



**Ultimate Groove Workout
2012 Survey Results and Responses**

The text in blue font is Chelsea's responses to your feedback.

1. Which category below includes your age?

	Response Percent	Response Count
18-20	0.0%	0
21-29	0.0%	0
30-39	38.5%	10
40-49	19.2%	5
50-59	26.9%	7
60 or older	15.4%	4

2. When did you last attend an Ultimate Groove Workout class?

	Response Percent	Response Count
2009	0.0%	0
2010	7.7%	2
Jan - Mar 2011 (Winter Term)	11.5%	3
Apr - Jun 2011 (Spring Term)	19.2%	5
Jul - Aug 2011 (Summer Term)	3.8%	1
Sep - Dec 2011 (Fall Term)	53.8%	14
2012	3.8%	1

3. What do you like most about the Ultimate Groove Workout?

Chelsea: Thank you!

You choose great workout songs that I would otherwise never be exposed to. I have sought out and purchased several.

1/14/2012 8:25 PM

The variety and upbeat nature of the instructor.

1/12/2012 2:37 PM

cardio and abs

1/4/2012 4:09 PM

The dance part is fun and I feel great afterwards.

1/4/2012 3:03 PM

Chelsea's energy, pace, challenging dances, music variety, adding new routines

1/4/2012 1:52 PM

Fun and upbeat! The music and teacher are great, which pushes me more than I would on my own. The timing is perfect for my schedule, as is the location. Everyone is always very friendly, and I never feel odd if I can't hit all the moves correctly.

1/4/2012 1:04 PM

The unique dance techniques. It makes working out fun.

1/3/2012 3:23 PM

Teacher is great. Love the dances and the music!

12/31/2011 7:25 PM

The wonderful instructor, great music and fun choreography - always a challenge!

12/29/2011 4:08 PM

Pace

12/29/2011 2:01 PM

I like the routines and the great workout it brings.

12/29/2011 8:30 AM

The steps for each song are repetitive and can be learned after a few times.

12/28/2011 10:02 AM

Cardio while distracted by following dance moves - great workout!

12/28/2011 8:29 AM

variety, upbeat, keeps me moving

12/27/2011 10:31 PM

Instructor & music
12/27/2011 7:16 PM

Since I enjoy dancing, I love that aspect - plus the music and learning a "routine".
12/27/2011 3:38 PM

Great instructor who challenges us and great music
12/27/2011 10:08 AM

A fun way to work out, stay fit, and lose and maintain a healthy weight. The variety of dance routines is great.
12/27/2011 6:53 AM

Everything--the dancing, but especially the workout after the dancing, the music and the variety of dance moves.
12/27/2011 6:15 AM

Making me actually commit to a routine
12/27/2011 12:53 AM

Interesting music -- it's very distracting!
12/26/2011 9:19 PM

The workout plus some new steps although I was never very proficient!
12/26/2011 8:32 PM

It's fun. Routines are fast and give me workout but they are fun
12/26/2011 8:10 PM

Mixing dance moves in a workout doesn't seem like exercise even though you are getting a great workout.
12/26/2011 8:05 PM

The variety dance style.
12/23/2011 3:59 PM

Fresh, energetic, Chelsea :)
12/23/2011 12:27 AM

4. What changes would you recommend that would most improve your Ultimate Groove Workout experience?

Chelsea: Please see my responses in blue below.

I would like something more aerobic. I come to Ultimate Groove when I've fallen off of my normal workout wagon -- I can get more exercise in an hour at the gym, so I'll go to the gym instead if I'm in shape enough.

1/14/2012 8:25 PM

Nothing really - but maybe some more review of some of the complicated steps in the line dances. Especially the footwork - maybe a step-by-step sheet/video link to practice at home?

1/12/2012 2:37 PM

Chelsea: I am working to create videos of the line dances and more complicated steps/routines. These videos will be uploaded to our web site so Groovers can practice. You can also come earlier to class or get me after class to review steps. If you decide to come before class, please let me know at least one day in advance.

would love a few new dances that weren't line dances

1/4/2012 4:09 PM

Chelsea: Our goal for 2012 is to introduce a new dance routine once a month and a new line dance once a term. However, I will be cognizant of how well members are picking up the new routines and will adjust our timeline accordingly. (My response to survey question # 7.)

No changes needed.

1/4/2012 3:03 PM

Reminding people to be aware of the space they take up. They can get the same workout without taking up half of the floor.

1/4/2012 1:52 PM

Chelsea: Groovers please take note of your spacing. I will also try to remember to remind people before class starts.

Nothing.

1/4/2012 1:04 PM

None that I can think of. The main issue I had was lower back pain after the workouts.

1/3/2012 3:23 PM

Chelsea: In a number of our moves, you are working your lower back, so you will experience those muscles being worked (a little soreness at most). However, you should not feel any pain. If you feel any pain doing a move, please stop immediately. A reason for the lower back pain could also be attributed to improper form during the movement. Instructions are given during class to help maintain proper form and alignment. Lower back pain can also be a sign of weak back muscles and that additional lower back exercises may need to be incorporated into your workout regimen to strengthen your back muscles. If you are ever in doubt, or something feels odd, please stop or modify the movement immediately, and come talk to me after class. Also, please consult your physician for any back pain.

nothing

12/31/2011 7:25 PM

I love that the class starts and ends on time. I'm not a huge fan of line dances. They get a little boring. I love challenging choreography to fun, current music.

12/29/2011 4:08 PM

Chelsea: Our goal for 2012 is to introduce a new dance routine once a month and a new line dance once a term. However, I will be cognizant of how well members are picking up the new routines and will adjust our timeline accordingly. (My response to survey question # 7.)

Printable calendar I can put on my refrigerator of class times, days, location.

12/29/2011 2:01 PM

Chelsea: The calendar on our website is kept up-to-date and has the class times, days, and location. http://www.groovedancefitness.com/Calendar_V2.html. This calendar can be printed for you to put on your refrigerator.

None

12/29/2011 8:30 AM

The Ultimate Groove Workouts are centered on line dances. It might be fun to incorporate some light kickboxing moves with kicks and punches. I would like some more cardio but not high impact in the workouts.

12/28/2011 10:02 AM

Chelsea: The line dances are highlighted more in the workouts because they can be more challenging and have more intricate steps. However, the Ultimate Groove Workout offers a variety of dance styles. Our current warm-up (which is a line dance :o) includes some boxing punches so I hope that helps. Our current format offers about 40 minutes of cardio, and moves can be modified to be lower impact. Our strength training component is key to building muscle.

Me coming more often ;)

12/28/2011 8:29 AM

none

12/27/2011 10:31 PM

Lose 30 pounds

12/27/2011 7:16 PM

I really like it already. The more the music is mixed, the better (Bollywood, African, Dancehall Reggae American Hip Hop, Rock, etc.)

12/27/2011 3:38 PM

Less complicated dance steps! LOL

12/27/2011 10:08 AM

Chelsea: ☺ I will try to be more diligent about providing less complicated options in the dance steps.

None. Great class!!!

12/27/2011 6:53 AM

If it wasn't so late 1/2 more of the workout would be great. If the class could start a little earlier, maybe 6:00 pm now that I'll be working closer to home and getting off earlier.

12/27/2011 6:15 AM

Chelsea: A ½ hour more would be great, however, spacing at the community center is limited. Also, we've tried earlier times, at least for now 7PM works the best. Sorry.

The ability to see the instructor more easily as a new student

12/27/2011 12:53 AM

Chelsea: New students have a tendency to go straight to the back of the room. It's best to come to the front where you can see more easily.

Teacher should speak louder and more clearly to help newbies like me learn routines. I liked getting the YouTube videos, but I would rather have steps written out.

12/26/2011 9:19 PM

Chelsea: Sometimes the music can be too loud. If you ever have trouble hearing me, please let me know during class and I can adjust the volume. In a class poll, more people felt creating my own videos would be more helpful than having the steps written down. I hope those video will also be of help to you.

I like the idea of the pre-workshop to have new routines introduced.

12/26/2011 8:32 PM

Chelsea: It is my goal to have at least one class per term that is at an introductory level so that members can become familiar with our dance steps at a pace that is more comfortable for a beginner of the Ultimate Groove Workout.

Less turns in routines. More barre routines

12/26/2011 8:10 PM

Chelsea: A "step together" can always be your alternate move if you prefer not to turn. I like the idea of more barre routines.

I like the fact that you are offering an intro class so that beginners can learn moves. Sometimes when I miss class I am lost when I get back so I think this class should be offered a few times throughout the year.

12/26/2011 8:05 PM

Chelsea: Thank you! The plan is to offer an introductory class and a line dance class at least once a term.

Make sure the new routines are not complicated.

12/23/2011 3:59 PM

Chelsea: ☺ I like to make sure our members are challenged, but I will make sure to give members more options to make steps less complicated.

I just need to come more often!

12/23/2011 12:27 AM

5. What other forms of exercise do you do besides the Ultimate Groove Workout?

Treadmill running, recumbent bike, weight machines.

1/14/2012 8:25 PM

weight training and cardio on a treadmill

1/12/2012 2:37 PM

Yoga, walking, weightlifting

1/4/2012 4:09 PM

Zumba, Scottish dance, contra dance, stretching and toning on my own and a little tai chi.

1/4/2012 3:03 PM

Jogging, walking, Scottish country dancing (hmmm, I wonder who this is - Ellen or Gail?)

1/4/2012 1:52 PM

[Chelsea](#): I think...Ellen!!! ☺

Step, yoga, walking

1/4/2012 1:04 PM

treadmill, aerobics, weight-training sessions at the gym

1/3/2012 3:23 PM

cardio, weights

12/31/2011 7:25 PM

Yoga, other dance, and walking/hiking.

12/29/2011 4:08 PM

dance

12/29/2011 2:01 PM

Strength Training and Pilates

12/29/2011 8:30 AM

Pilates and walking.

12/28/2011 10:02 AM

pilates, yoga, swimming

12/28/2011 8:29 AM

walking

12/27/2011 10:31 PM

Water aerobics

12/27/2011 7:16 PM

Walking, riding exercise bike. When I travel for work, I sometimes swim or use hotel gym.

12/27/2011 3:38 PM

walking, zumba sometimes

12/27/2011 10:08 AM

None

12/27/2011 6:53 AM

Run, Zumba & bike some.

12/27/2011 6:15 AM

Gym, walk, run, strength training

12/27/2011 12:53 AM

yoga

12/26/2011 9:19 PM

Walk fast around Greenbelt Lake 2-3 times a week M-W-F Morning Fit 'n' Fun Aerobic classes Singing!

12/26/2011 8:32 PM

Walking but ultimate groove is my primary exercise

12/26/2011 8:10 PM

Walking

12/26/2011 8:05 PM

Work out at the gym.

12/23/2011 3:59 PM

skate, bike, walk and some yoga

12/23/2011 12:27 AM

6. How likely are you to recommend the Ultimate Groove Workout to others?

	Response Percent	Response Count
Extremely likely	73.1%	19
Very likely	19.2%	5
Moderately likely	7.7%	2
Slightly likely	0.0%	0
Not at all likely	0.0%	0

7. How often would you like to see a new dance routine introduced?

Chelsea: Our goal for 2012 is to introduce a new dance routine once a month and a new line dance once a term. However, I will be cognizant of how well members are picking up the new routines and will adjust our schedule accordingly.

	Response Percent	Response Count
Once a month	26.9%	7
Twice a month	7.7%	2
No more than twice in a single term	23.1%	6
Introduce a new routine when it looks like the majority of folks learned the last one that was introduced	42.3%	11

8. If Groove merchandise were available (such as a baby tee with Groove's logo), would you purchase it?

Chelsea: We are currently revamping our logo and t-shirt design. More information to come.

	Response Percent	Response Count
Yes	61.5%	16
No	38.5%	10

9. Would you be interested in attending Groove social outings such as going Salsa dancing or to see a dance performance?

Chelsea: The goal is to eventually have an event at least once a term to explore other dance styles together.

	Response Percent	Response Count
Yes	76.9%	20
No	23.1%	6

10. Would you participate in a Groove photo shoot, video or film used to promote the Ultimate Groove Workout?

Chelsea: This is great! I would like to start developing a library of the routines and line dances. This library will also give people that have not yet taken our class a better taste of the Ultimate Groove Workout experience. Thank you for your willingness to participate.

	Response Percent	Response Count
Yes	80.8%	21
No	19.2%	5