

# Council's exercise classes programme: non-users

## List of survey questions

Please use these questions to assist you in putting together your responses. This could be to support group feedback, discussion groups or to help you plan your response as an individual.

Please note that when completing an online survey, there may be routing applied to the survey which may mean that you are not asked all the questions that are visible here.

The questions asked in the survey include:

## Awareness, perception and motivations

- How aware are you of the full range of exercise classes we offer at our leisure centres?
- Are you aware you can take out a free 3-day thrive active membership or 7-day Move Plus membership (at selected centres) to try various classes and other activities?
- What three words come to mind when you think about exercise classes in general?
- Which of the following best describes how you feel about trying a class and why?
- Which of the following affect how willing you are to take part in exercise classes at one of our leisure centres?
- Is there anything we could do to make it easier or more comfortable for you to take part in exercise classes?

## Exercise habits and preferences

- If you don't use our exercise classes, where do you go to exercise and why do you prefer to do this?
- Do you currently take part in exercise classes other than those in our leisure centres?
- If yes, please tell us a little about these classes (such as what type of session, where they take place and why you go).
- If you were to take part in an exercise class, what would be your main reasons?
- If you were to attend an exercise class, which would you prefer?
- If you were to attend a class, when would suit you best?
- Which format would appeal most to you?
- If we were to expand our exercise class programme to include the following would they be of interest to you or your family?
- If you are interested in junior or family classes, what type would you be interested in, and what age range do you think family classes should be aimed at?

## Finding Information

- If you wanted to find information on our exercise classes, which option would you use?
- If you were to visit a leisure centre to take part in an exercise class, which would you go to?

- If you have any additional comments or suggestions regarding our exercise classes, please leave them below.

## Submitting a response

Please do not use this information sheet to submit a response. You can formally respond to this project by either:

- Completing the online survey
- Writing out your responses to these questions and posting them to us at the following address: Consultations Team, Durham County Council, Rivergreen Centre, Aykley Heads, Durham, County Durham, DH1 5TS
- Typing out your responses to these questions and emailing them to: [letstalkcountydurham@durham.gov.uk](mailto:letstalkcountydurham@durham.gov.uk)