

1. When would you be most likely to participate in wellness/fitness in wellness/fitness programs and classes at your worksite.

- Before work
- During lunch at work
- After work
- Other (please specify)

2. Which of the following types of programming would you prefer (select one):

- Onsite program/class/presentation
- Webinar or virtual program/class/presentation
- Email-based program/class/presentation
- Other (please specify)

3. Indicate your likeliness to participate in each of the following programs if they were offered: STRESS MANAGEMENT/REDUCTION

	Extremely Likely	Likely	Not Likely
EAP Training (such as Resilience, Time Management, Increasing Confidence, etc.)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Meditation	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Mindfulness	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Stress Management Series	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Other (please specify)

4. Indicate your likeliness to participate in each of the following programs if they were offered: NUTRITION PROGRAMS

	Extremely likely	Likely	Not likely
Easy Meals and Snacks	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Healthy Eating	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Weight Management Series	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Nutrition 101 Series	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Other (please specify)

5. Do you currently attend fitness classes offered at any County Fitness Center?

- Yes.
- No.
- No, I belong to a gym elsewhere.
- I did not know we had fitness classes at the County.

6. Pick two cardio machines that you would be the most likely to use at your new San Tan Fitness Center?

- Treadmill
- Rowing Machine
- Stationary Bike
- Elliptical

7. What additional equipment would you like to see in your new San Tan Fitness Center?

- Free weights/dumbbells
- Stability balls
- Medicine balls
- Resistance bands
- Other (please specify)

8. Which fitness classes would you like to see offered at the San Tan Fitness Center?

- Yoga
- Zumba
- Core Fitness
- Boot Camp
- Other (please specify)

9. Are you interested in becoming a Volunteer Fitness Instructor? If yes, please comment below with your email address and Jan, Fitness Coordinator, will contact you with details.

10. What other wellness/fitness-related activities or programs would you like to see at your location?