

MEMBER COMMENTS / SUGGESTIONS

January 2018

Member Comment: CPR class I think it's really important to do CPR correctly you may save someone's life.

YMCA Response: Currently the YMCA only offers CPR to our staff and not to members. We've tried piloting it in the past for members and found that we do not have enough people signing up for us to hold the class. We refer members to Rice hospital and Ridgewater College for their certification needs.

Member Comment: A bigger coat rack upstairs please.

YMCA Response: We do not wish to add more congestion and theft opportunity to the wellness center with additional coat racks. Our preference would be that everyone would secure their personal belongings in a locker but we understand that not everyone feels this is convenient so we have compromised with the current available racks.

Member Comment: Next year can you be open longer on New Year's Eve and open on New Year's Day?

YMCA Response: Next year's New Year's Eve hours will likely be normal opening hours and closing at 2PM. We will not be open on New Year's Day.

Member Comment: Somehow get the point across Not to sit on machines and talk.

YMCA Response: If you see a problem please bring it to the staff's attention at the time so it can be addressed promptly as addressing in the member comments does not ensure immediate correction.

Member Comment: Expand weight lifting section and have area for circuit training.

YMCA Response: There is quite simply no place to expand the lifting section too and we do our best to arrange equipment to maximize available space to match member requests and needs. Many group exercise classes offer great circuit training opportunities in a dedicated studio.

Member Comment: Can you please move the weight rack upstairs in weight room? It covers up too much of the mirror and makes it hard to check form.

YMCA Response: Due to size and equipment restrictions in the weight room and to allow adequate space between benches and racks the weight rack is in the most optimum space available. There are additional mirrors with each squat rack.

Member Comment: We need 2 more Nu-Step machines, best and most used equipment in the Y.

YMCA Response: We currently have 3 (2 upstairs and 1 downstairs) and we have a new version recumbent stepper (STEPONE from Cybex) that should be arriving later this month.

Member Comment:

- 1) Why aren't there anymore water classes in the afternoon? Could we have Refit again? I miss those classes.
- 2) Please consider adding Refit back to the schedule as soon as possible. I like the versatility between Refit-Zumba-ChaCha.
- 3) Bring back Body Buff at 5:30 Pm Thursday.

YMCA Response: We do our best to take into consideration member requests, instructor availability/certification, class attendance, and available space and studio schedules when planning the group exercise schedule. We currently are not offering the evening water aerobics due to space and time not being feasible with an available instructor but I do believe that Body Buff is being offered at the requested time and day. As always we will strive to continue offering a full and varied group exercise schedule with over 55 classes each and every week and are always on the lookout for anyone wanting to become a group exercise certified instructor.

