



## Suggestion Box December 2019

Thank You for taking the time to submit to our online and physical suggestion box. Your feedback is appreciated.

Location	Comment	Response
Edmonton - MCH	Thank You for the New Treadmill!	Thank You for the positive note. The new treadmill is really great.
Edmonton - EMS	Request for squat cage, not smith	We are not adding any additional equipment at this time.
Edmonton - EMS	Could the cardio equipment manuals be posted on the PG website for easy member access/reference?	We will take this suggestion into consideration.
Edmonton - RAH	What happened to the Zumba classes for January 2020? If you can offer the Tuesday class that has only a few participants why can't you provide Zumba classes?	We operate programs on a cost recoup basis. The Tuesday class has 10+ registered which makes it feasible to run. Unfortunately there was not enough interest in Zumba. We are working on our group fitness offerings at RAH.
Edmonton - RAH	PLEASE There needs to be a stricked(sic) rule for dress code in gym. Staff with AHS uniform should not be allowed to work out in the gym.	Additional signs including the Pulse Generator Rules have been posted around the facility.
Edmonton - UAH	Get towels for weekend users! Please address this.	Towel service can only be managed during the week when PG staff are in the facility.
Edmonton - UAH	Consider the following comforts for the women's change room: 1. Music in the washroom area. This allows for additional privacy when doing one's business. Noises tend to echo in the change room and there is no privacy. Music would allow people to be more comfortable especially while others are close by at the sink grooming and putting on their makeup. People with IBS would be thankful! Music would also create a more relaxing environment. Also who wants to listen to other people go to the bathroom while they style their hair. Playing music would be a respectful thing to	We appreciate you taking the time to give us your feedback. We are not able to provide music in the change rooms or provide full stalls as this would be a facilities issue within AHS. For those who need privacy there is an individual bathroom available on 0 level. Shoe mats are a great idea and we will take this into consideration.



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	<p>do. Right now all one hears is either dead silence or the blaring of the hair dryer.</p> <p>Many men and women experience social anxiety or 'shy-bladder syndrome' due to lack of sound privacy.            People can experience discomfort in public washrooms when in the presence of total silence – the fear of being heard is very real for some people. To tackle this, choose a full height cubicle system to eliminate noise. Where possible, adding a soundtrack to the facilities with neutral music or tones can be an effective way of creating a more comfortable environment for people to be in.  <a href="https://www.spectruminteriors.co.uk/news/privacy-need-know-designing-public-toilets/">https://www.spectruminteriors.co.uk/news/privacy-need-know-designing-public-toilets/</a></p> <p>2. Add shoe mats or racks and coat hooks in the front vestibule of the change room. Enter boss and coats could be stored there as lockers are too small anyway and the boots make a mess.</p>	
<b>Edmonton - MCH</b>	<p>good morning,            used the gym at the mis early tues am            saw the kettle bells n slam balls            thank you!</p>	<p>Thank You for the positive feedback regarding the new equipment.</p>
<b>Edmonton - UAH</b>	<p>How about some group classes that shift workers (people who start work at 7) can attend? Or has it been tried?            Maybe a 530-630 spin, or 530-615?</p>	<p>Unfortunately we are not able to provide classes to meet everyone's preferred times. In studio 2 we do have a TV and DVD's are available.</p>



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<b>Edmonton - MCH</b>	Not sure if you have tried this before as I'm brand new to the gym, but I wonder if the dumbbell rack could be placed across the wall with the mirrors to create some more space. I feel a bit crunched between the benches that I generally make use of during my workout. Thanks for considering this!	We will take this suggestion into consideration and are considering moving a bench out of the area.
<b>Edmonton - UAH</b>	Every time I come to use the gym afterhours, there are never any shower towels. Please have a member of your staff stock towels on the weekend because fitness doesn't stop after your work hours end. Cater to your members!	As has been the case for over 25 years, towel service is only available during staffed hours. This is also mentioned when members come to pick up their access cards. If you would like to discuss this further please feel free to contact us at <a href="mailto:pulsegen@ahs.ca">pulsegen@ahs.ca</a> .