Men 50+ Fitness Class Interest Survey

1. Age Range

* 50–54
* 55–59
* 60–64
* 65+

2. How interested would you be in joining a fitness class designed specifically for men 50 years and older?

* Very interested
* Somewhat interested
* Not interested

3. What are your main goals for joining a fitness class? (Select all that apply)

* Improve strength
* Improve flexibility and mobility
* Improve heart health/endurance
* Weight management
* Stress relief/mental health
* Social connection
* Other: \_\_\_\_\_\_\_\_

4. What type of workouts appeal to you most? (Select all that apply)

* Strength training with weights
* Low-impact cardio (walking, cycling, elliptical)
* Bodyweight training (push-ups, squats, core work)
* Stretching, yoga, mobility work
* Circuit training / functional fitness
* Other: \_\_\_\_\_\_\_\_

5. How many times per week would you realistically attend a class?

* 1 time
* 2 times
* 3 times
* More than 3 times

6. What time of day works best for you?

* Early morning (6–8 AM)
* Mid-morning (9–11 AM)
* Afternoon (12–3 PM)
* Evening (5–7 PM)

7. Would you prefer classes to be held:

* In-person at a gym/studio
* Outdoors (weather permitting)
* Online / virtual
* No preference

8. What would make you most comfortable joining this class?

(Open-ended: e.g., small group size, beginner-friendly, clear instruction, etc.)

9. How much would you be willing to pay per class (or per month)?

* Less than $10/class
* $10–15/class
* $15–20/class
* $20+/class
* Monthly membership preferred

10. Do you have any health concerns, injuries, or conditions you’d like us to keep in mind when designing the program?

(Open-ended response)

11. Would you like to be contacted with updates about the class?

* Yes (provide name & email/phone)
* No