**CO-OP OBSERVATION REVIEW**

### Hey Chick, As part of your co-op / practical hours in the Fitness & Nutrition Expert Program, you are required to attend or volunteer at a min of 2 fitness classes of choice OR watch a min 2 workout videos (you can also do a combo of both). You can select the style of fitness classes which most interests you. In order to confirm completion, please fill out the following review for each class or video. Please respond in full sentence form.  One received and reviewed, you will receive confirmation that the hours are complete. Have fun! FIT CHICKS

YOUR NAME:

DATE: CO-OP OBSERVATION REVIEW

#### Please provide a short description of the class you attended or video you reviewed including name, date, location, time it was held, length of class or video, cost and type of training.

#### Why did you select this class or video?

#### Based on your experience, how would you rate the event based on the following:

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | Poor | OK | Met Expectations | Great | Exceeded Expectations |
| Workout was effectively introduced |  |  |  |  |  |
| Warm-up |  |  |  |  |  |
| Flow of workout |  |  |  |  |  |
| Effective use of space |  |  |  |  |  |
| Effective use of equipment |  |  |  |  |  |
| Challenge to all levels |  |  |  |  |  |
| Levels/modifications for exercises uses |  |  |  |  |  |
| Cool down |  |  |  |  |  |
| Stretch |  |  |  |  |  |
| Final wrap up |  |  |  |  |  |
| Instructors ability to start and finish on time |  |  |  |  |  |
| Instructor energy |  |  |  |  |  |
| Instructor motivation skills |  |  |  |  |  |
| Instructor provided levels/modifications |  |  |  |  |  |
| Instructor demonstrations |  |  |  |  |  |
| Music |  |  |  |  |  |
| Price |  |  |  |  |  |
| Offerings |  |  |  |  |  |
| Marketing |  |  |  |  |  |
| Messaging |  |  |  |  |  |
| Atmosphere/vibe |  |  |  |  |  |
| Value of content |  |  |  |  |  |
| Overall value |  |  |  |  |  |
| Would this class or video be helpful to recommend to a client? |  |  |  |  |  |
| Other (please specify) |  | | | | |

#### What was your overall review of the class or video? Please include examples from the class or video

#### In relation to fitness instruction or class set up, please list a minimum of 3 areas you feel were effective and successful (ex. the flow of the class, the exercises were innovative, etc)

#### In relation to fitness instruction or class set up, please list a minimum of 3 areas you feel they could improve on (ex. better music, slow down explanations, instructor needs to improve on energy etc)

#### If attended a class, how was the class marketed? Did the marketing reflect the class? If watching a video, did the DVD cover or video explanation reflect the workout?

#### Would you attend this class or do this workout video again? Please explain why or why not

#### Would you recommend this event to a client? Please explain.