



## CN Fitness Center Survey

### 24/7 Access & Availability

*The Comanche Nation Fitness Center serves as a vital resource for promoting physical health, wellness, and community engagement for tribal members and the broader community. Due to high demand, we are wanting to allow the fitness center to operate on a 24/7 schedule and expand services to the general public through a membership structure.*

*Please take a moment and fill out this survey that pertains the Comanche Nation Fitness Center. Your input and honesty is greatly appreciated and valued, as your answers will provide us more insight in properly taking the next steps to make 24/7 access to our gym, a reality. Thank you for your time.*

#### **GENERAL QUESTIONS:**

- (1) What time do you usually work out or exercise?
  - ☐ Early morning (5am–9am)
  - ☐ Late morning (9am–12pm)
  - ☐ Afternoon (12pm–5pm)
  - ☐ Evening (5pm–9pm)
  - ☐ Late night (9pm–12am)
  - ☐ Overnight (12am–5am)
- (2) Which equipment or stations do you use the most? (Select all that apply)
  - ☐ Cardio machines
  - ☐ Free weights
  - ☐ Weight machines
  - ☐ Group classes
  - ☐ Pool or spa
  - ☐ Personal training
  - ☐ Other
- (3) Would you recommend our Comanche Nation Fitness Center to a friend?
  - ☐ Yes
  - ☐ No
  - ☐ Maybe
- (4) Do you currently use the Comanche Nation Fitness Center?
  - ☐ Yes, regularly
  - ☐ Sometimes, occasionally
  - ☐ Rarely, when I have time
  - ☐ No, but I am interested
  - ☐ No, I am not interested
- (5) Would you support the Comanche Nation Fitness Center being open 24/7?
  - ☐ Yes
  - ☐ No
  - ☐ Not Sure
  - ☐ Undecided

Comanche Nation P.O. Box 908 Lawton, OK 73502  
Phone: 580-492-3570 Fax: 580-492-4820

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- (6) Would you feel safe using the Comanche Nation Fitness Center after regular business hours from 8:00pm to 8:00am?
- ☐ Yes
  - ☐ No
  - ☐ Only if security surveillance is in place
  - ☐ Only if security surveillance is in place and an emergency contact number is provided
- (7) Should tribal members be charged a membership fee for the after-hours access?
- ☐ Yes
  - ☐ No
  - ☐ Only if it generates revenue for the tribe

## **FITNESS CENTER QUESTIONS:**

- (8) Would you want to bring your own personal bag or have the Fitness Center provide supplies for you? (i.e. gym towels, bathroom supplies, weight clamps, leg bands, etc.)
- ☐ I bring my own personal bag/equipment
  - ☐ I want to utilize Fitness Center's gym equipment and supplies
  - ☐ I do not bring anything except myself
- (9) If supplies were available for purchase within the Fitness Center, would you buy anything at a reasonable price? (i.e. gym towels, bathroom supplies, weight clamps, leg bands, etc.)
- ☐ Yes, I would buy supplies, if I need it
  - ☐ No, I would not buy supplies, if offered
  - ☐ I bring myself and only workout, without needing equipment or supplies
- (10) How often do you participate in the cardio classes that the Fitness Center provides?
- ☐ Regularly
  - ☐ Occasionally
  - ☐ Rarely
  - ☐ Never
- (11) Would you feel comfortable opening the gym to the public and exercising with others?
- ☐ I feel comfortable with opening the gym to the public
  - ☐ I do not feel comfortable with opening the gym to the public
  - ☐ I do not care if the gym is open to the public or not
  - ☐ I want the gym to be open to Comanche Nation Tribal Members only
- (12) If the Fitness Center were to bring in other weight lifting nutritional stores like Five Star Nutrition or GNC, would this be beneficial for you?
- ☐ Yes, it allows me to buy products that could benefit myself and my work out
  - ☐ No, I do not use or buy any products related to nutritional/strength improvement
  - ☐ Maybe, I have never used these types of products but I'd be interested to learn more
- (13) How often would you like them to come visit and set up a station for selling of products?
- ☐ Once a week
  - ☐ Bi-weekly
  - ☐ Once a month
  - ☐ Every quarter (every 3 months)
  - ☐ Semi-Annually (every 6 months)

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- (14) For promotional and instructional purposes, would you feel comfortable being on live stream feed for demonstrations or having your photo taken for the Fitness Center website and other Comanche Nation related social media outlets?
- ☐ Yes, I do not mind
  - ☐ No, I do not want my photo taken or video of me taken
  - ☐ It does not matter to me nor does it bother me
- (15) Out of all the Lawton area gyms, how would you rate the Comanche Nation Fitness Center compared to them?
- ☐ 1 (very poor)
  - ☐ 2
  - ☐ 3
  - ☐ 4
  - ☐ 5 (very best)
- (16) Out of all the Lawton area gyms, how would you rate our weight lighting equipment and all gym related equipment compared to them?
- ☐ 1 (very poor)
  - ☐ 2
  - ☐ 3
  - ☐ 4
  - ☐ 5 (very best)
- (17) Out of all the Lawton area gyms, how important is it to you that the Comanche Nation Fitness Center includes a sauna?
- ☐ Very important
  - ☐ Not important
  - ☐ Does not matter to me
- (18) Out of all the Lawton area gyms, how important is it to you that the Comanche Nation Fitness Center includes a tanning bed?
- ☐ Very important
  - ☐ Not important
  - ☐ Does not matter to me
- (19) Out of all the Lawton area gyms, how important is it to you that the Comanche Nation Fitness Center includes a massage area?
- ☐ Very important
  - ☐ Not important
  - ☐ Does not matter to me
- (20) If the Fitness Center were to provide personal trainers, how often would you utilize their service?
- ☐ Regularly
  - ☐ Occasionally
  - ☐ Rarely
  - ☐ Never
- (21) We want our gym to remain clean, safe, and be a healthy environment when open 24/7, so cleaning your area or station after every equipment usage is vital. If cleaning supplies and anti-

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bacterial wipes were provided in different areas throughout the gym, would you still cleanup after your workout or before you leave your station or area?

- ☐ Yes
- ☐ No
- ☐ Maybe
- ☐ This gym is for my personal growth and development, I will keep it clean at all times

(22) Out of all the Lawton area gyms, what are some things that the Comanche Nation Fitness Center is missing? (i.e. types of classes, weight lifting machines, weight plates, etc.)

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(23) What would improve your experience at our gym?

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(24) Feedback/Comments

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