



# Fitness Centre Update

**Feedback:** Need an Ab machine.

**Problem:** Ab machines are generally thought of as useless. Functional abdominal strength needs to occur in 3 axes. The singular planar motion of a machine does not transfer to any activity of daily living or performance.

**Solution:** Drop into Karmic Kore to learn and experience a variety of abdominal and core exercises.

**Feedback:** Smell and odors in the gym.

**Problem:** The building's smoker population has a tendency to congregate near the air intake for the building.

**Solution:** Security is actively directing people to the smoking "corral." Please eliminate perfumes and colognes use in the gym and ensure your fitness attire is clean. Nobody wants to be "that person."

**Feedback:** Classes are too easy/difficult; I prefer \_\_\_\_ style of class.

**Problem:** Most of our classes are designed for all levels.

**Solution:** Our instructors are amongst the top in the city. If the class does not meet your needs, ask them for exercise variations. They will be more than happy to assist you. Also, our current schedule tries to offer as many styles and modes of training as possible. If you don't see your type of class, please consult with Curtiss.

**Feedback:** The majority of comments included aspects of your satisfaction with the facility, staff and/or programs!

**Problem:** ?

**Solution:** If at anytime you have further feedback, either positive or negative, we would love to hear it to continue to provide an exceptional facility, top quality programs and a great overall experience.

After 3 years of wear and tear, we need to make a few changes. Other proposed upgrades to the facility are:

- Quotes and installation of an assisted door
- Replacement and upgrades to the existing trim and baseboards.
- Work is required in the men's showers including tile and structure.
- Paint and wallpaper needs touch up in some places.

Some, but not all, may require slight disruptions in hours or service. We apologize in advance for any inconvenience and appreciate your understanding.

We would like to thank those that participated in our survey and encourage everyone to give us your feedback – good or bad. We continue to use your suggestions to improve that facility in any way we can.

## Curtiss Matson

Fitness Director

Health Systems Group

Email: [cmatson@healthsystemsgroup.com](mailto:cmatson@healthsystemsgroup.com)

Phone: 403.716.2007