3%	4	0.4%	7	0.8%
<b>Click an internet link provided</b>	<b>543</b>	<b>60.5%</b>	<b>355</b>	<b>39.5%</b>		
16-20	154	17.1%	113	12.6%		
21-25	226	25.2%	141	15.7%		
26-30	55	6.1%	27	3.0%		
31-35	20	2.2%	17	1.9%		
36-40	17	1.9%	12	1.3%		
41-45	21	2.3%	5	0.6%		
46-50	15	1.7%	12	1.3%		
51-55	18	2.0%	22	2.4%		
56-60	13	1.4%	3	0.3%		
61+	4	0.4%	3	0.3%		
<b>Complete an online learning module</b>	<b>271</b>	<b>30.2%</b>	<b>627</b>	<b>69.8%</b>		
16-20	75	8.4%	192	21.4%		
21-25	105	11.7%	262	29.2%		
26-30	28	3.1%	54	6.0%		
31-35	10	1.1%	27	3.0%		
36-40	11	1.2%	18	2.0%		
41-45	9	1.0%	17	1.9%		
46-50	9	1.0%	18	2.0%		
51-55	14	1.6%	26	2.9%		
56-60	9	1.0%	7	0.8%		
61+	1	0.1%	6	0.7%		
<b>Sign up for a classroom session</b>	<b>190</b>	<b>21.2%</b>	<b>708</b>	<b>78.8%</b>		
16-20	62	6.9%	205	22.8%		
21-25	71	7.9%	296	33.0%		
26-30	17	1.9%	65	7.2%		
31-35	7	0.8%	30	3.3%		
36-40	11	1.2%	18	2.0%		
41-45	5	0.6%	21	2.3%		
46-50	5	0.6%	22	2.4%		
51-55	8	0.9%	32	3.6%		
56-60	4	0.4%	12	1.3%		
61+	0	0.0%	7	0.8%		

Table 79 (cond.)

Item	Checked		Unchecked	
<b>Meet with a professional</b>	<b>331</b>	<b>36.9%</b>	<b>3243</b>	<b>36.9%</b>
16-20	96	10.7%	171	19.0%
21-25	136	15.1%	231	25.7%
26-30	31	3.5%	51	570.0%
31-35	10	1.1%	2717	3.0%
36-40	12	1.3%	18	1.9%
41-45	8	0.9%	14	2.0%
46-50	13	1.4%	23	1.6%
51-55	17	1.9%	11	2.6%
56-60	5	0.6%	4	1.2%
61+	3	0.3%	3	0.4%

Table 80

Composite Level of Interest in Additional Services (N=902)

Item	Not Interested	Somewhat Interested	Neutral	Somewhat Interested	Very Interested	Mean	SD
Facial/body wrap	244	153	158	213	131	1.82	1.43
Manicure/pedicure	227	129	125	240	178	2.01	1.49
Massage	105	76	92	325	302	2.71	1.32
Tanning	269	118	118	209	186	1.92	1.54
Waxing	281	184	166	151	118	1.60	1.41
Health assessment	120	79	196	333	172	2.40	1.27
Workout with personal trainer	112	90	180	312	206	2.46	1.29
Program prepared by professional	87	57	136	370	250	2.71	1.21

Table 81

Level of Interest in Additional Services by Membership (N=902)

Item	Not Interested	Somewhat Unintereste	Neutral	Somewhat Interested	Very Interested	Mean	SD
<b>Facial/body wrap</b>	<b>244</b>	<b>153</b>	<b>158</b>	<b>213</b>	<b>131</b>	<b>1.82</b>	<b>1.43</b>
Member	89	58	60	59	51	1.76	1.44
Non Member	155	95	98	154	80	1.84	1.42
<b>Manicure/pedicure</b>	<b>227</b>	<b>129</b>	<b>125</b>	<b>240</b>	<b>178</b>	<b>2.01</b>	<b>1.49</b>
Member	90	48	43	70	66	1.92	1.53
Non Member	137	81	82	170	112	2.07	1.46
<b>Massage</b>	<b>105</b>	<b>76</b>	<b>92</b>	<b>325</b>	<b>302</b>	<b>2.71</b>	<b>1.32</b>
Member	41	27	29	114	106	2.68	1.36
Non Member	64	49	63	211	196	2.73	1.30
<b>Tanning</b>	<b>269</b>	<b>118</b>	<b>118</b>	<b>209</b>	<b>186</b>	<b>1.92</b>	<b>1.54</b>
Member	80	32	48	73	84	2.15	1.54
Non Member	189	86	70	136	102	1.79	1.53
<b>Waxing</b>	<b>281</b>	<b>184</b>	<b>166</b>	<b>151</b>	<b>118</b>	<b>1.60</b>	<b>1.41</b>
Member	99	65	53	48	52	1.65	1.47
Non Member	182	119	113	103	66	1.57	1.38
<b>Health assessment</b>	<b>120</b>	<b>79</b>	<b>196</b>	<b>333</b>	<b>172</b>	<b>2.40</b>	<b>1.27</b>
Member	38	24	61	116	78	2.54	1.27
Non Member	82	55	135	217	94	2.32	1.26
<b>Workout with personal trainer</b>	<b>112</b>	<b>90</b>	<b>180</b>	<b>312</b>	<b>206</b>	<b>2.46</b>	<b>1.29</b>
Member	42	29	70	97	79	2.45	1.32
Non Member	70	61	110	215	127	2.46	1.27
<b>Program prepared by professional</b>	<b>87</b>	<b>57</b>	<b>136</b>	<b>370</b>	<b>250</b>	<b>2.71</b>	<b>1.21</b>
Member	32	25	39	122	99	2.73	1.26
Non Member	55	32	97	248	151	2.70	1.19

Table 82

Level of Interest in Additional Services by Gender (N=902)

Item	Not Interested	Somewhat Uninterested	Neutral	Somewhat Interested	Very Interested	Mean	SD
<b>Facial/body wrap</b>	<b>244</b>	<b>153</b>	<b>158</b>	<b>213</b>	<b>131</b>	<b>1.82</b>	<b>1.43</b>
Male	157	71	49	30	12	0.96	1.17
Female	87	82	109	183	119	2.28	1.34
<b>Manicure/pedicure</b>	<b>227</b>	<b>129</b>	<b>125</b>	<b>240</b>	<b>178</b>	<b>2.01</b>	<b>1.49</b>
Male	152	72	55	31	9	0.97	1.14
Female	75	57	70	209	169	2.59	1.34
<b>Massage</b>	<b>105</b>	<b>76</b>	<b>92</b>	<b>325</b>	<b>302</b>	<b>2.71</b>	<b>1.32</b>
Male	69	33	43	104	70	2.23	1.46
Female	36	43	49	221	232	2.98	1.16
<b>Tanning</b>	<b>269</b>	<b>118</b>	<b>118</b>	<b>209</b>	<b>186</b>	<b>1.92</b>	<b>1.54</b>
Male	125	48	47	71	28	1.46	1.42
Female	144	70	71	138	158	2.17	1.55
<b>Waxing</b>	<b>281</b>	<b>184</b>	<b>166</b>	<b>151</b>	<b>118</b>	<b>1.60</b>	<b>1.41</b>
Male	176	69	45	20	9	0.8	1.08
Female	105	115	121	131	109	2.04	1.38
<b>Health assessment</b>	<b>120</b>	<b>79</b>	<b>196</b>	<b>333</b>	<b>172</b>	<b>2.40</b>	<b>1.27</b>
Male	69	34	65	111	40	2.06	1.35
Female	51	45	131	222	132	2.58	1.18
<b>Workout with personal trainer</b>	<b>112</b>	<b>90</b>	<b>180</b>	<b>312</b>	<b>206</b>	<b>2.46</b>	<b>1.29</b>
Male	66	39	64	98	52	2.1	1.38
Female	46	51	116	214	154	2.65	1.19
<b>Program prepared by professional</b>	<b>87</b>	<b>57</b>	<b>136</b>	<b>370</b>	<b>250</b>	<b>2.71</b>	<b>1.21</b>
Male	48	26	59	116	70	2.42	1.32
Female	39	31	77	254	180	2.87	1.12

Table 83

Level of Interest in Additional Services by Standing (N=902)

Item	Not Interested	Somewhat Uninterested	Neutral	Somewhat Interested	Very Interested	Mean	SD
<b>Facial /Body wrap</b>	<b>244</b>	<b>153</b>	<b>158</b>	<b>213</b>	<b>131</b>	<b>1.82</b>	<b>1.43</b>
Freshman	33	20	33	29	21	1.89	1.40
Sophomore	36	19	17	35	27	1.99	1.52
Junior	31	32	32	40	35	2.09	1.41
Senior	80	49	40	55	34	1.67	2.08
Graduate student	1	1	0	0	1	1.67	1.34
Faculty/Staff	51	26	30	50	9	1.64	1.09
Alumni	8	4	3	2	0	0.94	1.60
Community member	4	2	3	2	4	2.00	1.43
<b>Manicure/pedicure</b>	<b>227</b>	<b>129</b>	<b>125</b>	<b>240</b>	<b>178</b>	<b>2.01</b>	<b>1.49</b>
Freshman	30	17	23	34	32	2.15	1.48
Sophomore	30	16	16	38	34	2.22	1.50
Junior	30	30	24	42	44	2.24	1.46
Senior	79	40	33	66	40	1.80	1.49
Graduate student	2	0	0	0	1	1.33	2.31
Faculty/Staff	43	22	25	53	23	1.95	1.43
Alumni	7	2	2	5	1	1.47	1.46
Community member	6	2	2	2	3	1.50	1.64
<b>Massage</b>	<b>105</b>	<b>76</b>	<b>92</b>	<b>325</b>	<b>302</b>	<b>2.71</b>	<b>1.32</b>
Freshman	15	12	18	42	50	2.73	1.33
Sophomore	15	7	14	40	58	2.89	1.32
Junior	17	18	13	62	60	2.76	1.31
Senior	35	20	23	97	83	2.67	1.36
Graduate student	1	0	1	0	1	2.00	2.00
Faculty/Staff	20	15	17	74	40	2.60	1.28
Alumni	1	1	5	6	4	2.65	1.12
Community member	1	3	1	4	6	2.73	1.39
<b>Tanning</b>	<b>269</b>	<b>118</b>	<b>118</b>	<b>209</b>	<b>186</b>	<b>1.92</b>	<b>1.54</b>
Freshman	35	11	23	33	35	2.16	1.54
Sophomore	32	13	17	31	41	2.27	1.57
Junior	35	20	23	44	48	2.29	1.50
Senior	86	35	30	65	42	1.78	1.53
Graduate student	2	0	0	0	1	1.33	2.31
Faculty/Staff	67	34	21	29	15	1.34	1.39
Alumni	8	2	3	4	0	1.18	1.29
Community member	4	3	1	3	4	2.00	1.65
<b>Waxing</b>	<b>281</b>	<b>184</b>	<b>166</b>	<b>151</b>	<b>118</b>	<b>1.60</b>	<b>1.41</b>
Freshman	34	22	32	25	24	1.88	1.43
Sophomore	36	19	29	24	26	1.89	1.48
Junior	36	40	37	28	29	1.85	1.39
Senior	100	52	38	40	28	1.40	1.41
Graduate student	1	0	1	1	0	1.67	1.53
Faculty/Staff	60	45	26	26	9	1.27	1.25
Alumni	8	4	3	2	0	0.94	1.09
Community member	6	2	0	5	2	1.67	1.63

Table 83 (cond.)

Item	Not Interested	Somewhat Uninterested	Neutral	Somewhat Interested	Very Interested	Mean	SD
<b>Health assessment</b>	<b>120</b>	<b>79</b>	<b>196</b>	<b>333</b>	<b>172</b>	<b>2.40</b>	<b>1.27</b>
Freshman	12	14	25	50	36	2.61	1.23
Sophomore	16	13	30	41	34	2.48	1.30
Junior	16	15	39	66	34	2.51	1.18
Senior	44	17	50	100	47	2.34	1.32
Graduate student	1	0	0	2	0	2.00	1.73
Faculty/Staff	24	16	44	65	17	2.21	1.20
Alumni	3	2	5	4	3	2.12	1.36
Community member	4	2	3	5	1	1.80	1.37
<b>Workout with personal trainer</b>	<b>112</b>	<b>90</b>	<b>180</b>	<b>312</b>	<b>206</b>	<b>2.46</b>	<b>1.29</b>
Freshman	14	14	25	43	41	2.61	1.29
Sophomore	18	12	22	42	40	2.55	1.36
Junior	13	17	36	60	44	2.62	1.20
Senior	38	25	49	95	51	2.37	1.31
Graduate student	1	0	1	0	1	2.00	2.00
Faculty/Staff	23	17	37	65	24	2.30	1.24
Alumni	3	3	8	2	1	1.71	1.11
Community member	2	2	2	5	4	2.47	1.41
<b>Program prepared by professional</b>	<b>87</b>	<b>57</b>	<b>136</b>	<b>370</b>	<b>250</b>	<b>2.71</b>	<b>1.21</b>
Freshman	8	7	18	59	45	2.92	1.09
Sophomore	16	3	27	46	42	2.71	1.27
Junior	13	14	25	68	50	2.75	1.19
Senior	33	20	38	94	73	2.60	1.32
Graduate student	0	1	1	0	1	2.33	1.53
Faculty/Staff	14	9	23	86	34	2.70	1.11
Alumni	2	1	4	8	2	2.41	1.18
Community member	1	2	0	9	3	2.73	1.16

Table 84

Level of Interest in Additional Services by Race/Ethnicity (N=902)

Item	Not Interested	Somewhat Uninterested	Neutral	Somewhat Interested	Very Interested	Mean	SD
<b>Facial/body wrap</b>	<b>238</b>	<b>148</b>	<b>13</b>	<b>155</b>	<b>127</b>	<b>1.82</b>	<b>1.43</b>
Asian/Pacific Islander	6	5	1	13	3	2.05	1.18
American Indian/Alaskan Native	0	1	17	1	2	2.83	1.17
Black, African American	21	13	2	17	25	2.25	1.44
Hispanic, Latino/a	5	4	121	2	8	2.23	1.66
White, Non-Hispanic	205	124	0	121	89	1.72	1.42
International	1	1	1	0	0	0.50	0.71
Other	0	0	0	1	0	2.00	0.00
<b>Manicure/pedicure</b>	<b>221</b>	<b>123</b>	<b>122</b>	<b>235</b>	<b>175</b>	<b>2.01</b>	<b>1.49</b>
Asian/Pacific Islander	6	7	11	12	4	2.03	1.23
American Indian/Alaskan Native	0	0	1	1	4	3.50	0.84
Black, African American	16	9	17	35	31	2.52	1.38
Hispanic, Latino/a	9	5	2	0	9	2.05	1.76
White, Non-Hispanic	192	101	90	187	127	1.94	1.50
International	1	1	0	0	0	0.50	0.71
Other	0	0	1	0	0	2.00	0.00
<b>Massage</b>	<b>102</b>	<b>73</b>	<b>90</b>	<b>315</b>	<b>297</b>	<b>2.71</b>	<b>1.32</b>
Asian/Pacific Islander	1	6	10	9	14	2.73	1.18
American Indian/Alaskan Native	0	0	0	1	5	3.83	0.41
Black, African American	10	5	11	36	46	2.95	1.25
Hispanic, Latino/a	2	1	4	5	10	2.91	1.31
White, Non-Hispanic	88	60	64	264	222	2.68	1.34
International	1	1	0	0	0	0.50	0.71
Other	0	0	1	0	0	2.00	0.00
<b>Tanning</b>	<b>260</b>	<b>114</b>	<b>113</b>	<b>205</b>	<b>185</b>	<b>1.92</b>	<b>1.54</b>
Asian/Pacific Islander	10	9	12	5	4	1.60	1.28
American Indian/Alaskan Native	0	1	1	1	3	3.00	1.27
Black, African American	60	15	9	10	14	1.10	1.48
Hispanic, Latino/a	5	1	5	3	8	2.36	1.59
White, Non-Hispanic	184	87	86	185	156	2.06	1.53
International	1	1	0	0	0	0.50	0.71
Other	0	0	0	1	0	3.00	0.00
<b>Waxing</b>	<b>273</b>	<b>179</b>	<b>162</b>	<b>146</b>	<b>117</b>	<b>1.60</b>	<b>1.41</b>
Asian/Pacific Islander	8	14	13	5	0	1.38	0.95
American Indian/Alaskan Native	0	1	1	1	3	3.00	1.27
Black, African American	45	15	13	16	19	1.10	1.48
Hispanic, Latino/a	7	2	6	1	6	2.36	1.86
White, Non-Hispanic	212	145	129	123	89	2.06	1.53
International	1	1	0	0	0	0.50	0.71
Other	0	1	0	0	0	2.00	0.00
<b>Health assessment</b>	<b>115</b>	<b>76</b>	<b>194</b>	<b>327</b>	<b>165</b>	<b>2.40</b>	<b>1.27</b>
Asian/Pacific Islander	3	1	13	16	7	2.58	1.06
American Indian/Alaskan Native	1	0	0	2	3	3.00	1.55
Black, African American	14	4	22	36	32	2.63	1.30
Hispanic, Latino/a	3	2	7	3	7	2.41	1.40
White, Non-Hispanic	93	68	152	270	115	2.35	1.25
International	1	1	0	0	0	0.50	0.71
Other	0	0	0	0	1	2.00	0.00

Table 84 (cond.)

Item	Not Interested	Somewhat Uninterested	Neutral	Somewhat Interested	Very Interested	Mean	SD
<b>Workout with personal trainer</b>	<b>109</b>	<b>88</b>	<b>175</b>	<b>305</b>	<b>200</b>	<b>2.46</b>	<b>1.29</b>
Asian/Pacific Islander	2	3	12	13	10	2.65	11.10
American Indian/Alaskan Native	1	0	0	2	3	3.00	1.55
Black, African American	9	8	17	35	39	2.81	1.24
Hispanic, Latino/a	2	3	9	3	5	2.27	1.24
White, Non-Hispanic	94	73	137	251	143	2.40	1.29
International	1	1	0	0	0	0.50	0.71
Other	0	0	0	1	0	3.00	0.00
<b>Program prepared by professional</b>	<b>83</b>	<b>56</b>	<b>133</b>	<b>363</b>	<b>242</b>	<b>2.71</b>	<b>1.21</b>
Asian/Pacific Islander	1	3	13	15	8	2.65	0.98
American Indian/Alaskan Native	0	0	1	2	3	3.33	0.82
Black, African American	14	3	15	40	36	2.75	1.31
Hispanic, Latino/a	1	3	3	8	7	2.77	1.19
White, Non-Hispanic	67	45	100	298	188	2.71	1.21
International	0	1	1	0	0	1.50	0.71
Other	0	1	0	0	0	1.00	0.00

Table 85

Level of Interest in Additional Services by Age (N=902)

Item	Not Interested	Somewhat Uninterested	Neutral	Somewhat Interested	Very Interested	Mean	SD
<b>Facial/body wrap</b>	<b>243</b>	<b>153</b>	<b>158</b>	<b>213</b>	<b>131</b>	<b>1.82</b>	<b>1.43</b>
16-20	65	43	49	65	45	1.93	1.44
21-25	94	66	60	87	60	1.87	1.45
26-30	27	12	18	13	12	1.65	1.45
31-35	10	9	5	9	4	1.68	1.40
36-40	6	2	7	10	4	2.14	1.36
41-45	7	6	2	9	2	1.73	1.40
46-50	9	5	7	4	2	1.44	1.31
51-55	15	4	6	13	2	1.58	1.41
56-60	5	6	4	1	0	1.06	0.93
61+	5	0	0	2	0	0.86	1.46
<b>Manicure/pedicure</b>	<b>226</b>	<b>129</b>	<b>125</b>	<b>240</b>	<b>178</b>	<b>2.10</b>	<b>1.49</b>
16-20	56	36	36	75	64	2.21	1.48
21-25	93	59	52	88	75	1.98	1.53
26-30	26	10	12	19	15	1.84	1.54
31-35	6	6	5	17	3	2.14	1.27
36-40	6	2	3	9	9	2.45	1.53
41-45	8	2	4	9	3	1.88	1.48
46-50	9	4	4	8	2	1.63	1.42
51-55	15	5	4	9	7	1.70	1.59
56-60	4	5	4	3	0	1.38	1.09
61+	3	0	1	3	0	1.57	1.51
<b>Massage</b>	<b>105</b>	<b>76</b>	<b>92</b>	<b>324</b>	<b>302</b>	<b>2.71</b>	<b>1.32</b>
16-20	33	20	28	85	102	2.76	1.36
21-25	37	32	35	131	132	2.79	1.29
26-30	12	8	9	26	27	2.59	1.41
31-35	3	2	2	20	10	2.86	1.13
36-40	2	2	2	12	11	2.97	1.18
41-45	4	1	1	11	5	2.46	1.30
46-50	5	3	3	12	3	2.19	1.33
51-55	5	5	5	16	10	2.53	1.08
56-60	1	3	3	8	1	2.31	1.78
61+	3	0	0	3	1	1.86	1.78
<b>Tanning</b>	<b>269</b>	<b>118</b>	<b>117</b>	<b>209</b>	<b>186</b>	<b>1.92</b>	<b>1.54</b>
16-20	64	20	38	72	74	2.27	1.53
21-25	97	49	44	90	87	2.06	1.54
26-30	31	11	10	17	13	1.63	1.54
31-35	16	6	7	6	2	1.24	1.32
36-40	9	2	3	10	5	2.00	1.56
41-45	12	3	8	2	1	1.12	1.21
46-50	9	8	4	3	3	1.37	1.36
51-55	18	12	3	6	1	1.00	1.18
56-60	9	5	0	2	0	0.69	1.01
61+	4	2	0	1	0	0.71	1.11

Table 85 (cond.)

Item	Not Interested	Somewhat Uninterested	Neutral	Somewhat Interested	Very Interested	Mean	SD
<b>Waxing</b>	<b>280</b>	<b>184</b>	<b>166</b>	<b>151</b>	<b>118</b>	<b>1.60</b>	<b>1.41</b>
16-20	66	44	62	49	47	1.88	1.42
21-25	118	80	56	61	52	1.59	1.44
26-30	26	16	20	10	10	1.54	1.37
31-35	14	8	4	9	2	1.38	1.36
36-40	7	6	7	7	2	1.69	1.29
41-45	10	5	6	3	2	1.31	1.32
46-50	10	7	4	6	0	1.22	1.19
51-55	18	10	4	5	3	1.13	1.32
56-60	7	6	3	0	0	0.75	0.78
61+	4	2	0	1	0	0.71	0.11
<b>Health assessment</b>	<b>119</b>	<b>79</b>	<b>196</b>	<b>333</b>	<b>172</b>	<b>2.40</b>	<b>1.26</b>
16-20	30	23	59	93	63	2.51	1.25
21-25	50	32	74	140	71	2.41	1.28
26-30	12	5	24	22	19	2.38	1.31
31-35	7	3	6	16	5	2.24	1.34
36-40	3	4	9	10	3	2.21	1.47
41-45	4	2	6	11	3	2.15	1.29
46-50	4	3	6	12	2	2.19	1.21
51-55	7	5	7	17	4	2.19	1.21
56-60	0	2	5	7	2	2.56	0.89
61+	2	0	0	5	0	2.14	1.46
<b>Workout with personal trainer</b>	<b>112</b>	<b>90</b>	<b>180</b>	<b>311</b>	<b>206</b>	<b>2.60</b>	<b>1.29</b>
16-20	33	24	50	88	73	2.54	1.31
21-25	45	36	75	129	82	2.46	1.28
26-30	8	12	20	24	18	2.39	1.26
31-35	5	2	7	15	8	2.51	1.28
36-40	5	3	6	11	4	2.21	1.32
41-45	4	3	5	10	4	2.27	1.31
46-50	5	3	4	11	4	2.22	1.37
51-55	5	5	8	12	10	2.43	1.34
56-60	0	2	5	7	2	2.56	0.89
61+	2	0	0	4	1	2.29	1.60
<b>Program prepared by a professional</b>	<b>86</b>	<b>57</b>	<b>136</b>	<b>370</b>	<b>250</b>	<b>2.71</b>	<b>1.21</b>
16-20	26	11	43	108	80	2.76	1.20
21-25	37	27	53	139	111	2.71	1.25
26-30	7	7	14	31	23	2.68	1.22
31-35	6	2	3	17	9	2.57	1.37
36-40	1	1	6	16	5	2.79	0.90
41-45	0	3	3	15	5	2.85	0.88
46-50	5	3	3	12	4	2.26	1.38
51-55	3	3	6	17	11	2.75	1.17
56-60	0	0	5	10	1	2.75	0.58
61+	1	0	0	5	1	2.71	1.25

Appendix A

**LeClub Fitness Center Survey 2006**

Thank you for completing the LeClub Fitness Center Survey. Your participation is very important and likely to take less than 10 minutes. All responses are confidential and will be used in conjunction with other data for this study. Participation is completely voluntary. Your responses will provide the necessary feedback to improve programs and services offered by the LeClub Fitness Center.

Q1. Are you currently a member of LeClub?

- No, I am not a member **GOES TO Q2**
- Yes, I am a member **GOES TO Q3**

Q2. I do not use LeClub programs and services because (check all that apply): **NEXT GOES TO Q9**

- I do not like to exercise
- I am not aware of programs/services offered
- I am not interested in the programs/services
- I do not know how to get started
- I exercise at other locations
- I have other commitments
- I have health related problems
- I cannot afford membership
- Scheduled fitness classes are not convenient
- Child care is not available
- My friends are not members
- Facility/exercise space is too crowded
- Facility/exercise space is not clean
- Facility/exercise space is dark/not attractive

Q3. Based on your fitness goals, how well do the following LeClub programs and services match your needs?

	<b>Don't</b>				
	<b><u>Know</u></b>	<b><u>Poor</u></b>	<b><u>Fair</u></b>	<b><u>Good</u></b>	<b><u>Excellent</u></b>
Body core	0	1	2	3	4
Body blast	0	1	2	3	4
Boxercise	0	1	2	3	4
Indoor cycling	0	1	2	3	4
Jiu-Jitsu	0	1	2	3	4
Personal training	0	1	2	3	4
Health assessments	0	1	2	3	4
Nutritional consultations	0	1	2	3	4
Selection of free weights	0	1	2	3	4
Selection of weight machines	0	1	2	3	4
Selection of cardio machines	0	1	2	3	4

Q4. How well does the LeClub staff meet your expectations?

	<b>Don't</b>				
	<b><u>Know</u></b>	<b><u>Poor</u></b>	<b><u>Fair</u></b>	<b><u>Good</u></b>	<b><u>Excellent</u></b>
Staff are motivated to assist me	0	1	2	3	4
Staff encourage me to reach my goals	0	1	2	3	4
Staff act in a professional manner	0	1	2	3	4
Staff are able to answer my questions	0	1	2	3	4
Staff possess a positive attitude	0	1	2	3	4
Staff provide useful information	0	1	2	3	4
Staff know how to use the equipment	0	1	2	3	4
Staff can demonstrate proper technique	0	1	2	3	4
Staff know about programs/services	0	1	2	3	4
Staff enforce rules	0	1	2	3	4
Staff are accessible	0	1	2	3	4
Staff are friendly	0	1	2	3	4
Staff are helpful	0	1	2	3	4
Staff are energetic	0	1	2	3	4

Q5. How well do LeClub operations match your expectations?

	<b>Don't</b>				
	<b><u>Know</u></b>	<b><u>Poor</u></b>	<b><u>Fair</u></b>	<b><u>Good</u></b>	<b><u>Excellent</u></b>
Variety of equipment offered	0	1	2	3	4
Maintenance of equipment	0	1	2	3	4
Cleanliness of facilities	0	1	2	3	4
Selection of music	0	1	2	3	4
Volume of music	0	1	2	3	4
Schedule of fitness classes	0	1	2	3	4
Promotion of events (ex. body building, bench press contest)	0	1	2	3	4

Q6. Which LeClub location do you primarily use?

- Hulman Memorial Student Union (HMSU)  
 Blumberg Hall  
 Rhoads Hall

Q7. How long does your typical exercise session last?

- 0-15 minutes  
 16-30 minutes  
 31-45 minutes  
 46-60 minutes  
 60+ minutes

Q8. Overall, how satisfied are you with your LeClub membership on a scale of 1 to 5, with 1 being “not satisfied” and 5 being “very satisfied”.

	<b><u>Not</u></b>		<b><u>Very</u></b>		
	<b><u>Satisfied</u></b>		<b><u>Satisfied</u></b>		
Level of satisfaction	0	1	2	3	4

Q9. When considering your fitness routine, indicate the level of importance for each of the following outcomes on a scale of 1 to 5, with 1 being “not important” and 5 being “very important”.

	<b><u>Not Important</u></b>			<b><u>Very Important</u></b>	
Manage weight	0	1	2	3	4
Improve cardiovascular/aerobic conditioning	0	1	2	3	4
Improve muscle tone	0	1	2	3	4
Improve strength/size	0	1	2	3	4
Improve flexibility	0	1	2	3	4
Manage stress	0	1	2	3	4
Pursue fun/relaxation	0	1	2	3	4
Sense of accomplishment	0	1	2	3	4
Improve overall health	0	1	2	3	4

Q10. When considering your fitness routine, what is your level of comfort for each of the following on a scale of 1 to 5, with 1 being “not comfortable” and 5 being “very comfortable”.

	<b><u>Not Comfortable</u></b>			<b><u>Very Comfortable</u></b>	
Using free weights properly	0	1	2	3	4
Using free weights in front of windows	0	1	2	3	4
Using exercise/cardio machines properly	0	1	2	3	4
Using exercise/cardio machines in front of windows	0	1	2	3	4

Q11. When considering your fitness routine, how often do (would) you use the following equipment each week?

	<b><u>Never</u></b>	<b><u>1-2x</u></b>	<b><u>3-4x</u></b>	<b><u>5-6x</u></b>	<b><u>7+x</u></b>
Dumbbells/free weights	0	1	2	3	4
Squat rack	0	1	2	3	4
Olympic benches/adjustable benches	0	1	2	3	4
Plate loaded machines (e.g., Hammer Strength)	0	1	2	3	4
Cable machines	0	1	2	3	4
Mirrors	0	1	2	3	4
Treadmills	0	1	2	3	4
Stair Climbers	0	1	2	3	4
Cycling machines (ex. bike, recumbent, etc)	0	1	2	3	4
Elliptical machines	0	1	2	3	4
Cross country ski machines	0	1	2	3	4
Rowing machines	0	1	2	3	4
Personalized television attached to equipment	0	1	2	3	4
Personalized Stereo attached to equipment	0	1	2	3	4

Q12. When considering your fitness routine, how often do (would) you participate in the following programs each week?

	<u>Never</u>	<u>1-2x</u>	<u>3-4x</u>	<u>5-6x</u>	<u>7+x</u>
Body core	0	1	2	3	4
Body blast	0	1	2	3	4
Boxercise	0	1	2	3	4
Step aerobics	0	1	2	3	4
Butts n' guts	0	1	2	3	4
Kick boxing	0	1	2	3	4
Jiu-Jitsu	0	1	2	3	4
Indoor cycling	0	1	2	3	4
Circuit training	0	1	2	3	4
Aquatics	0	1	2	3	4
Pilates	0	1	2	3	4
Yoga	0	1	2	3	4
Dancing (ex. hip hop)	0	1	2	3	4
Boot camp	0	1	2	3	4

Q13. When considering your fitness routine, how often would you use the following each week?

	<u>Never</u>	<u>1-2x</u>	<u>3-4x</u>	<u>5-6x</u>	<u>7+x</u>
Separate workout area designated for men/women only	0	1	2	3	4
Computer kiosk to monitor/track exercise progress	0	1	2	3	4
Online message board (ex. find partners, workouts, etc)	0	1	2	3	4
Lounge area for socializing before/after workouts	0	1	2	3	4
Concession area (ex. smoothies, snacks, juices, etc)	0	1	2	3	4

Q14. To learn more about LeClub programs and services I would prefer to (check all that apply):

- Read posted signs/global email
- Look in the Statesman
- Join a distribution list/list serv
- Review LeClub homepage
- Ask a LeClub staff member

Q15. If educational programs were provided, indicate your level of interest for each of the following programs on a scale of 1 to 5, with 1 being "not interested" and 5 being "very interested".

	<u>Not Interested</u>				<u>Very Interested</u>
Making healthy lifestyle changes (ex. weight management, reduce blood pressure, avoid osteoporosis)	0	1	2	3	4
Developing an effective exercise program	0	1	2	3	4
Prepare for a fitness or body building contest	0	1	2	3	4
Developing a healthy nutrition plan	0	1	2	3	4
Cooking nutritious/quick/low cost meals	0	1	2	3	4

Q16. To learn more about fitness, nutrition and other health related educational topics I would prefer to (check all that apply):

- Pick up an newsletter/pamphlet/flyer at the front desk
- Click on an internet link provided on the LeClub homepage
- Complete an online learning module available on the LeClub homepage
- Sign up for a 30-60 minute classroom session
- Meet with a professional for one on one consultation

Q17. If additional services were provided for a small fee, indicate your level of interest for each of the following services on a scale of 1 to 5, with 1 being “not interested” and 5 being “very interested”.

	<b><u>Not Interested</u></b>			<b><u>Very Interested</u></b>	
Facial/body wrap	0	1	2	3	4
Manicure/pedicure	0	1	2	3	4
Massage	0	1	2	3	4
Tanning	0	1	2	3	4
Waxing	0	1	2	3	4
Health assessment	0	1	2	3	4
Workout with a personal trainer	0	1	2	3	4
Professionally prepared program I can do on my own	0	1	2	3	4

Q18. My gender is:

- Male
- Female

Q19. My classification is:

- Freshman
- Sophomore
- Junior
- Senior
- Graduate student (including GA, TA and RA)
- Faculty/staff
- Alumni
- Community member

Q20. My race/ethnic background is:

- Asian/Pacific Islander
- American Indian or Alaskan native
- Black, African American
- Hispanic, Latino/a
- White Non-Hispanic
- International
- Other: \_\_\_\_\_

Q21. My age is:

16-20

21-25

26-30

31-35

36-40

41-45

46-50

51-55

56-60

61+

Q22. My local zip code is:

\_\_\_\_\_

**OPEN ENDED**

Q22. From what you know of LeClub Fitness Center, what changes would you recommend or how can the LeClub staff be more helpful?

Q23. What fitness, nutritional, or other health related educational topics are you most interested in receiving information about?

Q24. Please provide any additional comments in the space provided below:

**GOES TO THANK YOU PAGE**

## Appendix B

### Marketing Plan for LeClub Fitness Center Survey 2006

**Objective:** It is our objective to promote awareness of an online survey, which will be used to gather customer service data so that LeClub management may fulfill the needs of current LeClub members and future ISU Recreation Center users.

**Goals:**

- 300 LeClub members will complete the online survey.
- 500 Non LeClub members will complete the online survey.

**Strategy:** We will promote the online survey through the following tactics.

- Campus wide e-mail to create awareness and instructions for completing the survey.
- Various signages for visual stimulus to produce awareness of survey.
- 4 separate incentives will be used to motivate survey participation.
- Flyers will be handed out to create awareness and instructions for completing the survey.
- Buttons will be worn by LeClub staff and class members to create awareness of the survey.
- Computer work stations will be set up at the HMSU LeClub facility, the HMSU Commons, and the Recreational Sports Arena to create easy access and awareness for survey participation.

**Graphic and Catch Phrase:** The graphic that will be used on promotional materials will consist of Sycamore Sam running on a treadmill. The catch phrase will be “Let Your Voice Be Heard!”

**Deadlines:**

- February 20: Finalize graphic and slogan material design.
- February 27: Signage materials ordered (banners, flyers, buttons).
- March 6: Assign people to shifts (computer stations and handing out flyers).
- March 6: Finalize incentive procedure and online survey with IT (ISU information technology)
- March 13: Hang up signage, hand out buttons, and purchase incentives.
- March 20: Send out campus wide e-mail.

**See:** Marketing Plan Budget

Appendix B (cond.)

<b>Proposed Budget</b>		Marketing for LeClub Fitness Center Survey 2006		
<b>ITEM</b>	<b>COST</b>	<b>UNITS</b>	<b>TOTAL</b>	
<b>Signage</b>				
22" x 34" banners	\$ 1.00	50	\$	50.00
<b>Incentives</b>				
2 Personal Training sessions*	\$ -	2	\$	-
LeClub Memberships**	\$ -	2	\$	-
2 Movie Passes	\$ 5.00	6	\$	30.00
Wal-Mart gift certificate	\$ 25.00	1	\$	25.00
<b>Miscellaneous</b>				
Buttons	\$ 1.40	50	\$	70.00
Flyers	\$ 0.03	150	\$	4.50
<b>TOTAL EXPENSES</b>			<b>\$</b>	<b>179.50</b>

\* Personal Training packages are valued at \$36.00 (must be used by April 30, 2006)

\*\* LeClub memberships are valued between \$45.00-\$80.00 (summer use only)

## Appendix C

### LeClub Fitness Center Survey 2006 OPEN ENDED RESPONSES – MEMBERS

#### **From what you know of LeClub Fitness Center, what changed would you recommend or how can the LeClub staff be more helpful?**

- Have more room for more treadmills and televisions. Have more personal trainers available at more times of the day.
- I think more aerobic/dance classes should be offered in the morning for people who cannot attend night classes
- Relocate LeClub to a larger facility so that there is more space to work out in and more equipment to use
- More spacious, free weights in separate room, more cardio machines, space with mats for stretching and working on the body core
- Some changes could be to have the staff be a little more interactive
- More SPIN classes
- I would recommend opening the Rhoads and Blumberg Le Clubs earlier for those people who like to work out earlier
- Get more cardio machines
- Expansion and a sauna
- Include areas for dead lifts, power cleans, etc. Get satellite radio that plays continuous music and no commercials.
- More hammer strength equipment
- Give more information on getting a personal trainer – I know several people who are interested in getting a trainer
- Staff who actually do their job instead of working out themselves during their shift. It is sometimes hard to find the staff when they blend in with the workout crowd
- Need more room in Hulman, it is too cramped
- Fire Matt O. (name removed – see #207)
- I have always found staff to be quite friendly and helpful. The music at Rhoads in the weight area can be a little loud sometimes
- They can be friendlier and socialize less with their peers. Having a pool would be a great asset.
- Actually do something other than swiping cards and read magazines...(staff)
- I work out during the evening. It seems as if the rags used to wipe off the machines are very filthy, making it pointless to wipe off the equipment
- More Hammer Strength Equipment.
- More Benches
- More Space.
- None
- Prices for personal trainers should be lower.
- Le club does not have the same machines available at all of the locations, having the same machines at all locations enables patrons to maintain their routines.
- The Fitness Center staff are very helpful. I can't think of anything they could improve on. They are all very friendly.

- I would prefer that the same work out classes that are offered in the mornings be offered in the evenings. Many of the classes that I would like to join start before 6pm therefore I have no time to get off work, grab a bite and get dressed to go to the workout class. At that point the classes I'm interested in are over. Since some of us have academic classes and on campus jobs until at least 4:30pm, trying to go to any workout class before that or immediately afterward is very difficult.
- it would be nice if classes were offered at different times. it seems like a lot of times i have to pick to do a class or to go eat because the classes conflict with the cafeteria's hours. having an indoor cycling class at night would be great!!
- I would say to have more space to move and more free weights available.
- It seems to be too crowded in the area. The setup of weights works well but seems crowded even when there are not that many people working out.
- I would like to see more equipment (ellipticals, treadmills) in areas where I don't feel self-conscious to work out. The only reason I don't go to Le Club often is because I don't like for people walking by to be able to see me working out.
- When I signed up for le club i was informed that i would get a free health assessment and have a consultation with a nutritionalist. please inform correctly
- They might walk around or ask people if they need help. esp. if they look confused
- Being more aware of machines. They are sometimes out of order but never repaired.
- Hours at 2 open until 10:00 PM Monday-Friday so students in Blumberg/Cromwell won't have to walk as far in the weather to workout.
- have more cardio machines like treadmills and elipicle machines
- Have some kind of beginner workout programs available (for all ages and levels of fitness)for those who have no idea what they're doing and can't afford to retain the personal trainer.
- Possibly provide more cardio machines, especially in Blumberg.
- Nothing
- -I think more elliptical machines should be offered. They seem to be the most popular machines and get taken up very quickly, espeically during lunch/evening hours.
- -The music is really loud sometimes, so loud that it's impossible for me to hear my own
- I think the staff members are all friendly, and helpful. :) I think it would be good if it was open maybe a little later.(especially Blumberg and Rhoades.)
- Have more selection of cardio machines available.
- I cant think of anything
- Make an orientation session for new clients so they know what they can use, how to use it properly, and other weight room facilities.
- For the size of this campus, I think the size of the in HMSU is rather small. There are certain times in the day when it is too crowded to get much done in a timely manner.
- I would make the cost of Le Club cheaper, more people would be more interested and motivated to workout and use the facilities.
- a bigger facility would be great, also offering training for beginners for a small fee would be nice.
- they do a good job
- none
- Open more hours around the holidays.
- Provide more pamphlets on healthy eating and include food choices.

- nothing, i think they are great!
- I think that the centers should be larger to hold more equipment. I would like more privacy when working out
- possibly do rotations in order to check on the le club goers
- I like it the way it is
- The temperature is often too hot or too cold. I would change this. The staff never ask you if you need any help with the machines or if you have any questions.
- I would try to expand the HMSU facility or at least get the same equipment in all the other facilities on campus
- staff that would be more helpful and friendly. Very few staff member hardly say more than hello. Take it serious as a job and not just a place to study
- Keeping temperature cooler or having individual fans in front of the cardio machines
- Maybe have a second staff member during peak times to help
- I always have an enjoyable experience at Le Club. I have no suggestions.
- Obviously space is an issue, particularly in free weight areas.
- I feel during the cold and flu season the monitors could wipe down the machines when time permits.
- Wearing nametags so I know who they are.
- They could turn down the music volume a little.
- the few times a monitor actually gets up to clean/arrange/spot it is inevitable someone arrives at the desk and waits....and waits....and waits....then walks on in. some sort of buzzer/bell to call for a monitor - but not automatically as one enters the door.
- Have a large, open area available for stretching, using physio-balls, and doing core exercises. The tiny room on the north end of the Hulman Le Club just isn't big enough-- especially for more than one person.
- Have ropes, such as jump ropes, available to use for stretching.
- Have a few more shower rooms available. Early in the morning everybody wants to use them and there's no way I can finish in 15 minutes so the next person can use it! An alternative-- provide another room with sinks and outlets where women can do their hair and makeup after showering
- It would be nice if someone walked around once and awhile and ask how you are doing or have any questions. If the machines had a sign on them if they were in use. I had a bad experience in Dec. with someone walking away from a machine and getting angry with me and saying they were not finished with the machine, then asked what the hell business did I have being there. I walked out and never came back. It was very hurtful and frustrating as I pay for my services their too. A sign on each machine might help this problem...
- Sometimes it is hard to hear the music over the sound of the machines.
- Sometimes the morning monitor is not there when people are wanting in to start at 6am.
- I would like to see a program where people could find workout partners, particularly for working with free weights
- Longer hours especially on weekends. Quieter music. Better elliptical machines. Like the two in Hulman in the main room! More free weights. There are always people on them!
- Not sure
- None

- There are too many signs posted all over the place. You never know what is going on, and it is too confusing.
- They are helpful.
- Offer more staff, for no cost
- The only problem I see is when it gets really busy is the lack of curl bars.
- None currently
- better machines at Bloomberg
- Probably better music selecting
- They are doing a great job
- With a busy schedule like mine I think it would help me out if the times were more accessible. For example keeping them open longer and for Rhoads and Blumberg opening them up early. I also think if you had a lot more machines that help with different areas of the body and then last to have like somewhere where you can get smoothies, or massages, tanning, etc.
- None
- The spinning instructor was rude the one time I went so I will not return for a while. Cleaner bathrooms/showers.
- The hours open need to be earlier in Blumberg.
- Don't know
- None...they are very helpful.
- Personal Trainer more accessible
- personal trainer, massages
- None, great service... nice faculty
- I think that Blumberg should get some newer equipment.
- extended hours in Blumberg
- I think they are doing a great job
- None
- Larger facilities would help a great deal. I almost never go into the HMSU Le Club because it's always crowded. More cardio machines in the Rhoads/Blumberg Le Club's would be nice.
- And a juice/shake bar would be FANTASTIC. I have been to gyms that offered protein/weight gain (or loss) shakes, and I really wish Dave would incorporate that
- more free weights would be helpful
- More varied choices of music--pop, classical, light, etc. Less volume of music.
- More room.
- Better situated locker space.
- Showers and shower space is excellent.
- That if some ones a training they should get on when they join
- I work until 5:00 pm and if anything like nutritional consultation is offered before that I would be unavailable. Maybe a second set of dumbbells from 15 lbs to 50 lbs. And a month to month membership for Alumni opposed to the 6, 9, or 12 month membership offered now.
- Nothing
- A Sunday night indoor cycling class is needed
- A good selection of times for indoor cycling
- Combine all facilities into one. Open Rhodes earlier. Need a standing calf machine.

- Having more room for one, because when it gets busy in there I feel that I am right on top of someone else. Also having more treadmills and elliptical.
- Open earlier in the day
- just make the overall gym a bit more spacious
- a large free weight area and more equipment would be great
- I would have more fitness classes at earlier times. Maybe starting before 6:30 since that is when the cafeteria closes and I don't want to eat a meal before working out.
- I would like an area where weightlifting chalk is available. A lying leg curl would be nice also.
- I would love media equipment attached to the cardio machines such as accessing the television.
- more decline benches & more rockers
- Set the machine to measure fat, carbohydrates, amount of muscle, etc something like that.
- I really like the staff...they are always really nice....! : )
- It's perfect
- just be more talkative with the customers
- More room or bikes for the cycling classes!
- When signing up getting a complete walk through of the machines so that you feel comfortable using them.
- I would like there to be more elliptical and cardio equipment. There sometimes isn't enough and I would also like to see more fans in the workout rooms, it gets pretty hot in there, and free water would be great.
- Turn down the volume of the music
- I would like to receive more personal work-out and training information for myself from a professional or certified trainer.
- I would also like a lesson in how to use some of the machines that I am not familiar with so that I can broaden my work-out routine.
- The only recommendation or suggestion I have is for the Le Club staff to wear Le Club shirts so that we know who is on duty other than the person sitting behind the desk. That way we know who we can ask questions to.
- Le Club is too small. There is too much equipment in the area. I would like to see Le Club expand so that I don't feel like everything and everyone is right on top of me.
- More information about designing an effective personal workout; workout plans to assist sessions.
- Everything is good as is.
- I have never really needed any help from them so I'm not sure how helpful they are, though they have never offered any assistance for anything.
- I wish that the Le Club would be larger and more convenient. I also wish that there would be staff that is asking people if they need any help without making them look dumb.
- Longer hours in Blumberg and Rhoads
- When I became a member I had no experience with the machines and no one bothered to ask or show me. It is not easy doing the machines in public. I needed some one professional to help me so I would not hurt my self and to make sure I was doing them right to benefit my needs. It should not cost anymore for a trainer.

- I would recommend somehow making information on programs offered at le-club more easily accessible. I never knew that le-club had a website. Also, try schedule special classes (e.g. body core, jui jitsu) in the evening rather than during class times
- Try to have more than one person on staff at a time.
- more cycling classes
- I think the staff needs to be more willing to help with the machines. I do not go to now because even when I asked for help, I was ignored several times.
- I would recommend having more treadmills at the Blumberg and Rhoads location. I generally workout in the Union because all of the treadmills in the above locations are taken or not working.
- I am completely satisfied with my experiences in the Le Club centers. I have worked out in Rhodes, Blumberg, and the HMSU. All have met my needs. I have found that the elliptical machines are very popular and are not always available. Having more of that particular machine would make working out more convenient for many.
- Cover up the windows and get better equipment at Blumberg, play different music, offer more stuff such as tanning/waxing/(all the things listed above)
- Nothing, I think their great
- I would recommend having the staff be more willing to work with you. Sometimes they talk with their friends when you need their help and it is hard to get their attention.
- It would be awesome if there was a drink machine in the club or if there was one right outside the door. It should offer Gatorade/Powerade, water, lemonade...etc.
- Have more magazines in the cardio room; provide more indoor cycling classes \*at least make times better!
- I think the Le Club staff is doing a great job!
- I think that the Cardio room in the HMSU should be bigger so that more Elliptical could be offered since many students or other members tend to prefer using those machines.
- Sometimes I feel like I cannot always talk to the people that are working. I feel a little intimidated.
- While the proposed Rec. Center may solve this problem, I think the overall space of Le Club could be increased. When there are several people utilizing the facility, it can be rather congested.
- I believe the staff at le club is very helpful but not overbearing. They make you feel comfortable from the warm greeting when you walk in to the polite "have a nice night" when you leave the door.
- Try to help to identify and assist members who are not using machines incorrectly with some advice. I think it would help members get more from their workout routine.
- Have them socialize less with their friends.
- None
- Provide new cycling machines. also more TV's
- From friends.
- More space.
- More free weight.
- More services: Instruction and free drink.
- I like the Jiu Jitsu classes and juice-type bar idea. The spa/tanning salon would be a good idea provided they wouldn't be too expensive.

- I would recommend more elliptical machines in 3, as well as better cycling machines, and an another ab machine.
- More treadmills
- A larger room/area for stretching and core work would be helpful.
- More tread-mills in Rhodes like the ones with the TV's. Rhodes opens on Fridays.
- Pilates
- Don't end classes before May 5<sup>th</sup>
- None
- I would like more cycling machines in Rhoads. The Le Club fitness center in HMSU is pretty crowded so the more the open times of Rhoads and Blumberg overlap with the HMSU center the better.

LeClub Fitness Center Survey 2006  
OPEN ENDED RESPONSES – MEMBERS

**What fitness, nutritional, or other health related educational topics are you most interested in receiving information about?**

- Weight loss and weight management
- How to healthily lose weight fast
- Muscle training and nutritional eating guide for going out to eat and when at home
- Workout and meal plan based on my body type. A professional or coach to help along the way to a healthy body
- The most important to me would be nutrition and fitness
- Proper nutrition to fit my needs
- Just topics related with weight loss and how to develop a healthier me.
- Body building program; Bulking and cutting diets for body builders
- Body fat percentage/muscle content of body
- Better diet, weight loss and toning individual muscles
- Bulking routines; proper nutrition to match fitness goals
- Nutritional and fitness health
- Healthy food choices and proportion sizes.
- Weight management and exercise training (marathons, triathlons, etc.)
- I'm am fine
- Eating healthy. A "healthy" diet, not the quick fixes they come up with like the Atkins and diets like that. More info about a personal health consultation.
- nutrition and classes and how to get into shape
- Strength and weight gain
- healthy eating, staying fit and tone
- I am interested in learning about healthy decisions that effect my diet & exercising performance. I am interested in learning how these two things can benefit my life.
- None
- Losing and maintaining weight that is sensible and affordable.
- more information on a healthy diet to supplement workouts
- How to gain weight healthy.
- I think that I would like more help with healthy eating techniques.
- personal training and food nutrition
- nutrition, weight loss
- I am a health fanatic. I know you offer nutritional assessment I just haven't had the time to sign up for it.
- I have a good workout but if I could have a personal trainer that would be even better
- I would like to see a wider variety of courses offered in the morning or earlier afternoon.
- The topics on weight loss
- body building and strength training
- I think that recipes and work out regimens would be great!
- proper nutrition and diet
- diets plans and better workout programs

- none
- I would really like to learn more about nutrition and how I can eat healthy with such a busy schedule.
- Make a work-out schedule that fits to my body.
- Personalized workout program
- Healthy foods to get in the cafeteria. How to best lose weight.
- Work-out plans.
- Specific technique instructions; how to lift properly, how to efficiently use cardio equipment etc.
- I am interested in receiving information about losing weight and building muscle. I would also be interested in good foods for my body.
- healthy diet plans and better workout programs
- low cost nutritional meals
- Long-term weight loss and body building
- maybe a personalized work out plan for my body type, quick but healthy snacks
- Healthy diet.
- vegetarianism
- stress management
- Low fat, vegetarian diets
- I am interested in simple and nutritious meal plans designated for college students who live on campus.
- Nothing
- -Easy to make healthy meals. Whenever I try to search for those on-line I always run into some funky stuff with weird ingredients. Half of the time, I can't even find that stuff at the supermarket!
- Just nutrition in general. Researchers are constantly finding new things about nutrition, and I can't seem to keep up!
- Body shaping
- Effective workout programs, healthier eating alternatives, etc.
- I would like to see individual programming to help me create my own personal training program. I would also like to see programming that deals with eating and cooking healthier foods.
- I would like to see a fitness/nutritional class geared for faculty/staff.
- Losing weight, and keeping it off.
- Proper exercises for muscle gain, eating tutorials.
- None
- None
- What foods you should eat to boost your metabolism.
- how to manage weight while enjoying the exercise and foods at the same time
- I like the idea of having a nutritional menu that I can plan and work out along with. It would be great to have a newsletter that let the members know about new equipment and rules and to also let them know about special buddy days when you could bring a friend for free to get the Le Club experience.
- Balanced lifting.
- Anything
- Cooking quick and healthy meals

- Fitness routines that a beginner can easily understand and do
- Injury prevention and recovery
- MUSCLE BUILDING FOR FEMALES
- None
- I would like more information about weightlifting.
- Nothing-- I get that information elsewhere.
- Changing your eating habits.
- Finding healthy food to eat in the commons.
- Changing body image and how to cope with those changes.
- Nutrition
- Cardio
- Everything is great
- gaining lean mass, improving muscle tone, improving strength
- healthy cooking
- None at this time.
- not sure
- the core machine are great
- Balancing the food intake
- Definitely nutritional information and if you have areas of you body you want to improve what you can do for them.
- How to eat healthier while living in the dorms.
- I wish their were classes the Le Club offered about nutrition and other health related education (such as: foods and proper exercise plans and so on)
- Diet and food information...eating healthy in college
- Weight Management
- Boxing
- Nothing
- Mostly nutritional, like how much of an impact eating fast food has on the body.
- None
- I would like to learn which foods will help to promote muscle growth and reduce body fat %.
- Nothing
- How to maintain a healthy lifestyle. How to stay fit and programs that I can use to manage my weight. Also a good workout program so I can lose the weight and keep it off with the right foods to eat.
- The best way to incorporate a high protein diet with everyday life.
- Exercises for certain areas of the body.
- Diet foods and strength and conditioning.
- How to eat healthy on campus.
- Abs
- Healthy eating
- just weight management in general
- Workout routines
- What you are providing now is fine
- I get a lot of info from Men's Fitness and nutritional magazines/email newsletters.

- I would like to receive information about a more personalized work-out routine and information about a healthy lifestyle (especially eating and dieting correctly).
- loosing weight, healthy diets, structured workouts
- Building muscle.
- Weight management
- I would be interested in yoga or Pilate's class, and also more information on weight management.
- Running and eating healthy
- Information on the heart and diabetes
- definitely in weight loss, muscle gain, and nutritional information (e.g. how to eat right on campus)
- Mostly cardio information and nutrition information pertaining to what it best to eat and how much I could eat of the food that the cafeteria is serving that day/week.
- proper dieting
- Losing weight and maintaining it.
- I don't have anything that I feel I need more information about at the time.
- Diets
- Weight loss, healthy living
- I would like to learn about how to eat right but not starve myself. I love eating, so if there was some kind of "diet" that allowed me to eat all the food I wanted (but healthy) I would love that.
- I would like to know how to eat better on campus since there are limited places to eat when on a "budget" using our ID card. There aren't too many absolutely healthy choices on campus.
- weight management
- healthy eating style
- a specialized workout
- Nutritional meal plans and a fitness plan that would work for me (not just anyone).
- How to have and maintain a healthy lifestyle. Learn how to schedule and make it a habit in my life.
- I would like to see more educational topics involving diet. Simple foods to cook that are healthy and quick.
- Everything! people want information on staying fit
- Effective exercise program, good nutritional plan, weight management
- None
- Nutrition balance.
- Proper using instruction.
- weight management
- I am very interested in receiving information about enhancing my workouts, learning new/better techniques, and how to create my own workout and nutritional regimen.
- Running. Race training.
- New exercise moves and stretches.
- None
- I would be interested in short classes to learn about what exercises are the best for building muscle and strength, the good diet plans for strength training, and other nutritional classes

Appendix C (cond.)

LeClub Fitness Center Survey 2006  
OPEN ENDED RESPONSES – MEMBERS

Please provide any additional comments in the space provided below:

- Le Club is wonderful!
- It is always crowded during the early evening when I go, so if there were more equipment and in a much larger environment then it would be more enjoyable.
- Le Club needs to get there weight up.
- Good Job! – The bathrooms need more attention at times
- Overall I really like Le Club and think it's good for the students
- The is a great place
- Need better hours
- Cardio machines often look like they have not been wiped down; staff seem to watch TV, talk to friends or surf the web/check email; paper on the floor near cardio machines and trash can overflowing.
- Do a great job!
- Good
- I think the HMSU Le Club could use some more free weight space. Another squat rack would be good. It seems like it's always busy.
- Good job, nice facility.
- Great staff!!
- I feel that Lucas needs a big bonus at the end of the school year.
- I really enjoy that there is a health club for the students to be involved in but I do think that the club should be for free or included into our fees at the beginning of the year.
- All in all is run very well, thanks to David Stowe.
- is great; it's a great place to work out. I like the fact that there is a separate room for cardio.
- The equipment and machines are sub-par in Rhoads and in Bloomberg. The weight room is too small in the Hulman Memorial for a school of our size and stature we should have nice equipment in all 3 venues and a lot more size.
- Le Club is a great place to hang out. It has a lot of variety when it comes to work out equipment. I think that it could be bigger because at times it is packed.
- the staff are always friendly even when the have to came away from a conversation to help me
- A larger variety of classes as well as different instructors to keep up the level of fitness that is supposed to be achieved.
- I really like the machines in the HMSU but the ones in Blumberg and Rhodes aren't that nice.
- There should be more space in the additional room and the music should be varied, as well as the TV programs...not just the Sport Channels jijiji :)
- In the cardio room, it seems a little cramped. You may be able to do without 1 of each machine to make it easier to move around in.
- I really enjoy the and can't wait to see what the new Rec Center has in store for us in the future.

- Le Club is great! Overall I am impressed by the quality of services that Le Club offers students and staff. Le Club has enhanced my college enjoyment at ISU.
- The only thing I see that can be improved is how the machines are cleaned. The spray is there to clean the handles of the machines, but the spot where you place your feet is very dirty.
- Shouldn't separate the men and women because they are using the elliptical and the guys on free weights mostly and it would suck to segregate them.
- I really would enjoy having Le Club open until 12:00AM. As a graduate student my school and work schedule are tight and the best time for me to workout is late in the evening.
- I think the employees are really nice and helpful!
- I like le club
- The elliptical machines in the cardio room in HMSU need to be cleaned.
- Nothing
- Thank You :)
- I like the le club unfortunately I haven't been able to take advantage of my membership
- is great, it was actually a big factor in my decision to continue my education at Indiana State University bc it just ROCKS!!!
- in HMSU is the one I use the most and has some great benefits such as having new and varied machines and weights. I also like how clean it is. Sometimes it can be too crowded in there, but overall I think it is a nice place to work out.
- I notice mold in the corners of the showers and I wonder how well they are cleaned. I would like to see a can of disinfectant spray provided.
- keep up the good work
- none
- I like the facility
- I think everyone there does a fantastic job; there isn't much I would change!
- I think this survey is great. It has really sparked my interest in upgrades. It could be Le Club & Spa. Manicures and pedicures will definitely have people interested.
- Workers need to stop hitting on people working out.
- Le Club is great
- Good luck with the new center. Wish I was going to be here to enjoy it. I am thankful for the reasonably priced membership and hope that will remain the same for other grad students.
- Had great results when I gave up the majority of carbohydrates (Atkins like diet), was on it for five years. Incredible results. And blood tests were real good for overall health. Cut out sugar altogether. What a program, and the truth.
- But then I moved back home and the carbs slowly came back, and the weight returned. Atkins was so right. But I still have the 'after' photo when I gave up sugar/most carbs to prove how well it works.
- Providing a service like SportWell at the University of Illinois would be really nice.  
[http://www.mckinley.uiuc.edu/Units/Health\\_Ed/sportwell/sportwell.htm](http://www.mckinley.uiuc.edu/Units/Health_Ed/sportwell/sportwell.htm)
- I just signed up a short time ago and have only used the facility on 2 occasions
- None
- None

- The student staff can often be observed surfing the web or otherwise engaged in computer use that appears to have nothing to do with providing client support (games, homework, etc.)
- Requests for minor assistance are often responded to with little concern and very little time spent in providing that assistance or support. Over the past couple of years, I've completely given up asking for guidance, assistance and information because of the long-standing intolerance the staff has of providing anything more than cursory and superficial support. While the physical facility and equipment are high-quality, the expectation that exercisers are "completely on their own" tends to reduce the psychological support that might otherwise make for a wonderful experience, and in turn, triggering the kind of experience that improves motivation and overall success of a fitness lifestyle. I would suggest the staff receive training on how to be more client-focused and to be monitored for their performance.
- I am really happy with Le Club as it is now. The changes I suggested above would just make it even better. I really like the location in Hulman-- it's very convenient for me, so I hope the facility doesn't move! And the membership fee is very reasonable. In the past year it seems that the hours of operation during breaks/holidays were better than previous years. I still work out on those days, so I appreciate it if the facility is open early in the morning as usual.
- Lately it has been hard to find a room to work with others in. Rhonda and Blumberg seem to be closed more, the arena gyms are taken up by team sports, and the dance halls have classes.
- The low price is extremely important. I would prefer to not gain any new things if it meant keeping the price low. The most important things are keeping the equipment clean and working. Smoothie bars and personalized TVs are extremely low on my list of importance. Keep the price low and don't bother offering these expensive items
- Great job!
- I LOVE LE CLUB...and although I am graduating I will miss is dearly!!! :)
- Good job so far!
- Nice treadmills at all facilities are nice. The ones at Blumberg almost seem dangerous. I am quite disappointed that they are most likely closing the rec center to the community. Why not try to bring a little extra cash. I think if you had alternative services such as a juice bar, community members would be most likely to spend the money there.
- Don't know
- The above suggestions of facial/body wrap and so on are EXCELLENT suggestions. I would be very interested in those.
- I really don't know why I filled out this survey I bought a pass and I think that I have used it once!
- I am a sexxy beast! I bought a pass and I really have only used it a few times because blumberg is only open till a certain time and i can't make it to those hours. and i don't like working out in le club
- I recomend a bench press competition in the fall
- None
- is cool
- Hulman Le Club is too small and crowded to be the primary. Should move it to Rhodes.
- Nothing

- I think that the staff is very friendly and are very helpful. I enjoy working out at Le Club.
- Lockers are too small.
- People have been allowed to leave locks on lockers for days/weeks.
- The dumbbells in Hulman Le Club need cleaned, They smell like B.O.
- Nothing
- I like the idea of personalized TV sound being available on low power transmitters that could be picked up on my FM armband radio. I've encountered that in other facilities, and it would be welcome at Le Club.
- I enjoy working out at and hope more program times can be offered, as well as more nutritional and diet information.
- I would like to see more treadmills or ellipticals in the Rhoads Le Club, as they are almost always full. Also, more publicity for the classes offered at Le Club; I don't know where to find that information or what kinds of classes are offered specifically.
- Good job
- I am a fan of free weights. I know that space is a problem, but I'd like to see a greater free weight selection in HMSU, and a better incline bench-press.
- I would suggest for to be open later. I have friends at Purdue and their workout closes at midnight and they usually do workout after 9 or 10. I am a very busy student taking at least 18 hours a semester and I would be able to better utilize the facility if it was open until 12, even if it was just the main that stayed open that late.
- I love Le Club!
- Overall, an affordable price.
- None
- Overall I love the place. It would be great if there were a men and women side b/c sometimes the guys are really intimidating or they stare and it makes me really uncomfortable. (and I'm skinny, so it's not like I'm huge and they're staring).
- I really enjoy using the Le Club facilities.
- Have enjoyed my membership and feel I have gotten my money's worth. Staff are friendly and helpful. No complaints.
- None
- lucas rocks my world
- More treadmills. More space
- More group fitness classes taught at the noon hour would be my preference.
- Lucas and Eric are the best trainers ever

LeClub Fitness Center Survey 2006  
OPEN ENDED RESPONSES – NON-MEMBERS

**From what you know of Le Club Fitness Center, what changed would you recommend or how can the Le Club staff be more helpful?**

- There pretty much help
- The windows suck....no one likes to be watched
- I don't really know much about it
- Not so expensive
- I am interested in Le Club, but I can't afford it
- They can bring up the Le Club more when you're around them
- Need more space and more machines that would be helpful
- Don't know that much about it
- Meeting with personal training to set up a program of work-out
- More one-on-one time
- Not to put people on display in the windows. There should be blinds. Maybe a reflection window.
- I would like to see more one-on-one help with trainers
- More space so the machines are not as close. And the staff could walk around and maybe give advice to people
- Nothing
- I don't like how everyone walking by can watch you.
- More space
- More hours on weekend, friendlier people
- Larger space, lower fees
- Don't know
- Actually offer help, not just stand there
- i dont know
- Advertise to the public about prices and programs much more aggressively and outside of the HMSU building
- A bigger space would be more convenient
- letting people know through e-mail what type of things are going on at the le club.
- Maybe a few dollars less.
- change the prices to workout. It should be free.
- I would like for the cost to be added into the tuition costs. I do not like the windows. I would like for personal trainers to be more affordable so that I can use them on an everyday basis.
- I think that Le Club should be free for students! It's a great place to get fit an maintain body w111 eight but it too expensive for a college student
- late hours :)
- open more hours
- The Le Club seems rather small compared to other gyms. The students have to wait on equipment because there is not adequate machinery for the ones most used. I have not

been to Le Club, but my friends use its services so I do not have any personal recommendations.

- More programs available for lower cost
- I would offer more elliptical machines and offer more yoga classes.
- free private training sessions comes along with membership. extend hours. more advertising. get studnets involved
- None
- Bigger and more times that are useful for students that work.
- Better prices.
- Adding more space, it gets very crowded.
- I just think people need to know more about Le Club. I like working out, but I am never sure if I am lifting correctly and if I'm lifting wrong or working out wrong I would like someone to help me rather than just stare at me...
- Not sitting on the phone all the time, and taking time out to walk around and offer help.
- Personal trainers would be great.
- They could have more equipment and provide towels and water or other drinks while people are working out.
- I think Le Club members should have water brought around to people in the club. Also this should be a person that knows how to do each different machine exercise.
- Make a bigger facility.
- i have never worked out because of the cost when i do find time to workout at school then i just workout downstairs but would like to workout in Le Club.
- have never been in the Le Club
- perfect
- I would recommend that some of the mirrors be moved so that the focus of exercising would be higher than the Modeling in the gym
- I would recommend a juice bar or something that is close with healthy snacks and other special incentives to make people want to come work out at your facility. I would also make a recommendation that they turn the club in to a health/spa. I know I would come to a health spa if I new I could get my nails done and get a work out too. I would also come because of the different things that were added to make the facility more enjoyable.
- Dont really know much about the center
- Le Club has to many machines and not enough free weihts. Cardio machines and weight machines/free weights should be seperated from one another in different rooms.
- I personally prefer going to the "Dungeon" because it is fee and has more free weights.
- I have only been in once. I am not a big fitness/weight center fan. I like to swim, skate, and hike....all of which is not helpful.
- Be more friendly, upbeat, excited! Help more when people have problems with machines.
- Lower prices for college students that are interested in a membership.
- I'm sure Le Club is really good the way it is. The only reason I am not a member myself is that money is tight for me at the moment. Since I am not a member I cannot tell you how to change things
- I think that it is a great place to work out but some people cannot afford, so then they do not workout.
- Putting posters on the wall next to machines that explain how to properly use the machine

- Have a separate area for men and women
- Better promotions on campus rather than just in the dorms.
- Have more times available for students who have a job, as well as commute when not in class.
- I am overweight and I feel uncomfortable going to Le Club. I did have a membership for three months that I never utilized. I have bought myself a year membership at the Y. I have exercised there before and I feel more comfortable. Although, if things were to change a little bit, I would consider joining after my year membership is up at the Y.
- I am not familiar with the Club, so I'm sorry I have nothing to say.
- None
- I think that the le club would definitely benefit from having tanning beds or other salon types of things. Salons are very popular with females around the college age and I feel that it would be very successful.
- Open later during the evening hours
- The Le Club Staff would be more inviting not so blah.
- designated work out rooms for men and women.
- More helpful and more friendly
- No Comment.
- Better hours.
- They could be a little more talkative. Women use the facility and often could use encouragement every now and then. Additionally, I really didn't feel very comfortable being seen by people walking outside . I have weight to lose and am female and feel self concious about people watching me work out. (when I was a member). Other than that, it is a high quality facility.
- not have so make difference machines in one area
- I know it was extremely inconvient to workout and not have showers to use. I live off campus and if showers would have been handy I would have joined this year. I am a senior and did have a membership the other three years because I lived on-campus so I could go back to my room and shower immediately.
- More speace to work out
- Inside dark, so make the center more bright...
- Trainer help customers in person
- Outreach into the faculty / staff community should be improved. Also, the possibility of faculty / staff times in the space on occasion. Certain faculty and staff members (and I have heard this many times) have trouble working out in front of their students.
- No suggestions
- I have only been to Le Club twice, but the staff seemed pleasant and well informed.
- I would like to see a place to workout where you are not on display for everyone
- I don't really know anything about it. The cost to staff was too high on our salaries to consider joining.
- More information about programs and help with a weight loss program would be greatly appreciated for not a big cost and also a bigger place for people to work out in and not seem so crowded.
- I want to lift at least 3 or 4 times a week and also eat healthy as well. Whether I am on campus or at home.

- If people who use Le Club are ISU students or belong to ISU, the fee for membership should be free. because i can exercise in basement at area for free with same effects
- Music choices
- A payment plan for the cost. It is alot to pay at the beginning of the sememster at the same time as books.
- Environment is not comfortable for me. Music is not appealing to me, too visible with windows and I want to be with older crowd.
- have never been in
- They should not turn up their noses at people who are older than them.....I was a member of but got tired of the sideways glances that seemed to say "what is an old woman like you doing here in our kids area". Also, the music is too loud and obnoxious.
- Maintain some privacy in space. Keep atmosphere professional/adult primarily, not "meat market."
- None.
- I personally am intimidated by other people being around when I excercise. I liked the aerobics class I took several years ago at the arena. But I still feel foolish because I am not graceful or athletic. Women only section would help.
- intial health assessment is unnecessary and a waste of time - if i'm signing a waiver to work out at my own risk anyways, why does my first le club experience have to involve height, weight, blood pressure etc before i'm able to use the facilities?
- Post more activities at front desk for ease
- None
- I've been on campus for almost 20 years and I don't know what is offered. I'm sure that's partly my fault, but there needs to be more awareness of what you have to offer. Something to draw the "less motivated" like me.
- Be more friendly
- Many universities have their machines for free. It should not be an extra expense here. Good health will have its own rewards for our university community and paying for it upfront is not appropriate. Additionally, the club needs to be in the arena building so that after a work out on the courts or in the pool, weight training programs and a common locker room can be utilized.
- More on education for cooking and planning meals and keeping the cost down.
- Be more active on communicating
- **THEY COULD GIVE ME A FOOT AND BALL MASSAGE**
- **mORE PROGRAMS FOR BEGINNERS**
- I would use the facility if the hours were more compatible to my work, schooling, and family life schedule. Also, since I am a single mom with three children it is difficult to find time to exercise alone at a facility because they are young. It would be really cool if it was a parent child class for family fitness becuase no one has that type of program in this area. Especially if it was a yoga/general fitness for life type of program.
- I would feel more comfortable in an area where I could work with people more out or shape like myself! Not young slender students.
- Tell peoople what's going on there and give some sort of indication about community availability.
- designated work areas or times for men and women.
- I don't know enough about to comment.

- I am unaware of the faults of the Club and would be unable to make a justified answer.
- Sign up sheets for equipment such as elliptical machines.
- Keep us off display.
- Keep machines clean and make sure that customers clean up after using a machine. Currently they do not. When I was a member I would have to clean before and after. I think that is gross and disgusting. Also, cleaning supplies were not always available. Cleaning towels or liquids were often missing.
- Small personal towels so that we can wipe the sweat off our bodies would be good.
- From what I know...Le Club Fitness Center's staff is informative and helpful.
- Provide classes that fit with class and work schedules!
- No more windows
- lower the cost
- More help using more difficult equipment
- I am just not aware of programs/services and would like to get easy access to information.
- None
- I do not personally attend Fitness Center, but I would if they sent me a form in the mail during the summer offering me the opportunity to join. I just don't have time to get info, etc...during the year.
- lower, more affordable prices
- Needs more space and have free days or just open to the public
- I actually know nothing about , its location, or its offerings.
- None
- I do not know much about the fitness center. I think there should be more information about the center, who it is for, how someone can get involved, where to sign up, and how much it costs.
- I don't know much about it
- I think a periodic health assessment would be great. Do one every couple of months or so to see your progress. Make sure this is well known to the ISU Community.
- The look of the facility
- Increase marketing for programs/classes
- Increase accessibility to facility - an uninspired student tour guide does not encourage anyone to sign up
- Target information for faculty and staff
- I can't afford the membership, but would otherwise be interested. The workout area is also fairly cramped.
- I am sorry, I don't know information about Le Club. I want to have information to see if I can fit into my schedule (staff/student) to workout more often.
- We need a rec center! That will provide more opportunities and needed space!
- If a person pays for a semester of membership and cannot attend for some reason they should be able to transfer that payment to another time slot.
- Keep showers extra clean and have a better locker situation.
- Open better hours...
- The fitness area is too small. It is stuffy in the cardio area.
- I used to belong to Le Club, but getting assistance from staff members was impossible, they were either too busy talking to each other, or to their friends.

- I am not currently a member.
- It would be nice if the students that work at the desk didn't look so bored. Often, (in the late afternoon) they will not greet you or act like you are putting them out by asking a question.
- The windows have GOT TO GO. At least put paper over them and then you can put inspirational work out tips on the inside and advertisements on the outside. I'm working out to look better (among other things) so I must feel there is something wrong with how I look...I really don't need everyone watching me work out.
- It would be REALLY nice if, the first week of every semester, Le Club had a special "Get to Know us" day (s) when it is closed to everyone except those wanting to learn how to properly use the equipment. That way, the staff can walk the new people around and they can get used to using it properly, switching the weight without feeling embarrassed that all the people that already know how to do it are watching them.
- easily accessible information (website?) membership specials/giveaways
- don't have not been there
- I am not really familiar with therefore I do not have any comments for improvement.
- I am not sure.
- see below
- bigger area, having helpful people at the front desk
- Advertise more. I think targeted announcements and e-mails would be best. It requires virtually no effort on the consumer's part to access this
- I would appreciate them offering different services based on what I have said to them in conversation.
- Make everything free!
- lower the prices and more people would come
- Drop the membership or offer one week free membership to show what they offer.
- more info around campus
- Lower the cost
- I think that obesity is an a rising problem on campuses every where and it un fair that the lower class people have to go the arena to work out when the people that have money get to work out with nicer equipment at le club. It just seems like working out should be free at both places i know i would use it if it were.
- i've never been in there
- add more machines
- lower the price a little bit.
- Be kind
- cant really say...I dont know alot about it
- NO!
- i love the idea of computer partners and computer tracking.
- i just can't see myself spending that kind of money when i have so little time. when i do work out, it's for a shorter amount of time and can't see spending money for that time.
- I would make the Le Club Fitness Center bigger.
- I don't know anything about Le Club Fitness Center
- never been there before.
- More Equipment, maybe have a personal trainer on hand
- more centralized location

- less crowded
- It would be nice if the facilities were larger. Tanning if it is included in the cost of the membership would be great. I would never go off campus for tanning ever again.
- Let it be for everyone
- There is not enough advertising. What advertising there is, it is only located near the fitness center. I am sure you have a website, etc. but I have heard little about it.
- would recommend that they get out into the residence halls to promote what they do, how to get signed up, etc.
- I would recommend a bigger center. Not enough room.
- None
- Lose the windows, people that need to work out feel awkward
- aerobics classes
- I don't know
- Allow a member to have a free pass for a friend for a one time use so that the friend could see what it is like.
- information given about everything
- make it more comfortable for older women who are embarrassed by their appearance to exercise next to hot bodies
- I have
- More sessions geared towards staff. Too many students to compete with for the machines
- I don't know much about it. But I live in Illinois, so I would like daytime or early afternoon hours. Or even early morning.
- I do not know that much!
- I can't think of any recommendations.
- More space
- So that there are more members throughout the year I would make the cost lower for the entire year, some students can't afford that after buying books. Maybe have a deal when you buy books to add it on or something like that.
- separate areas for men and women
- Areas for middle age women that do not want to workout in front of good bodies male or female. Make certain areas or days, or hours just women.
- As far as I know the Le Club staff is very helpful.
- lower membership fee or make it maybe a monthly fee for membership
- Free for staff and students
- More attractive offerings for people that are older than college age
- I would like to go to a facility where I'm not treated like an idiot because I don't know how to use the machines; where the staff shows care and concern to teach me how to use the equipment and answer my questions.
- Get rid of that glass window in front of the elliptical machines. I would join then.
- I am sad to say that I know nothing about the Le Club.
- I would love to become a member of but I think the membership should cost less so it is more affordable to college students.
- More knowledgeable in a variety of goals (weightloss, muscle-tone, muscle growth). More present and approachable.
- lower the price...
- Less crowded

- More advertisement around campus or on websites.
- I wish a membership wasn't so expensive. I can afford it, but I don't want to spend that much with my limited budget.
- More hours open in the Towers locations, especially in the morning hours.
- I don't know much about it
- Child care for students with children
- Friendlier
- I know nothing, but I would assume a friendly, well organized staff would be your best bet.
- Of what I have seen, they look really intimidating! Maybe if they weren't so buff, but just healthy maybe more people would come to the facilities
- make it cheaper or free
- lower the price a bit
- More information on costs, and programs offered as well as equipment available.
- I do not know much about it, but it looks nice.
- As answered in a previous question, don't make people work out in front of windows. People often work out because they are self-conscious about their looks and making them work-out in front of windows is like putting their imperfect bodies on parade.
- I don't know. I have only heard of Le Club, and I don't even know where it is located.
- I had a Le Club membership as a Freshman, and the biggest thing I didn't like was the feeling that the guys were in there just to watch girls work out. When I was in there, I was trying to get in shape, but I couldn't help but notice that most of the guys in there were just walking around. It was very distracting and caused me not to get another membership. I think if the staff made sure this kind of thing wasn't going on, more people would want to work out there.
- Lower membership fees for students. Larger facilities
- How I can get a membership and if financial aid can help in getting the membership paid
- I'm afraid of the windows.
- make more available hours...either later in the evenings or earlier in the mornings...i work 40 hours a week and go to classes so it would be tough for me to make it
- Don't really know the Club but would want clean and handy lockers and showers.
- I think that the machines should be farther apart so it does not feel as crowded
- Add curtains for privacy!
- Block off the windows to the fitness rooms for the comfortability of those exercising.
- I do not know of any because I have never went.
- new equipment
- Cheaper fees per year.
- None
- Do not know...I do not attend Le Club, because I can not afford it, and I live off campus.
- I have heard stories where a few of the employees make people feel uncomfortable.. that makes me not want to go there
- I think that everything is going well.
- I don't know much about Le club but am interested to learn more.
- I would like to see more brochures around campus about it.
- I guess just making sure they're available to answer questions and help with machines is good, and as far as I know, they do that.

- I haven't joined but I know that I wish it would be a little bit cheaper.
- i know nothing about it, besides when i look in it looks kind of dark sometimes.
- Not really sure since I have never used the facilities.
- I do not know alot about Le Club Fitness Center.
- I think the staff is great. All are nice and willing to help you with whatever you may need.
- I do not believe there needs to be any changes
- At this time, making a comment concerning changes would be an illusion, since I have not been introduced to the Le Club, until this survey. I have just witnessed the work out center breifly, since my employment, thank you. Now, that I am more informed from the survey, I will drop by to observe the activity workout center and maybe I can give a more accurate recommendations at a later date.
- All the fitness rooms I know have windows open for all the world to see your misstakes. That is why P.E. was so hard for me. I don't play sports good and so I don't have fun. I like walking
- Exercise classes offered at more times
- Easier payment plans, more one-on-one staff approaches
- That the fee be reduced or taken away. I think the price of it should be included along with our tuition. It doesnt make sense for us students to pay lots of money/tuition for a Firness club we cannot use, unless we pay a fee. How fair is it for students who can barely afford to pay for college, be forced to pay for a better fitness club and get stuck with the dungeon?? That is not fair at all. Everyone should have access to the nice and better equipped fitness center!
- They could it more less expensive.
- Free Membership :)
- not a member
- Perhaps reminders on the portal would be more beneficial.
- None
- When I was a member with , many of my favorite machines were also everyone else's favorite too. I would supply more of the popular machines, give those who are self conscious a seperate area with no windows and make it gender specific.
- Not sure
- Get out there and let the student body know what is going on. The only thing I know is from walking by and seeing only body building types inside (which is not my body type at all) Perhaps going to fraternities to discuss fitness plans/importance, the various plans and services offered there, and so on might be beneficial. I know that I would arrange the informational meeting for my fraternity if I knew of a contact of one contacted me since I am the engineered leadership chairman and Vice President.
- I would make the area bigger and have the Le Club Free.
- i think they are very nice
- better location. More visible to entire population.
- No comment
- They can be friendlier and socialize less with their peers. Having a pool would be a great asset.
- More Cardio equipment-treadmills, steppers, and Elipticals.

- Maybe have the Blumberg & Rhoads open on Friday and Saturdays for at least a little while. Maybe 3-4 hours on the weekends.
- Two staff members on duty instead of just one.
- New recumbent bikes!
- more personal trainers
- to get more benches and more variety of machines and bring in specialist for health assessments and classes
- Better Hours later into the night to better accommodate students.
- The staff does an unbelievable job, they should all be given raises and more benefits. I think overall Le Club is outstanding and there should be no changes
- They are fine.
- When a machine is not working I would like to see the machine be fixed in an appropriate manner.
- I love working out at Le Club....Just keep the hard work!!
- The only thing is that when I joined the club, no one informed me of the other programs they had, like the exercise classes.
- I think they do a pretty good job right now, I wouldn't change anything.
- I think that they should be a little more involved in the signing up process. Maybe go through all of the machines and let the people know what and how to use them.
- For the most part I am very happy with my experience. However, there are times that the music is way too loud, staff could be more helpful and friendlier. We need more room, way too crowded.
- more staff on the floor to assist and answer questions
- Nothing the staff is young energetic and helpful.
- I really like being around the Le Club Staff, most that I am around are highly energetic and willing to help. I think it would be better if we had a sauna or jacuzzi in for relaxation purposes.
- No change
- the instructor being more interested in working harder than the students/class
- If the employees would walk around and if they noticed that you were doing something wrong with a machine they would show you how to correct it.
- I think the staff is very friendly and helpful. The staff seems very knowledgeable and motivating.
- Personal radio or TV would be useful
- Spread the machines out more by adding more space. Not enough room at all. Don't allow the temperature to be so cold, sweat is good for the body. After all, people are working out, they are supposed to sweat. Get more free weights, with a variety of different pounds. The females that go in Le Club might want to lift weights just to tone, not to become bigger.
- More room
- I can't think of any changes. The staff is always friendly.
- More space
- nothing, if I need them they are there and helpful
- Great Job on all aspects
- Some changes that I would make is to definitely make it much bigger and a much more variety of machines so you're not waiting around all the time for one.

LeClub Fitness Center Survey 2006  
OPEN ENDED RESPONSES – NON-MEMBERS

**What fitness, nutritional, or other health related educational topics are you most interested in receiving information about?**

- Cooking nutritiously
- Diet plans, nutrition, weight loss
- How to lose belly fat around your back and stomach and keep it off
- Developing a personal exercise/nutrition plan to target certain aspects of my health
- A good work out program for someone my size
- How to keep track of and log nutrition
- A good fitness plan by someone who knows what they are doing
- How to do the machines
- Efficient work-out plans for certain body types
- Everything possible
- Nutrition, how to eat correctly
- Weight gaining, strength training, jump training (vertical increase)
- Meals, way to tone
- Low carb food
- How to eat better in our cafeterias
- Nutrition
- Weight loss, cardiovascular health
- low cost, healthy meals
- Meal proportions.
- Don't know.
- Body building
- Anything
- Gaining muscle tone and size and maintain flexibility while playing athletics
- Knowing what would consist of a healthy work out routine
- more interested in water aerobics.
- The health benefits of the foods served here.
- None
- food nutritional
- How women can keep their heart and kidney healthy
- More things to work on you abs for women and to make you but bigger for black women so white broads will stay in there place
- i'm totally in the dark about the times, price, and all of it really.
- Personal training
- Yoga and Pilates are the two forms or exercise I have been trying out at home. I think guide books and online tutorials or recommendations would be a nice benefit of membership.
- healthy cooking, how to eat healthy in a school cafeteria
- fitness, food
- none

- nutritional quick meals that i can cook
- Weight management, and nutritional meals. How to get rid of certain flabby spots on my body.
- Calories per ounce for various foods
- I personally know how to get into fit.
- Losing fat and gaining muscle.
- Weight Management, and Body tone, and nutrition.
- None
- Nutritional
- Nutrition and cooking classes.
- None
- Weight management and strength training programs.
- Weight Management and Healthy Cooking
- Building a balanced diet
- What I need to eat in order to be healthy, but yet be effective to gain muscle mass. Also if and when I decide to try and get "cut" I would like to know what foods would be good to eat. Along with beverages that would be good.
- About weight loss and toning of body.
- What is truly healthy for your body to eat. Vitamin source protiens, skin healthy foods and drinks.
- Healthy eating with little money
- Any that I may have checked
- Circuit training
- health related knowledge
- none
- Proper handling of weights and machines to bring the most benefit.
- Healthy nutrition plan
- How to make up my own fitness plan. Nutritional information.
- Diets that arent fad based, diets best for certian body types.
- How to properly weight train, as a female not wanting to build mass. Rather, a way to supplment a healthy lifestyle (rather than through cardio only).
- weight loss
- weight training and pilates
- what foods to intake based on what results you are looking for
- how to balance my body weight...
- A fitness routine structured for me and the areas of my body I need to focus on.
- No suggestions
- I know what to do, I just don't want to do it.
- Managing stress and improve over all health.
- arthritis related workouts
- Meal Plans for healthy eating;
- Weight loss excercise plans to maximize my time and lose weight.
- About how I can maintain a good healthy eating lifestyle.
- Dieting program for overweight people.
- None

- eating healthier in a college environment since the cafeteria and commons are exactly filled with nutritious foods
- weight management
- firming up, building endurance and flexibility. Proper diet. Weight management/loss. I attended the pilates/yoga classes but it was in Human Resources Department and I got over heated and it was crowded. Best intentions but improper space.
- Not sure what can be offered or what kind of info you could get from something like this.
- Diet and Exercise
- Hours is opened, classes offered, associated costs, rules, etc.
- Finding food that satisfies but is not real fattening.
- I like to walk but I would also like to find out about using light weights for muscle toning.
- not interested. i'd rather research it on my own.
- nutrition facts on what is served in the cafeteria or commons
- women's health
- Weight loss, controlling high blood pressure, and controlling or managing stress.
- Finding a diet that works for me.
- Maintaining that diet.
- Exercises that get the most results.
- Maintaining the leanest body I can.
- Aerobics or dance classes
- VIAGRA
- NUTRITIONAL FOODS
- Diabetes management and how to work in workouts when you have no time.
- I would like to have personal programming that would work for my physical abilities (I have very bad knees and cannot use alot of the equipment.
- weight loss
- Balanced nutrition
- Yoga classes by a trained professional would be fantastic.
- Anything that deals with back injuries is important. There are so many differing ideas about how to treat back pain. By the same token, I would be interested in a program addressing asthma.
- What ways to simply improve my diet that I would be comfortable with maintaining.
- good food to eat, best way to stay healthy
- How to lose weight doing a healthy diet.
- muscle tone
- I would like to receive information on how to plan a healthy-eating/exercise program for myself that I can do on my own and also check in with a professional to make sure I'm doing the things correctly and to check my progress.
- For the heart
- fitness is the one I'm interesting in.
- developing a personalized fitness program with weight-reduction as its primary goal
- healthy food
- none
- How to put together an effective work out and how to eat healthy meals inexpensively on a college campus

- Good workout plans
- How to create an effective workout.
- where to get free: blood pressures checks, mammograms, sugar checks, etc.
- Nutrition
- How to improve my health and tone my body conveniently and within my schedule.
- Anything
- eating healthier by using more organic foods
- Those who may be insulin resistant and do not lose weight easily with exercise and/or diet.
- Expertise when it's appropriate to up your exercise routine (how much is not enough or too much), how to manage the machines and when to use heavier weights.
- Cardio
- I'm interested in diet - not for weight loss, just to feel better. I even have trouble maintaining my weight because of a medicine I'm on. But I have no idea how to do that healthily. I just do it through McDonald's.
- I would like to have more information on motivation tips...What do people do to stay motivated? I mean people not "in to" working out.
- Healthy cooking
- lists of nutritional/diet foods
- I am interested in obtaining a diet plan that specifically fits to my needs.
- dance options available
- controlling body weight
- nothing really. i know plenty as it is.
- increasing muscle
- I would like to have personal trainer to show the quickest easiest way to tone, sculp and better my body.
- overall health
- none
- nutrition that builds muscle
- yoga
- living/eatin right in the dorms!
- Learning how to generally know what my calorie intake it, just by taking an educated guess. And substituting unhealthy foods with healthy ones.
- None
- Nutritional take in, muscle building exercises
- Trimming down
- How to build strong muscle and how to become tougher mentally and Physically
- overall health
- core training
- I know very little about these topics. I would be interested in a program for "beginners" people who never really took exercise seriously before and would like to start but are self-conscious and don't know where to start.
- weight management, increase muscle tone
- Maintaining a nutritional and simple to follow diet plan.

- developing a health and exercise routine/program that is practical for my life...I have a lot of other commitments and exercise seem to fall at the end of the list. So finding a way to be successful would be important.
- Lower body workouts
- None
- Healthy eating on the go
- Cooking
- learning about different programs
- toning, balance
- nothing
- I am interested in fitness and nutrition as it relates to middle age issues.
- A personalized program to fit my needs and schedule.
- Making nutritional meals that are cheap and quick.
- I would like to see some pamphlets about yoga and programs like that.
- Weight management
- different types of diet and exercise plans
- changing the way that I eat and cook
- I would be interested in finding out how to stay active when you come to college. If you were very active in high school and you don't do sports in college, it can be very hard to get motivated and stay there.
- how to eat healthy on the college campus. how to work out regularly with a tight schedule
- Weight loss
- Staying fit while maintaining a busy lifestyle
- Personal training
- Proper eating when getting fit
- Weight loss
- How to lose weight and tone what I do have.
- weight loss / managing diabetes
- none
- Stop smoking info or sessions.
- Cooking healthy.
- how to manage your weight
- Eating healthy
- healthy diet and cooking
- How to maintain my weight and keep fit
- Diets
- Nutritional
- Nutrition
- Weight management
- Muscle gain, weight gain
- I would like more information on how to eat healthy here at college with our cafeteria
- Weight management/loss, and a planned meal plan
- weight management
- diabetic plans
- none

- Workouts available, and nutritional information dependant on what someone is trying to accomplish.
- Pesco-lacto-oveo vegetarian diets
- Stress management
- I can't think of any others.
- Pilates information. Cookinf for a healthy heart.
- A couple months ago I joined Weight Watchers online. Their website has a lot of information about healthy eating, staying fit, and has a community forum where people trying to get healthy can talk to other people still trying or people that have succeeded. These forums allow members to share recipes or exercise ideas, etc. If Le Club would offer something like that, I think people would love to join.
- I'm interested in all of the health and nutritional programs mentioned in the above questions.
- HOw to eat a healthy diet
- healthy eating and being fit
- cardio wworkouts
- How to eat healthy but still be able to afford it, and a specialized exercise program that will help me gain strength and endurance.
- Sugar intake, diabetes.
- Weight loss
- How to eat health and keep up with it. How to exercise and keep up with it.
- Carbs & fats
- None
- \Weight training programs
- Exercise Programs
- Summer Programs(?)
- Cooking Low Cost nutritional meals
- Learning about meal plans and exercise routines.
- Just on how to get back to being healthy.
- Healthy recipes and cooking healthy foods that my whole family would eat.
- How to manage your weight properly.
- Specialized diets like for diabetes and specialized workouts for people with health problems like arthritis and tendonitis.
- I would just like a meal plan based on my weight and my height that best suits me. I would also know how much I should excerise a week and for how long should I exercise.
- How to eat more better.
- Eating healthy and keep weight in controlled range
- I like to recieve information about the new increases fat-burning pills.
- Making diet meals for less.
- I am an avid raquet ball player and work out regularly with an ab ball. I have always been concerned with my life style and diet, so info related to these areas are of not much concern at this time in my life.
- Natural herbs and healthy foods that relate to health. I'm really interested in herbs other then pills. Example is benefits of green tea, or mints.

- best nutrition for my body, eating nutritious meals
- Personal exercise planning to get into shape
- any and all
- eating habits.
- How to become more toned, gain more weight(in a healthy way), and just get over all big.
- None
- women's health
- staying healthy in college
- staying healthy after college
- I'd like to receive information about RA, how to keep my calorie count low while eating on the go, and how to target my problem areas better.
- Weight loss and muscle tone.
- Healthy diets that are affordable, activities or habits outside of the gym that will help in gym performance and achievement. Not really certain, I just exercised for high school sports mainly, and that was what a coach told me to do, and it wasn't explained as to what all it would do for me.
- Workout routines

LeClub Fitness Center Survey 2006  
OPEN ENDED RESPONSES – NON-MEMBERS

**Please provide any additional comments in the space provided below:**

- Trying to maintain a healthy plan and keep it is hard
- I like Le Club and think it is very effective if you really want to continue to be healthy and work out.
- Le Club is too costly for college students to join
- Fitness is a big deal – you just need to make the unfit realize that and that being unfit is mostly their fault.
- Enjoy working out when I have time and money
- excellent survey, really couldn't have been any better or easier to follow...keep up the good work At the new rec center i would like to see the students being able to use different rooms for their own convience and not for people outside of the school.
- None
- I really think it is bullshit that we have to pay for something that is provided on campus just like with meal plans you all want people to coee out of money when there is no need too!!!!!!!!!!!!!!
- you need to advertise more (non-statesman).
- I just want to have the money, so that I can join.
- None
- I think everything is a good idea as long as if does not cost to much especially for students because students are poor and dont have money to spend on health clubs and all of there extras
- None
- good job
- I would like to get a membership, but the membership is kind of up in price rage for college students.
- Le Club needs to make their more website widly known and add more information that your average college kid could use. Another way to attract people would be to hire some trainers and people who can reccomend safe supplements.
- None
- I am currently not a member of le club, but i am very interested in joining as well as getting a personal trainer.
- If you can reduce the annual membership; or say allow student discount. As well as, do you offer monthly memberships also?
- I think everyone should use that attend ISU. A healthy life is a healthy life, people are just ignorant to the etrue facts about nutrition.
- None
- None
- No additional comments
- I think if it wasnt so crouded it would be easier to work out there.
- Could create a special program for men/women that includes classroom training and workout training focused on lifelong exercise strategies.

- Before she graduated, I worked with Jennifer Husband. She was one of your best employees. It is a shame that you lost her.
- Nothing
- No suggestions
- It isn't anything with Le Club - I just don't like to work out in front of people I know.
- The "perfect" exercise environment would be away from everyone and everything. Since that is next to impossible, a secluded spot with no windows would be great. List times when a certain location is usually not busy and/ or busy. (I have no idea if you already do this)
- If the cost could be lowered, more people would join. Thank goodness there are free classes and places to workout!
- I want to learn more about Le Club and ask if I can get a brochure as well.
- expensive. we have the basement at area for free.
- None
- It's hard to respond to some of these questions because I don't know what the equipment is or does.
- Anything I do would have to be on my lunch hour. That greatly limits what I can participate in.
- Otherwise, I think what you do is a tremendous service to the campus community!
- Shouldn't be so expensive
- I am not on campus
- Thanks you for this opportunity for our input.
- Thanks for providing this survey!
- THIS SURVEY SUCKS
- Water classes would be terrific, but the water class here is only offered during the lunch time. I have tried to go after work, but waterwalking is almost impossible with other individuals doing lap swime and just horsing around.
- This questionnaire is cumbersome--the "I'm not
- at all interested" categories are unnecessary and
- got in the way of completing this task in a
- reasonable amount of time!
- - Instruction on proper form ("how to") builds competence.
- - Guidance on setting and reaching goals gives hope and direction to us novices.
- - Personal support and encouragement helps overcome feelings of inferiority and/or intimidation
- The facility is always too crowded. Machines are not always repaired promptly when they break down. I was a member last year January - May. I did not renew because I found that I could not use the elliptical trainers. These are basically the only aerobic machine I can use because of knee and back injuries. There is neither a time limit nor a sign up sheet so at times I would wait to use a machine and someone would step in ahead of me (usually as I was trying to get cleaning materials) and I wouldn't be able to get in my workout. I also absolutely hated being on display for the whole school.
- None
- The is great
- I would like to see Le Club provide Yoga and/or Pilates classes. I've taken them in the past and they're very fun. It's hard to find any around town for a reasonable price.

- I have to check my paystub...May still be paying for a membership. Had an injury and never got back into the routine of working out, though I need to.
- I just like to have more information about what has to offer.
- I would like to get real good fruity drinks, and
- real cold bottles of water, and fresh juices on site...
- My ethnicity is none of your business and I can't guarantee that I chose the correct one. You put the option of 'other' on there, but when I tried to submit the survey, it came back saying that was invalid. What did you even put the option of 'other' on there for if you wanted to know so badly?
- None
- The biggest issue preventing me from exercising at is how different my body looks from the average college student. I will never join as long as the machines are in front of windows in full sight of the casual observer, or there are only fit young students exercising in exercise bras and tiny sweat shorts - or even worse, spandex. Perhaps your mission is primarily to provide a place that promotes exercise for young adults. If this is so, you are doing a good job. There is no comfort level there for me. So, if wants to tap into the older demographic, changes would have to be made.
- i used to be a member but in many cases time does not allow for me to work out and what not
- =)
- Hiya! How ya doin'? Thanks for this AMAZING survey!
- None
- I never have been shown Le Club and what they have to offer. I have been to the FREE dungeon and their equipment works fine and is what i had in highschool. our highschool had cutting edge machines as well.
- I don't know too much about it but having a lot of personal help would be good
- le club is cool
- looking forward to new space
- no
- great place to workout, just can't see myself in there right now
- none
- none
- I think for people who may not familiar with workout equipment and may be overweight, it can be a scary and overwhelming thing to be in a situation to have to workout in front of others that are already in really great shape. I think working on that stigma may be helpful.
- Help with the arena's weight room
- None
- With tanning i would like to see spray tan
- From what I hear is a pretty nice place to workout.
- not at this time
- to offer
- More cost effective for graduate assistants
- There is not enough information out there.
- Just making it more cost effective.

- Stop putting workout equipment in front of windows. Men gawking as they walk by might enjoy it but it is highly uncomfortable to those who are using the machines.
- I hope will change to accomidate the employees here at ISU that wish to better themselves.
- I am glad that this survey mentions child care. Working all day and then going home at night to a child, this is important to me. It doesn't have to be every night, but maybe a 1 night a week "parent work out time" - lets parents network, and gives us child care for our kids while we work out.
- At other institutions where I have worked, usage of facilities was free to students and staff. I don't know what changes are coming with the new rec facility, but I hope facilities are accessible. My spouse keeps asking me to look into exercise options on campus. For spouses, the parking issue alone would preclude it from consideration if the price is similar to other options in Terre Haute.
- I really miss belonging to a health club. I can feel the effects of not working out anymore!
- None
- I would be more interested if I simply knew more about what you have to offer at Le Club.
- A variety of classes and times. Schedules are tight and constantly changing. Set up so the same class can meet at a couple different times to fit different schedules.
- None
- More people would use if it was bigger.
- I hate exerciseing but have been diagnosed with diabetes so I have to, but I won't go there it is too crowded.
- I think is a great organization. I just think they should expand out more. Physical Science majors have access to the information than others.
- I think it is great that ISU offers the .
- I would love to get involved in Le Club but I need information
- woooooooooooooooooooo.
- Certainly information via email is really a great idea in order to make people aware of anything related to the fitness center. People would probably rather read an email than go to the fitness center directly to find out about a fitness facility. The people who do not feel good about themselves and should be exercising are the ones who probably do not want to go to the fitness center to find out about the facility. They would rather read the website and then feel more confident in what they are doing once they decide to go. Also knowing what is offered via a website or email might really entice people.
- I am an older student and would be less interested in the social aspect of a fitness center but extremely interested in the health aspect. The younger students might think otherwise.
- I do not have anymore!
- I would like to see expand, maybe by bringing the 's to one general location where it could be bigger.
- None
- Always thought Le Club looked great, just wasn't conveyent financially or with my commitments
- good job
- none thanks!

- I always see a lot of people in and I just want to say that it's a nice activity center on campus and I would like to be apart of .
- Good survey, hope my response will help.
- The survey was interesting and informative giving me some influence toward visiting the center. Thank you.
- Great fitness center
- That the fee be reduced or taken away. I think the price of it should be included along with our tuition. It doesnt make sense for us students to pay lots of money/tuition for a Firness club we cannot use, unless we pay a fee. How fair is it for students who can barely afford to pay for college, be forced to pay for a better fitness club and get stuck with the dungeon?? That is not fair at all. Everyone should have access to the nice and better equipped fitness center!
- I like running with a big pole :)
- I love working out..sometimes i wish i knew what i was doing in some situation and what part of my body that i was affecting by working out.
- I liked this survey, made me feel more self-aware.
- I would definetly use the additional services that were mentioned!
- I think that for the most part, our facility and its staff members do a great job!
- A payment plan would be nice.
- I think it would be interesting to set up an informational session for my fraternity to discuss the benefits, options, and various topics that relate. If this is something that is done through your gym, then drop me a line at [chammond1@mymail.indstate.edu](mailto:chammond1@mymail.indstate.edu)
- I think that since there is an increase in obesity in Indiana that the University should offer the Le Club free. Students already pay enough money to go to school at ISU. Most college students cannot afford workouts.
- i don't work out because i really don't have time because the only free time i have is really late at night and by that time i'm tired and the is closed.

## Appendix D

### Sport Management Consultants

Project consultants participated in the *Formative Evaluation for the LeClub Fitness Center* in partial fulfillment of course requirements for RCSM 604: Research in Sport Management (Spring 2006).

#### **William L. Allison; BS, MS-c**

William Allison is a graduate assistant in the Department of Recreation and Sport Management at Indiana State University. He is also the throw coach at Terre Haute South High School. During the summer of 2006 he will be the acting assistant director of community, media and public relations for the Seattle Thunderbirds. Mr. Allison has had vast experience completing research projects for professors and class work during his stint at ISU.

#### **Adam L. Blackmore; BS, MS-c**

Adam Blackmore is in his second semester at Indiana State University. He is enrolled in the Masters of Science program with Sports Management being his area of study. He achieved a Bachelors of Science degree in Recreation Administration from Missouri Western State University in 2004. While at Missouri Western he served as an athletic department intern for two years in the event management field. He plans to pursue a career in Professional sports event management and marketing when his time at ISU is complete.

#### **Kristin Bright; BS, MS-c**

Kristin Bright has spent the past three years working in various areas of Division I Intercollegiate Athletics, primarily men's basketball, and is currently a Graduate Assistant within Indiana State University's Student Academic Services Department. She has served on several NCAA event planning committees, has received numerous awards for outstanding dedication and service to various community service organizations, and is a proud member of Pi Sigma Alpha, The National Political Science Honor Society.

#### **Andre Forte; BS, MS-c**

My current work experience comes from my internships at Indy Parks and Recreation and Terre Haute Parks and Recreation. My leadership abilities come from being a captain of the Indiana State Football in 2005. My aspired career position is to be head football coach at the collegiate level.

#### **Ming-Pei Hung; BA, MS-c**

Ming-Pei Hung who comes from Taiwan is a first-year graduate student at Indiana State University. She has participated Internet sport media for one and half years and had focused on news reporting. Moreover, she has created the first fantasy basketball and baseball games and promoted those games to an audience in Taiwan. Upon graduating, Ming-Pei aspires to work in a sports media department.

**Jamie L. Hurst; BA, MA-c**

Jamie Hurst is currently a graduate student at Indiana State University pursuing a Masters degree in Sport Management. Her research is concentrated on athletic department recourse allocation at the Division III level. Concurrently, she also serves as the Assistant Softball and Volleyball coach at Rose-Hulman Institute of Technology.

**Benjamin C. Kappes; BS, MS-c**

Benjamin Kappes is a Graduate Assistant in Student Affairs for the Student Activities and Organizations office. He would like to work in the front office of baseball or football and working his way up to being general manager of a professional sports team organization.

**Eric L. Kelly; BS, MS-c**

Eric Kelly is the assistant boys varsity basketball coach for Terre Haute South High School. A native of Chicago Illinois, he played collegiate basketball at Beloit College in Beloit, Wisconsin. He hopes to coach college basketball upon completion of graduate school.

**Eun-Hye Kim; BS, MA-c**

Eun-Hye Kim completed her bachelor in the Department of Physical Education and Business Administration in South Korea. She is a candidate for the Master degree in the Department of Recreation and Sport Management at Indiana State University. She serves on the softball team with the Indiana State University as a manager. She is a member of the Indiana Association for Health, Physical Education Recreation and Dance. She aspires to earn a doctoral degree in Sports Management.

**Lucas Koenecke, BS, MS-c, CSCS**

Lucas Koenecke is an assistant supervisor for Le Club at Indiana State University. He has been involved in the fitness and health field for five years. His experiences include a diversified population of clientele. Not only has Lucas worked with the general fitness population but also with a variety of athletes as a strength & conditioning specialist.

**Aristodemos Kolocassides; BS, MS-c**

Aristodemos Kolocassides studied for his Bachelors degree in Business Administration with a minor in Tourism Business at the University of Derby in England. At present he is doing his Masters in Sport and Recreation Management. He worked at part time jobs in tourism operators and in other business organization .He has been involved with numerous sport teams in Cyprus and his ambition is to work in the Sports Industry.

**Ju-Chun K. Liang; BS, MS-c**

Ju-Chun Liang was the sales executive in the department of marketing and promotion for the Chinese Professional Baseball League. He has been involved in the sports marketing area for two years. Moreover, he was one of the promoters of the Taiwan Flag Football Club, and a chief director of mini training camp for introducing Flag Football. He has written a number of articles on sports marketing and leadership.

**Darin M. Rohrbach; BS, MS-c**

Darin Rohrbach is in his first year of graduate studies at Indiana State University. He has worked in the area of sport and recreation for seven years. For three years, he was employed by the City of Danville, IL, Parks Department. He has coached junior high and high school athletics for four years. Upon graduating, Darin aspires to work in campus recreation and/or intramurals.

**Sean Sinclair; BS, MS-c**

**Anna M. Van Wetzinga; BA, MS-c**

Anna Van Wetzinga is currently a graduate student in Indiana State University's Sport and Recreation Department. She is currently pursuing her masters in Sports Management. She also serves as a graduate assistant for the softball team at Indiana State.

**Michael L. Vander Heyden; BS, MS-c**

Michael L. Vander Heyden is currently in his first year as a Graduate Assistant for Intramural Sports and Athletic Facilities at Rose-Hulman Institute of Technology, which is located in Terre Haute, Indiana. He is from Mishawaka, Indiana and a graduate of Penn High School. Michael is pursuing a career in campus recreation and his ultimate career goal would be to serve as a Director of a Campus Recreation department.

**Anthony B. Veloso; BA, MA-c**

Anthony Veloso is anticipating completion of his graduate Sport Management program from Indiana State University in June. His time at ISU includes being a current student member of the Academic Integrity Committee, the Department of Recreation and Sport Management representative to the Graduate Student Association (Fall 2004) and the Graduate Student Association representative to the Graduate Council (Fall 2004). Academically, he is currently part of and leading a group of undergraduate and graduate students in a feasibility study on minor league baseball in Terre Haute, Indiana and as part of an internship, he recently worked with a minor league football franchise as an administrative assistant and assistant coach. Professionally, Anthony has spent time as a fully licensed investment banker, business owner, advertising representative and manager. He aspires to coach football at the university or professional level and/or work in the front office of a professional sports franchise.

**Deanna M. Watson; BA, MS-c**

Deanna M. Watson is currently working part-time at the law firm of Wooden & McLaughlin in Indianapolis, IN. This is her first semester at Indiana State University in the graduate Sport Management program. After graduation she would like to use her degree to be involved with the community relations department of a professional team.

**Abby J. Yackle; BBA, MS-c**

Abby Yackle is a Sport Management graduate student at Indiana State University. She received her undergraduate degree at Pittsburg State University with an emphasis in Marketing. She is currently working as a graduate assistant for the Department of Recreation and Sport Management and as an intern in the Terre Haute Parks and Recreation Department. She has worked in the recreation industry for the past eight years and hopes to continue in the community sport and recreation sector.

**Kimberly J. Bodey, EdD, CSCS – Project Coordinator**

Dr. Bodey is the instructor of record for RCSM 604: Research in Sport Management. She has compiled evaluative data in conjunction with the *Lake Wedington Project*, a natural resource management partnership between the University of Arkansas and the US Forest Service and has served as a project consultant on the *Dog Patch Feasibility Study* for the Newton County (AR) Resource Council.