

1. Would you participate in an instructor led senior fitness class?

YES

NO

If YES

2. What format would you prefer?

- a. Senior Yoga*
- b. Senior Muscle Toning**
- c. Senior Cardio Exercise***

3. What days would you prefer?

- a. Monday/Wednesday
- b. Tuesday/Thursday
- c. ONE day per week: *circle the day you would prefer*

Monday, Tuesday, Wednesday, Thursday, Friday

4. What time of day would you prefer?

- a. Early morning (6am)
- b. Mid morning (9am)
- c. Mid afternoon (3pm)

5. What is the best way to inform you about these programs?

- a. Email
- b. Phone
- c. US Mail

**Senior Yoga class: A mindful approach to exercise designed to stretch and strengthen your body muscles in a controlled manner.*

***Senior Muscle Toning: Muscle strengthening exercises designed to enhance muscle tone using minimal resistance to protect the joints.*

****Senior Cardio Exercise: Low-Impact cardiovascular exercises designed to get your joints and muscles moving in a rhythmic pattern.*

Please complete and return to:

Shellie Dodd-Bell

RecSports

100 Rolfs Sports Recreation Center

Notre Dame, IN 46556-5653