



Mountain Valley Fitness & Health Membership Survey

1. Please order these aspects of our fitness center in order of importance to you, 1 being the most important and 6 being the least important.

- a. Cardio Equipment: _____
- b. Strength Training Equipment: _____
- c. Classes: _____
- d. Warm Water Pool: _____
- e. Personal Training: _____
- f. Outdoor Fitness Facility: _____

2. Please order these optional additional services or items in order of importance to you, 1 being the most important and 6 being the least important.

- a. Locker Room Accessories (i.e. soap, lotion, shampoo, shower towels): _____
- b. Sweat Towels: _____
- c. Gym Music (i.e. genre of music, audio quality, music volume): _____
- d. SWAG - Purchasable Items (i.e. shirts, hats, water bottles, with our logo): _____
- e. Stretching Room or Stretching Area: _____
- f. Sauna: _____

3. Please order these aesthetic options in order of importance to you, 1 being the most important and 6 being the least important.

- a. Organized equipment in proper groups: _____
- b. Gym Layout (i.e. layout allows easy maneuvering between equipment): _____
- c. Member recognition for wins and goals: _____
- d. Motivational elements such as posters or wall art: _____
- e. Wall colors or wall designs: _____
- f. Staff uniforms: _____

4. What days and times of the day are your preferred workout times? _____

5. What piece of equipment do you utilize the most? (i.e. treadmills, free weights, stretch cables, bench press, ect.)

6. What piece of equipment could we purchase to make us more appealing?

7. If we had an extra 120 square feet of space in the gym how would you like to see us use it?

8. What one thing could we do to help justify an increase in membership prices? _____

*Please fill out and turn into reception at Mountain Valley Fitness & Health, or return by mail to
2519 Cove Ave. La Grande Oregon 97850.*

~ We thank you for taking the time to fill out this survey, your answers help us build you a better gym ~