

# **Group RecXercise Classes**

## **Department of Recreational Sports**

### **Fall 2017**

#### **Background**

According to its website (<http://recsports.tamu.edu/>), the mission of the Department of Recreational Sports is to “provide quality programs, services and facilities to a diverse Texas A&M community. We encourage the lifelong pursuit of active healthy lifestyles, and enhance student development by providing leadership and employment opportunities.” The department offers a variety of exercise classes to members for an additional fee. Most of the attendees are students, but faculty, staff, spouses, and community members can also join with a membership fee. Each class is taught by a trained instructor. Classes are offered at a variety of times during the day and week.

Approximately every other year Rec Sports assesses the exercise classes to address concerns and make improvements. This is the fourth time Student Life Studies has helped with this assessment.

#### **Method and Sample**

The survey was designed using Qualtrics®, a software program that creates web-based surveys and databases. Of the 49 questions on the survey, 41 were quantitative, four were qualitative, and four were demographic. The data was analyzed using SPSS®, a statistical software package, and Microsoft Excel®.

The web-based survey link was distributed via email on September 28, 2017, to those who had purchased some type of pass for Group RecXercise classes over the past two years. Non-respondents were sent up to three reminders in order to increase response rate. The survey was closed for analysis on October 12, 2017. Of the 2,957 members who received the survey, 688 completed at least part of it, providing a 23% response rate. This was a slight increase (2%) compared to the 2015 response rate.

#### **Results**

Results include frequency percentages, means, and standard deviations (sd) for the number of people (n) who responded to the question. For ease of reading, frequency percentages have been rounded to the nearest whole percent, so totals may not add up to exactly 100%. In addition, summary themes are contained in this report; the full qualitative responses can be found in a separate document. All tables are listed in descending order of the 2017 responses. Comparisons to the previous year are made where appropriate.

The first set of questions asked about respondents' exercise behavior. Respondents were asked about the most common time and day to attend a Group RecXercise class through a check all that apply response option. Tables 1 and 2, on the following page, show that evenings and Monday through Thursday continue to be the most common times when members attend RecXercise classes.

<b>What is the most common time for you to attend a Group RecXercise class? (Check all that apply)</b>	<b>Fall 2017 Percent [n=634]</b>	<b>Spring 2015 Percent [n=382]</b>	<b>Spring 2013 Percent [n=297]</b>
<b>Evening (5 - 7 pm)</b>	74%	64%	46%
<b>Afternoon (2 - 5 pm)</b>	33%	39%	22%
<b>Night (7 - 10 pm)</b>	30%	30%	11%
<b>Morning (6:30 - 10 am) *</b>	22%	37%	14%
<b>Noon (12 - 2 pm)**</b>	10%	10%	7%

Table 1—Time to Attend Classes

\*Morning Response Options were 6 - 9 am and 9 - 11 am in 2013 and 2015

\*\*Hours were 11 am - 2 pm in 2013 and 2015

<b>What are the most common days for you to participate Group RecXercise? (Check all that apply)</b>	<b>Fall 2017 Percent [n=632]</b>	<b>Spring 2015 Percent [n=381]</b>	<b>Spring 2013 Percent [n=306]</b>
<b>Wednesday</b>	70%	75%	73%
<b>Tuesday</b>	69%	74%	73%
<b>Thursday</b>	69%	75%	73%
<b>Monday</b>	67%	72%	68%
<b>Friday</b>	48%	49%	40%
<b>Sunday</b>	33%	26%	22%
<b>Saturday</b>	26%	21%	22%

Table 2—Days to Attend Classes

When asked, on average, how many days a week they participated in Group RecXercise, 36% of the respondents said 1-2 days, 37% said 3-4 days, and 7% reported five or more days. Additionally, 21% indicated that it changes every week. Compared to 2015, 44% of the respondents each said 1-2 days and 3-4 days. In addition, 8% reported five or more days and 4% indicated none.

Using a check all that apply option, respondents were asked about the factors that keep them from attending Group RecXercise classes as often as they might like. Table 3, on the following page, illustrates that members continue to feel they do not have enough free time to attend classes. Those who selected "other" were provided the opportunity to write in a response. Scheduling conflicts and Group RecXercise class times were the most common write-in responses. Others included being intimidated, there not being enough bus stops near the Rec Center, the additional fee for the classes, and classes being crowded or not enough equipment.

<b>What are factors that keep you from attending Group RecXercise as often as you might like? (Check all that apply)</b>	<b>Fall 2017 Percent [n=629]</b>	<b>Spring 2015 Percent [n=381]</b>
<b>Not enough free time</b>	70%	61%
<b>Parking</b>	28%	34%
<b>Class not offered that you like</b>	28%	32%
<b>Travel time from home or school</b>	25%	18%
<b>Too crowded</b>	10%	‡
<b>Other</b>	7%	21%
<b>Attending another workout facility</b>	3%	5%

Table 3—Factors Impacting Attendance  
‡ Question not asked

To understand the marketing of the classes, respondents were asked how they found out about the classes. Table 4 indicates that friends/word of mouth and the Rec Sports Guide were the most common means. The respondents that selected “other” wrote in responses including Kinesiology class, Fish Camp, going through the Rec Center, the free week of classes, friend, fraternity, and Wellness Works emails.

<b>How did you find out about Group RecXercise classes? (Check all that apply)</b>	<b>Fall 2017 Percent [n=628]</b>	<b>Spring 2015 Percent [n=382]</b>	<b>Spring 2013 Percent [n=306]</b>	<b>Spring 2011 Percent [n=612]</b>
<b>Friends/Word of Mouth</b>	52%	44%	49%	55%
<b>Rec Sports Guide</b>	47%	50%	46%	‡
<b>Rec Sports website</b>	30%	32%	37%	28%
<b>Rec Center advertising</b>	18%	25%	18%	45%
<b>MSC Open House</b>	5%	4%	4%	2%
<b>Rec-a-Palooza</b>	4%	‡	‡	‡
<b>Other</b>	3%	3%	1%	3%
<b>Rec Sports Facebook page</b>	2%	1%	3%	<1%
<b>Instagram</b>	2%	1%	<1%	‡
<b>RecTV</b>	1%	1%	1%	2%
<b>Snapchat</b>	1%	‡	‡	‡
<b>Twitter</b>	<1%	3%	3%	‡
<b>Residence Halls</b>	--	‡	‡	‡

Table 4—Marketing  
‡ Question not asked

Members need to purchase passes in order to attend most of the classes. Table 5, in order of the semester term on the following page, demonstrates the percentage for the types of passes each semester. The summers had the highest likelihood of members not having a pass. Additionally, members had some form of passes more in the spring semesters than in the fall semesters. Furthermore, the unlimited first week pass on sale was the most common pass purchased of the types of passes available for all semesters.

In the past two years, what type of pass did you purchase for each semester?	Unlimited Pass	Unlimited First Week Pass on Sale	Mid-Semester Hall Price Pass	I did not have a pass this semester	n
Fall 2015	8%	18%	1%	73%	544
Spring 2016	9%	19%	4%	68%	547
Summer 2016	3%	8%	2%	87%	513
Fall 2016	10%	26%	3%	61%	554
Spring 2017	14%	29%	2%	55%	548
Summer 2017	6%	9%	1%	84%	528
Fall 2017 (current semester)	13%	42%	1%	45%	569

Table 5—Pass Types

Members were asked why they attended Group RecXercise classes using a check all that apply formatted question. Table 6 reveals that strength building and stress management were the most common factors for why members attended. Alternatively, it being a class requirement was the least common factor. Those selecting the “other” response option were provided the opportunity to write in a response and those included training for a triathlon, variety from the classes, improve fitness, stamina, and generally to have a more healthy lifestyle. This was a new question on the survey and therefore there are no comparisons.

Why did you attend Group RecXercise classes? (Check all that apply)	Fall 2017 Percent [n=628]
Build strength	68%
Stress management	67%
Fun	64%
Weight management	61%
Build endurance	56%
Motivation	53%
Flexibility	30%
Social environment/Community	22%
Class requirement	4%
Other	2%

Table 6—Reasons to Attend Classes

Some of the classes provide equipment to help members meet their fitness goals. Respondents were asked whether the pieces of equipment were effective or not effective. The Not Applicable and not answered responses were removed from the percentages. Table 7, on the following page, illustrates that most of the equipment is considered effective, with body bars/hand weights remaining the most effective pieces of equipment. Similar to the previous years, gliders were rated as least effective. Most equipment was rated similar to the previous year; however, there was an 11% increase in the effectiveness of the resistance bands/rubber tubing between 2015 and 2017; which make it similar to the results from 2013 and 2011.

How would you rate the <i>effectiveness</i> of the following equipment in meeting your fitness goals?	Fall 2017 Percent Effective [n]	Spring 2015 Percent Effective [n]	Spring 2013 Percent Effective [n]	Spring 2011 Percent Effective [n]
<b>Body bars/hand weights</b>	99% [470]	98% [273]	99% [206]	98% [401]
<b>Medicine balls</b>	97% [377]	96% [222]	95% [147]	96% [353]
<b>Schwinn Bikes/Consoles</b>	97% [365]	95% [198]	‡	‡
<b>Stability balls</b>	95% [326]	91% [215]	96% [169]	93% [304]
<b>IndoRowers</b>	94% [220]	95% [124]	‡	‡
<b>Steps/Slanted risers</b>	94% [432]	93% [240]	94% [212]	97% [444]
<b>Yoga mats</b>	94% [521]	87% [254]	93% [209]	90% [408]
<b>Blue mats</b>	92% [461]	89% [250]	88% [202]	94% [474]
<b>Pilates balls/Rings/Mini bands</b>	91% [370]	91% [202]	95% [166]	94% [332]
<b>Jump ropes</b>	91% [290]	89% [165]	93% [180]	‡
<b>Resistance band/Rubber tubing</b>	89% [401]	78% [120]	88% [137]	88% [299]
<b>BOSU</b>	88% [331]	91% [195]	88% [172]	89% [365]
<b>Aqua: Buoys/Gloves/Noodles/AquaFlex bars</b>	88% [126]	83% [50]	79% [57]	‡
<b>Gliders</b>	81% [355]	77% [153]	76% [174]	64% [315]

Table 7—Effectiveness of Equipment

‡ Question not asked

When asked about the equipment they would like to use in Group RecXercise classes, 124 members wrote in a wide range of responses; however, many of the responses included equipment already listed. Faculty and staff members indicated wanting dumb bells, core poles, BOSU, pilates machines, and various types of balls. Graduate and undergraduate students expressed wanting bands, thicker yoga mats, weights, BOSU, steps, body bars, rowing machines, balance boards, jump ropes, punching bags, kettle bells, foam rollers, more comfortable bike seats, and Schwinn bikes.

Respondents were asked to select all classes they attend the most through a check all that apply option. Several of the classes changed compared to 2015 when members were first asked to select classes they attend during that semester and then able to select the ones they attended most often. Table 8 reveals that similar to the previous year Body Blaster and Rec Yoga were fairly popular. Cardio Water and Flex and Roll were the least popular classes; which was also similar to 2015. Attendance for almost all classes increased compared to the previous year.

<b>Class</b>	<b>Fall 2017 Percent [n=625]</b>	<b>Spring 2015 Percent [n=366]</b>
<b>Body Blaster</b>	63%	51%
<b>Rec Yoga</b>	44%	23%
<b>Pilates</b>	35%	16%
<b>Cycle 45</b>	30%	18%
<b>Zumba</b>	27%	14%
<b>Dance Cardio Party</b>	25%	10%
<b>H.I.I.T.</b>	23%	18%
<b>Cardio Step Party</b>	21%	12%
<b>Cycle Express</b>	21%	12%
<b>Kickbox</b>	17%	9%
<b>Hardcore Cycle</b>	15%	13%
<b>Step &amp; Sculpt</b>	15%	‡
<b>H.I.I.T. the Dance Floor</b>	14%	14%
<b>321 Burn</b>	12%	‡
<b>Core Classes</b>	10%	‡
<b>Cardio Fusion</b>	9%	9%
<b>Total Training</b>	9%	4%
<b>H.I.I.T.</b>	9%	‡
<b>Sunrise Yoga</b>	8%	2%
<b>Yoga Beatz</b>	8%	7%
<b>Rowing</b>	8%	‡
<b>Turbokick</b>	6%	7%
<b>Strike</b>	6%	‡
<b>Shockwave</b>	5%	3%
<b>Ploxing</b>	5%	‡
<b>Cardio Water</b>	4%	1%
<b>Flex and Roll</b>	4%	2%

Table 8—Most Common Class Attendance  
‡ Question not asked

Members were provided the opportunity to list any class that they liked that was not listed. Several types of yoga classes were mentioned such as R&R, aerial, TGIF, piyo, and athletic yoga. Other classes that members wrote in included hip-hop, barre, 6-pack cycle, zoombox, TRX, CrossFit, tai chi, ab blast, boxing, bootcamp, guts and butts, and triple threat.

When asked about the length of time they prefer for Group RecXercise classes, 60% of the respondents reported 45-minute classes. Just over one-third (36%) said 60-minute classes, 3% stated 30-minute classes, and less than 1% preferred 90-minute classes. There are no comparisons to previous years as this was a new question this year.

Respondents were asked to rate their overall experience with their instructors in a variety of areas. As seen in Table 9 participants were overall positive about their instructors. Members viewed the instructors as friendly, motivating, and prepared. While still positive overall, they were slightly less positive about instructors being available before and after classes. In comparison to 2015, most statements had a slight decrease.

<b>Overall, Group RecXercise instructors...</b>	<b>Strongly Agree (5)</b>	<b>Agree (4)</b>	<b>Neutral (3)</b>	<b>Disagree (2)</b>	<b>Strongly Disagree (1)</b>	<b>Fall 2017 Mean (sd) [n]</b>	<b>Spring 2015 Mean (sd) [n]</b>	<b>Spring 2013 Mean (sd) [n]</b>
<b>Are friendly</b>	71%	28%	1%	<1%	--	4.70 (.49) [622]	4.71 (.52) [368]	4.60 (.53) [277]
<b>Are motivating</b>	64%	32%	4%	<1%	--	4.59 (.58) [616]	4.67 (.55) [367]	4.64 (.57) [277]
<b>Are prepared</b>	63%	34%	3%	1%	--	4.59 (.58) [619]	4.66 (.52) [366]	4.61 (.54) [276]
<b>Begin and end class according to schedule</b>	61%	33%	5%	2%	--	4.53 (.66) [618]	4.56 (.71) [367]	4.52 (.63) [277]
<b>Are knowledgeable</b>	57%	39%	3%	1%	--	4.51 (.63) [616]	4.59 (.68) [366]	4.51 (.65) [277]
<b>Care about my safety</b>	56%	35%	8%	1%	--	4.47 (.68) [620]	4.56 (.68) [367]	4.49 (.66) [275]
<b>Explain class goals</b>	53%	38%	8%	1%	--	4.42 (.69) [619]	4.52 (.67) [366]	4.39 (.69) [277]
<b>Are available 10-15 minutes before and after class</b>	30%	48%	15%	7%	1%	3.99 (.88) [620]	4.12 (.93) [368]	4.05 (.90) [276]

Table 9—Group RecXercise Instructors

Respondents were asked who their favorite instructors were and why. Some respondents referred to specific people by name, while others referenced the classes they enjoy. Over 40 different names were shared as being members' favorite instructors. Members described these instructors as motivating, energetic, friendly, knowledgeable, helpful, prepared, professional, creative, personal, and fun. Attendees appreciated the varied workouts, instructors explaining moves, the intensity of workouts, music, PowerPoint/Prezi presentations, and involving the class.

Participants were asked to rate their overall experiences. Table 10 suggests that members are generally satisfied with the Group RecXercise classes. After seeing a slight decrease in mean score for the level of satisfaction with the rooms for the classes between 2013 and 2015, there was an increase for this statement to 2017. The scores for the statements about the overall experience and overall value were very similar to 2015.

<b>Please rate the following items:</b>	<b>Excellent (5)</b>	<b>Above Average (4)</b>	<b>Average (3)</b>	<b>Below Average (2)</b>	<b>Poor (1)</b>	<b>Fall 2017 Mean (sd) [n]</b>	<b>Spring 2015 Mean (sd) [n]</b>	<b>Spring 2013 Mean (sd) [n]</b>
<b>The rooms used for Group RecXercise classes</b>	55%	34%	10%	<1%	<1%	4.43 (.71) [623]	4.28 (.85) [369]	4.37 (.72) [277]
<b>The overall experience with the Group RecXercise Program</b>	54%	34%	11%	1%	<1%	4.42 (.72) [621]	4.43 (.76) [369]	4.39 (.72) [277]
<b>The overall value versus the cost of the Group RecXercise Program</b>	47%	29%	20%	4%	<1%	4.17 (.91) [623]	4.15 (.92) [369]	4.04 (.97) [278]

Table 10—Overall Satisfaction

Respondents were asked for any other comments that may be useful in improving the Group RecXercise program. There were many comments regarding the class schedule or having specific classes on certain days or different times. Additionally, there were numerous remarks about the cost associated with the passes and them being too expensive, especially after paying the Rec Center fee initially. Other comments included having larger rooms, getting thicker yoga mats, describing the classes and/or including instructor names with classes on the website, holding classes on football game days, and adding blinds on the windows in the yoga room. There were comments related to the temperature of the room, most thought the yoga room was too cold, but a few felt that it needed to be colder. Some members suggested cleaning the floors more throughout the day, reminding class attendees to clean their equipment at the end of class, and having instructors lead stretching at the beginning of classes.

Table 11, on the following page, shows the demographics of the members attending Group RecXercise classes. Responses indicate that graduate students and seniors make up over 50% of the students attending classes. Furthermore, a majority of members can get to the Rec Center for a class in under 20 minutes. Respondents selecting the "other" option for their classification were provided the opportunity to write in a response. A majority of the write-in comments were that students graduated or they were a former student and a couple indicated being in one of the professional schools.



<b>Demographic Statements</b>	<b>Fall 2017 Percentage [n=627]</b>	<b>Spring 2015 Percentage [n=369]</b>	<b>Spring 2013 Percentage [n=306]</b>
<b>Classification/Affiliation with Texas A&amp;M</b>			
<b>Graduate Student</b>	33%	31%	36%
<b>Senior</b>	25%	25%	27%
<b>Junior</b>	17%	19%	15%
<b>Sophomore</b>	12%	10%	12%
<b>Freshman</b>	8%	11%	3%
<b>Staff</b>	3%	2%	3%
<b>Other</b>	2%	1%	1%
<b>Faculty</b>	1%	2%	3%
<b>Spouse</b>	1%	<1%	--
<b>How long does it take you to get to the Rec Center from where you live on a day you typically attend a Group RecXercise class?</b>			
<b>Less than 10 minutes</b>	21%	‡	‡
<b>10 – 19 minutes</b>	58%	‡	‡
<b>20 – 29 minutes</b>	17%	‡	‡
<b>30 – 45 minutes</b>	3%	‡	‡
<b>Over 45 minutes</b>	<1%	‡	‡

Table 11—Demographics  
‡ Question not asked in the same manner

Group RecXercise staff offered Spring 2018 Unlimited Group RecXercise pass or a full body massage to five respondents through a drawing of those who completed the survey. A list of names, email addresses, and phone numbers can be found as a separate document for the staff to use for this drawing.

### **Conclusions and Recommendations**

Overall, members were pleased with their Group RecXercise classes. They were satisfied with their instructors, equipment, and classes.

There were several comments related to specific classes being offered more often, classes being offered later in the day, classes being scheduled earlier on Sunday, and classes being crowded. While not able to please everyone all the time, the staff could review the times and variety of classes offered to meet the needs of most members. There may be an opportunity to add classes at those peak times, providing space is available.

Rec Sports staff may look at the information on the website related to the classes and providing a description of the classes and the instructors' names. This may help members decide what classes to take.

The staff is strongly encouraged to read through all of the comments to get a full picture of the feedback provided. Respondents were very descriptive in their answers. This may also help in identifying changes that could be made in the future. If changes are made based on assessment, that information should be shared with Rec members.

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