

MAT PILATES

Evaluation Form

Thank you for making Pilates a success!! I would appreciate it if you would spend a moment filling out this questionnaire. This will help me to make sure you are receiving the best possible work out and achieving your goal.

1 Did you enjoy the session? YES NO
(if no... please explain why)

2 Would you sign up for this class again? YES NO
(if no... please explain why)

3 Would you recommend this program to a friend? (If yes, please do!) YES NO
(if no... please explain why)

4 Did you find your Instructor to be...
Helpful by providing modifications for exercises? YES NO
Giving clear instructions? YES NO
Answering any questions you may have had? YES NO
(if no to any of the above... please explain why)

5 What was your main reason for signing up for this class?
 Change in program Socialization
 Support from others Health Reasons
 Motivation from others Other: _____

6 How did you hear about Pilates? _____

7 Were you able to work at your own pace with no judgement or competition from others? YES NO
(if no... please explain why)

8 Was the day/time of the class convenient? YES NO
(do you have any suggestions)

9 What did you enjoy the most? _____

10 What didn't you enjoy & why? _____

Name: (Optional) _____

Date: _____

I hope this was an enjoyable experience for you. I certainly had a great time and it was a pleasure to teach you. I hope to see you in another session in the near future.

Thank you,
Lisa Hallquist

Your comments and suggestions would be greatly appreciated!!

