

**NOTES FROM WELLNESS & LIFE ENRICHMENT DIRECTOR**

By Shari Proctor

Do Not Resuscitate (DNR) Laws – In the State of Texas, there are two distinct advance directives that pertain to one's wishes regarding resuscitation. The first is the **Directive to Physician** which states you would not want life-sustaining measures **if** you are diagnosed with a terminal or irreversible condition, and unable to communicate your wishes at the time. The Directive to Physician does not go into effect until a physician certifies in writing that you have a terminal or irreversible condition. This means until such time that you are certified to have a terminal or irreversible condition, all forms of resuscitation would be performed in the event of cardiac arrest.

The second directive available to Texas residents is the **Out-of-Hospital Do Not Resuscitate Order (OOH DNR)**. This directive applies only out of hospital and gives one the ability to state in advance that in the event of cardiac arrest, no form of resuscitation is to be attempted. This directive applies up until you are admitted to the hospital, so this means outside the hospital and even in the emergency room; once you are admitted to the hospital, another set of laws apply to DNRs. The OOH DNR does not mean you will not be treated up until cardiac arrest, but rather, once the heart stops, no further efforts will be continued. If your wishes are not to be resuscitated under any circumstances, an OOH DNR Order must be signed by you and your attending physician (PCP). Either I or Ashlie Campos can assist you with signing an OOH DNR Order. Once the OOH DNR is signed, it is strongly recommended that you purchase an identifying device, bracelet or necklace, indicating you have an OOH DNR in place and do not want to be resuscitated outside the hospital. Again, Ashlie or I will assist in this purchase. In addition to wearing an identifying device, we also strongly recommend that you place a copy of the OOH DNR Order on your refrigerator so emergency personnel entering your apartment can easily and quickly know your wishes. If an EMT cannot see the actual OOH DNR Order or the bracelet/necklace, they are required by law to initiate CPR. If you still have questions, don't hesitate to contact me or Ashlie Campos in the Wellness Dept.



ALZHEIMER'S CAREGIVER SUPPORT GROUP

By Kurt Riedel, Freedom House Director



Our Alzheimer's Association-sponsored support group is now meeting on the **2nd Wednesday** of the month at **1pm**. Please join us on **Wednesday, Jul 14 at 1pm** in the Freedom House Chapel. If you are caring for someone with Alzheimer's disease or dementia, then life may feel like an uphill battle at times. BST wants you to know you are not alone; there are other Blue Skies residents going through the same fight. Spouses are welcome to attend the scheduled Freedom House activity while you attend the Group Meeting. Come and share your experiences and be uplifted by others' stories as we face the challenges of Alzheimer's head-on. For bus transportation, please contact the Front Desk.

RESIDENT COUNSELOR INFORMATION

By Ashlie Campos

Lackland Legal - Lackland Legal will be at **WEST** to meet individually with West residents on **Tuesday, Aug 3** in Conference Room #110. Appointments will be from **1-4pm**. If you have a military identification card, cannot drive, and wish to change or update your will, please call Elizabeth Bain 210-568-3416, to schedule an appointment. Please Note: Lackland Legal cannot assist you if you have a trust.

You must complete a Will Worksheet before your appointment, whether it is on campus at Blue Skies or at Lackland Legal. Will Worksheets are available in the Wellness Office or online at <https://aflegalassistance.law.af.mil>.

ID Card Renewals – Lackland AFB is now open to renew ID Cards in person by appointment only. To schedule an appointment, please go to the following website: <https://idco.dmdc.osd.mil/idco/> (ID Card Office Online). If you need assistance in scheduling an appointment online, please contact Elizabeth Bain at (210) 568-3416.

WELLNESS CENTER

By Terry Elizondo, Medication Liaison

Reid Pharmacy Guidelines:

- Electronic prescriptions from physicians are the preferred and faster method for medications. Please provide your physician's office with the following electronic address when sending electronic fax prescriptions: *DoD Reid Ephcy*.
- Submit requests for refills with the Wellness Center (Rm 112 at East and Rm 102 at West); forms are available at the drop box. Wellness does not accept empty med bottles/containers as a means to submit a refill request. Instead, please complete the Refill Request Form. If you have difficulty completing the form, please come to the Wellness Office and we will be happy to assist.
- Reid Pharmacy is unable to fill prescriptions on an emergency basis. If you need a medication same or next day, please utilize H-E-B Pharmacy or Walgreens. Ask for



delivery service if you are unable to drive, as Wellness is unable to pick up meds outside of Reid Pharmacy.

Medication Distribution Schedule:

WEST Campus Residents: Times for distribution of medications is by alphabetical order as follows: **A-I, 1-2pm; J-R, 2-3pm; S-Z, 3-4pm.** We ask anyone with questions as to the status of a medication to please call Terry Elizondo at (210) 568-3417.

EAST Campus Residents: The schedule for picking up medications is **Tuesday, Thursday, and Friday** from 1-3pm.

NOTICE Reid Pharmacy will be closed on **Friday, Jul 2 and Monday, Jul 5** in observance of Independence Day. Please plan your medication requests accordingly.
PHARMACY CLOSED

MEDICAL & WELLNESS SCHEDULE

By *Elizabeth Bain, Health & Wellness Liaison*

Please Note: For information regarding acceptance of specific insurance plans, please contact the Provider directly.

Primary Care Physicians

Alsace Family Practice – will be at BST on the following dates. Please call 830-538-3550 to schedule an appointment.

- **West Specialty Clinic** – **Mondays, Jul 12, 19 & 26 9am-5pm**
Wednesdays, Jul 7, 14, 21 & 28 9am-5pm
- **East Specialty Clinic** – **Thursdays, Jul 1, 8, 15, 22 & 29 9am-12pm**

MD VIP - Dr. Patrick Peters will be at BST on the following dates. Please call 210-521-7676 to schedule an appointment.

- **West Specialty Clinic** – **Tuesdays, Jul 6, 13, 20 & 27 8am-5pm**
- **East Specialty Clinic II** – **Friday, Jul 2 & 16, 8am-12pm**

Visiting Physicians Group – **Dr. Pham** will be at the **East Campus** on **Mondays, Jul 12, 19 & 26** from **9:30am-4:30pm.** Please call 210-733-5072 to schedule an in-home appointment.

Zarate Medical Group – **Dr. Jocelyn Zarate** will be at the **West Specialty Clinic** **Too every other Tuesday** from **1-5pm.** Please call 210-587-8787 to schedule an appointment.

San Antonio Family Physicians - Dr. Eric Bernstein will be at the **West Specialty Clinic** **Too** on **Thursday, Jul 22, 9am-12pm,** please call 523-7237 to schedule an appointment.

Cardiology

Cardiovascular Institute of South Texas - Dr. Bruce Kuo will be at **BST West** on the following dates. Please call 210-920-8000 for an appointment and specify your request to be seen for Cardiac, Vascular or Venous Condition.



- **West Specialty Clinic – Friday, Jul 9 & 23, 8am-12pm**

Optometry

Valley Hi Optical – Kathy Hernandez will be at BST on the following dates to clean and adjust eyeglasses at no charge. To fill a prescription for eyeglasses, please call 210-674-9461 to schedule an appointment.

- **West Specialty Clinic Too – Wednesday, Jul 21, 10-11am**
- **East Specialty Clinic – Wednesday, Jul 21, 1-2pm**

Dental

Emerald Crossing Family Dentistry – Dr. Julian Martinez, DDS will hold clinic days at BST on the following dates. To schedule an appointment, please call 210-674-3122, or email your dental request to blueskiesoftxdental@gmail.com.

- **West Dental Clinic – Tuesdays & Thursdays, 9am-5pm**
- **East Dental Clinic – Fridays, 9am-5pm**

Podiatry

Podiatry Group of South Texas – Dr. Steven Kissel, DPM will be at BST on the following dates. Please call 210-222-1077 to schedule an appointment.

- **West Specialty Clinic Too – Monday, Jul 12, 8:30-11:30am**
- **East Specialty Clinic – Monday, Jul 12, 1-3:30pm**

Audiology

Audicles Hearing Aid Service will be at BST on the following dates. Please call 210-820-0525 to schedule an appointment.

- **West Specialty Clinic Too – Dr. Jane Watson, Audiologist**
Thursdays, Jul 1, 8, 15, 22 & 29 9am-12pm
- **East Specialty Clinic – Dr. Tracy Board, Audiologist**
Wednesdays, Jul 7 & 28, 9am-12pm

Occupational, Physical and Speech Therapy - Select Rehabilitation provides therapy services on the East Campus in the Vitality & Fitness Center, and on the West Campus.

Legacy Physiatry Group will meet with residents at the **West Specialty Clinic Too on Friday, Jul 23, 9am-1pm**. A Physical Medicine and Rehab Specialist is a medical doctor who specializes in restoring function, reducing pain, and improving quality of life. They focus on helping patients achieve their own unique functional goals. They also educate patients about their diagnosis and coordinate a multidisciplinary approach to non-operative (conservative) musculoskeletal care treatment.

Physical Medicine and Rehab Specialists not only have specialty training in neurological and musculoskeletal problems, but also understand how these medical issues can affect a patient's ability to function independently, their mood and quality of life. Through their breadth of training, they aim to rehabilitate the whole person, addressing their



physical, emotional, medical, and vocational needs. **Please call 972-881-4688 to schedule an appointment.**

SELECT REHABILITATION NEWS



Playing and listening to music have been shown to positively affect the quality of life for older adults. Music builds connections to key events and fond memories. Research has found that music can promote relaxation, improve productivity, and lower stress. For older adults, pleasing songs can deliver even more benefits for physical and mental health, memory, and important social connections.

You can create a personalized playlist using the Internet to find any song from any era that you may want to hear. Attend a live concert online or in your area. Many communities offer monthly concerts, especially outdoor shows during the pandemic. During the fall, winter, and spring, keep an eye on the schedule of your local school district. Bands, choirs, and musical groups from schools often perform concerts for the public. Also, check if your community has a club for those who currently or previously played an instrument. Studies have shown that hobbies, like playing music, can help increase self-esteem, and it is therapeutic for older adults. Sing-a-longs can also help promote a sense of community and allow people to interact while singing aloud. During the pandemic, sing-a-longs can be done virtually via Zoom or any other online platform. Also, use YouTube or other sites to find forgotten music and watch videos of live performances from favorite artists from a bygone era.

How can rehabilitation help integrate music in the lives of older adults? The purpose of therapy is to increase an individual's ability to live as independently as possible in the community while engaging in meaningful and productive life roles. Because therapy facilitates participation and is client-centered, it plays an important role in the success of those at risk for social isolation. Therapy can identify ways to include music into activities that connect participants. Your rehab team can provide educational opportunities to address the effect of music on older adults, interpersonal and social skills, stress management, and role development. Therapy can assist in the development and instruction of compensatory and adaptation techniques to facilitate increased functional performance, attention and safety in activities involving music. Your rehab team can also provide interventions to preserve mobility, socialization, and activities of daily living (ADL) skills to participate in music activities in your community.

To learn more, call your friendly neighborhood Therapy Department.

210-568-5171 for the East campus

210-568-3415 for the West campus



LIFE ENRICHMENT

Hope Santos, Life Enrichment Manager, & Carol Estala, Activities Coordinator

Blue Skies of Texas Fitness News



Fitness Survey 2021 - As part of our ongoing efforts to help you maintain an active and healthy lifestyle, we would like to ask your opinion about the Fitness Center and Group Fitness Classes. The questionnaire is attached to this section and is designed to help us measure your interest in the various machines, equipment, and Group Fitness Classes available at Blue Skies. It will also help us make the appropriate decisions on future plans for the Fitness Center and Fitness Classes. Please return the survey to the Wellness Center (the same place that you drop off medication refill requests), by **Monday, Jul 12**. We are looking forward to reading your answers, suggestions, and comments. Thank you so much for your participation!

East Fitness Classes – (V & F = Vitality and Fitness Center)

10am Chair Exercise Class – Monday, Wednesday and Friday, V & F

10:30am Balance Class– Monday, Wednesday, and Friday, V & F

9am Aqua Fitness – Tuesday & Thursday, Pool

9:30am Aqua Strength – Tuesday & Thursday, Pool

10:15am Tai Chi – Tuesday & Thursday, V & F

11am Line Dancing – Tuesday & Thursday, V & F

1pm Chair Yoga – Tuesday & Thursday, V & F

1pm Chair Zumba– Monday, Wednesday and Friday, V & F



West Fitness Classes –

9am Water Therapy – Monday, Wednesday, & Friday, Pool

10:15am Strength, Balance, & Endurance– Monday, Wednesday, & Friday, CC 1-2

11am Zumba Class – Monday, Wednesday, & Friday, CC 1-2

10am Line Dancing – Tuesday, Gazebo

10am Strong Flow Yoga – Tuesday & Thursday, CC 1-2

11am Chair Yoga – Tuesday & Thursday, CC 1-2

1pm Chair Exercise– Tuesday & Thursday, CC 1-2

1pm Water Aerobics – Tuesday, Thursday, & Friday, Pool

1:30pm Water Pilates – Tuesday, & Thursday, Pool

2021 July Exercise Schedules are available at the Front Desk at both the East and West Campus.



Blue Skies of Texas

Life Enrichment/Activities News



Blue Skies, remember to wear red for RED Friday, every Friday! What is RED Friday, you may ask? RED is an acronym that stands for Remember Everyone Deployed. RED Friday was created to remind people of our heroes overseas and show that we are thinking of them. People across the country wear red every Friday to serve as a reminder and spread the message of

how important it is that we keep our troops in our thoughts. So please be sure and wear your favorite red attire EVERY Friday in support!



BUS TRIPS! Please note, for all bus trips, transportation charges will be applied and charged to your account. There is a 10-person (between both campuses) minimum for all trips. If you sign up for a trip and do not cancel by the deadline date, you will be charged for any pre-paid ticket, if this scenario applies, as well as the transportation cost; therefore, please be sure to mark your calendars when signing up for trips.

In-house events have sign-up deadlines listed; please be sure to sign up early. All events must have a minimum signup of 10 residents. Please see events listed below for more details. In addition, if there is a supply charge for the event and you are a no-show, or do not cancel by the deadline, your account will be charged the supply charge, so please be sure to mark your calendars when signing up for an event. If you want a particular event or have an idea for an event you would like to have at BST, please share your suggestions with Carol Estala, your Activity Coordinator.



THE MONTH OF JULY

July is the seventh month of the Gregorian calendar. It was named after Julius Caesar in 44 BC. July is the warmest month in the Northern Hemisphere on average. It is similar to January in the Southern Hemisphere. Sometimes the hot, long days of July are called the "dog days of summer." Maybe this is why July is also National Hot Dog month and features National Ice Cream Day. July may be best known for Independence Day as we celebrate our freedom, lighting up the night skies with fireworks. If you were born in July, your birthstone is the ruby, and your astrological sign is most likely Cancer, or perhaps Leo if you were born in the latter part of July. The flower representing July is the Water Lily.



BST Upcoming Events/Trips



BLUE SKIES EAST

Monday, Jul 5 – Staff Holiday in observance of Independence Day.

Thursday, Jul 8 – YOSA Concert, 3pm, Legacy Room. Craig Sorgi from the San Antonio Symphony is bringing four high school strings students and a pianist to perform a 45-minute concert for your enjoyment. Please come and enjoy these talented young musicians.

Friday, Jul 9 – Luau-Style Pool Party! 2:30pm, BST East Pool. The summer heat is upon us, so jump into the cool pool and enjoy the fun to include luau-style treats.

Monday, Jul 12 – Indoor Boccia Ball, 2pm, VFC. Fun for ALL levels of fitness, as this game is played from a sitting position. Don't worry if you missed the intro class; you can get caught up and ready to play today! Space is limited; sign up in CC1 now.



Tuesday, Jul 13 – IKEA Shopping Trip & Lunch- Put on your comfy shoes to explore this super large store (over 200,000 sq. ft.) that has furniture, home essentials and more! You will visit their model show rooms that inspire ideas of storage for small spaces, lighting, and gadgets. Then about halfway through the store, be sure to stop for lunch in their food court where you will find their famous Swedish meatballs,

cinnamon rolls, and other delights for your dining pleasure. **Sign up in CC1 now. Bus departs BST East at 9:45am.**

Thursday, Jul 15 – Flying Chanclas Baseball. Come out to The Missions' Wolfe Stadium to see Texas Collegiate League Baseball. It will be a fun evening of baseball as you watch the SA Flying Chanclas vs. the Acadiana Cane Cutters. Enjoy \$2 hot dogs, soda, and beer at the game. Tickets are for box seats that generally sell for \$25 a ticket, but you will pay just \$14.50, billed to your account. **Sign up in CC1 now. Bus departs BST East at 6:30pm.**

Friday, Jul 16 – Preserving Family Treasures, 3:15pm, Legacy Room. Do you have a family Bible, photographs, heirlooms, or other objects that have been handed down in your family? Join SA Public Library representative Matt Dewaelshe to learn the simplest and best methods to help protect these personal treasures and extend their lives. Matt has a master's degree in American History as well as Library and Information Science and has worked as an Archivist and Librarian II in the Texana/Genealogy



Department of the Central San Antonio Public Library since it opened in May 1995. It will be an honor to have the opportunity to hear his presentation at Blue Skies. Please sign up in CC1; space is limited. Residents coming to this presentation are encouraged to share their personal anecdotes.

Monday, Jul 19 – Left, Right, Center, 2:30pm, Legacy Room. Looking for a fun, easy game to play in which just about anybody can get involved, and that doesn't require any special skills? Left, right, center is a dice game and is all about leaving it all up to chance as you try to become the player with chips (or all the money) left at the end of the game. We will teach you how to play this entertaining, fun game. Class is limited to 14 people; please sign up in CC1 now.

Tuesday, Jul 27 – Gateway Club Appreciation Night. Please sign up in CC1 now. Bus departs BST East at **4:45pm**.

Wednesday, Jul 28, Acadiana Café – Cajun Food at its best! A bonus on Wednesday nights is live jazz music. Cost of dinner is on your own. Please sign up in CC1 now. Bus departs BST East at **4:45pm**.

Thursday, Jul 29, San Antonio Aquarium and Margaritaville. This trip will take you to downtown San Antonio to visit our city's newest aquarium. After enjoying the Aquarium, you will head to nearby Margaritaville for lunch. Cost of the Aquarium will be billed to your account for the group rate of \$12.20 per person, and lunch is on your own. Please sign up in CC1 now. Bus departs BST East at **9:45am**.

July ★★

BLUE SKIES WEST

Thursday, Jul 1 – Indoor Boccia Ball, 2:30pm, CC1/CC2. Fun for ALL levels of fitness, as this game can be played from a sitting position, and great for those who can't have too much sun exposure, as this is an adapted indoor version of the game. Don't worry if you missed the previous intro class; we will get you caught up and ready to play! This fun class will be held every **1st and 3rd Thursday** of the month. Space is limited; please sign up in the Main Lobby.

Monday, Jul 5 – Staff Holiday in observance of Independence Day.

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Tuesday, Jul 20 – Left, Right, Center, 3pm, CC1. Looking for a fun, easy game to play in which just about anybody can get involved, and that doesn't require any special skills? Left, right, center is a dice game and is all about leaving it all up to chance as you try to become the player with chips (or all the money) left at the end of the game. We will teach you all how to play this entertaining, fun game. Class is limited to 14 people. Please sign up in the Main Lobby now.

Thursday, Jul 22 – Blackjack Class, 3pm, CC1. Ever been to the casino and watched how the card sharks play this fun game of 21, and wanted to jump in but were too intimidated? Let the intimidation stop here! Class description: Blackjack (21): How to lose more slowly, stay at the table longer, and get more free drinks. This class is for beginners and moderately experienced players. You will learn the rules, how to pick the best table, playing strategies to minimize your losses and maximize your gains, and



the house advantage, with some of the basic statistics that make this game so fascinating. You will get an introduction to a basic strategy that identifies the mathematically correct play for every hand and learn the very basics of card counting, the only strategy that provides a player advantage and a long-term possibility of profit. Your instructor is new resident Alan Snyder. Alan has been a part-time contract dealer for about four years here in San Antonio working for Casino Fun, a local company that provides game services in the form of Las Vegas nights. Class size is limited to 10 people, but if we have a large waitlist, the class will be offered again. Class is being offered with hopes to form a Blackjack Card Playing Night here for all to enjoy. Please sign up in the Main Lobby.

Tuesday, Jul 27 – Gateway Club Appreciation Night. Please sign up in the Main Lobby now. Bus departs BST West at **4:30pm**.

Wednesday, Jul 28, Acadiana Café. Cajun Food at its best! A bonus on Wednesday nights is live jazz music. Cost of dinner is on your own. Please sign up in the Main Lobby now. Bus departs BST West at **4:30pm**.

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Fitness Survey

As part of our ongoing efforts to help you maintain an active and healthy lifestyle, we would like to ask about your participation in and opinions about the Fitness Center and Group Fitness Classes. This questionnaire is designed to help us measure your interest in the various machines, equipment, and Group Fitness Classes we have available at Blue Skies. It will also help us make the appropriate decisions on future plans for the Fitness Center and Fitness Program.

1) Approximately how often do you visit the Fitness Center?

Never Once a Month Once a week 3 or more times each week

**2) What type of exercises do you normally do when you visit the Fitness Center?
(Circle all that apply)**

Cardiovascular Endurance Muscular Endurance Balance Exercises
Muscle Strengthening Stretching

3) Do you feel that we have equipment that suits your workout program and satisfies your fitness needs?

No Almost Yes

4) Overall, how satisfied are you with the equipment in the Fitness Center?

Not at all Fairly Satisfied Satisfied Somewhat Satisfied Very Satisfied

5) How often, if ever, do you wait in line to use the equipment?

Never Once a Month Once a week 3 or more times each week

6) Overall, how easy do you feel it is for you to use the cardio equipment in the Fitness Center?

Difficult Somewhat Difficult Not Too Difficult Fairly Easy Easy

7) How satisfied are you with the availability of free weights in the Fitness Center?

Not at all Fairly Satisfied Satisfied Somewhat Satisfied Very Satisfied

8) Please tell us what you like most about your visits to the Fitness Center.

9) How satisfied are you with the setup of the Fitness Center?

Not at all Fairly Satisfied Satisfied Somewhat Satisfied Very Satisfied

10) Are you male or female? Female Male

11) What is your age? _____



Group Fitness Classes

12) How often do you attend Fitness Classes?

Never Once Monthly Once a week 3 or more times each week

13) Which classes do you attend?

14) Is there a fitness class you would like to add to our Fitness Schedule?

15) Were you physically able to keep up with the intensity of the classes?

16) Were there exercise alternatives given for people that needed a lower impact version of the exercise?

17) Did you feel you could ask questions to the instructor?

18) Were you able to comfortably work out in the space given to you?

19) What was your favorite part of the class?

20) Please tell us what, if anything, can be done to improve the fitness classes / Fitness Center.

Thank you!

