

**Longwood University**  
**CONFIDENTIAL - Yoga Class Evaluation**

1. **Are you:**   \_\_Student   \_\_Faculty   \_\_Staff

2. **How did you learn of this *Yoga* class?**

a. Flyers

i. \_\_ Residence Hall(s) i.e. \_\_\_\_\_

ii. \_\_ Dining Hall

iii. \_\_ Student Union

1. \_\_ Flyer on a bulletin board

2. \_\_ Table tent card in the cafe

iv. \_\_ Other Campus Building i.e. \_\_\_\_\_

v. \_\_ WMLU (Campus radio)

vi. \_\_ The Rotunda (Campus newspaper)

b. Email

c. Friend(s) / Classmate(s)

d. Program presentation i.e. \_\_\_\_\_

e. Website i.e. \_\_\_\_\_

f. Other i.e. \_\_\_\_\_

3. **Do you feel this *Yoga* class accommodates your specific needs and/or fitness level?**

1 - Not Accommodating    2    3    4    5 - Very Accommodating

4. **What is your opinion of the music used in the class?**

a. Use it

b. Lose it

c. Use something else i.e. \_\_\_\_\_

5. **Please rate the *pace* of this *Yoga* class:**

1 – Too Fast    2    3 – Just Right    4    5 – Too Slow

6. **Do you plan to attend the *Yoga* class on a regular basis?**

a. Yes

b. No, please proceed to question #7

7. **What might prevent you from attending class regularly?**

\_\_\_\_\_

8. **Comments/Suggestions for improvement?**

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**Thank you** for completing this survey! Your feedback is GREATLY appreciated!